**Senior Secondary Physical Education Elective**

**Part 8 Social Aspects**

**Worksheet 6**

**Sport and Drug abuse**

1. Themes:
2. What are the reasons for athletes to use drugs in competitive sports?
3. According to Olympism, is it appropriate for athletes to use drugs, whether prohibited or not, to enhance their performance?
4. What are the difficulties in implementing an anti-drugs policy?
5. What are the influences on society if outstanding athletes are found using prohibited drugs?
6. Content:
7. Reasons to use drugs:
8. Generally speaking, the mentality of winning at all cost, and the fame and financial rewards brought about by winning are the most common and obvious causes for athletes to use drugs.
9. Sports sociologists find a more in-depth reason behind this phenomenon. They suggest that this can go beyond the winning pressure and the materialist rewards. Researches show that some of the drug users in sport are highly committed and hardworking. They are just indiscriminately follow the norms of the sports culture to use performance-enhancing drugs. They attempt to create and maintain their sports identity with high recognition and respect among peer athletes and/or fans. This is particularly true for the modern high performance sports.
10. The major reasons for banning the use of drugs in sport under Olympism are:
11. A true competition should be a comparison of the natural ability between athletes without involving any external assistances.
12. It is also a matter of ethics, the notion of "sport builds character" will be ruined.
13. Fair play will no longer exist if sport becomes a competition of medical technology and pharmacology.
14. The health of athletes is another concern because the side effects of drugs in sport are not fully understood and monitored.
15. It may create an unfair competition because of the great differences between developing and developed countries in level of sports sciences and technology support, and the ability to cope with the financial burden behind.
16. Therefore, the IOC and the World Anti-doping Agency (WADA) has invested sizable resources and effort to tackle drug usage in sport since November 1999.

1. Difficulties in implementing an anti-drug policy:
2. There is a lack of comprehensive drug education programmes for all stakeholders including athletes, coaches, trainers, parents, sport administrators and business managers.
3. There is also a lack of clear health-based guidelines and codes of ethics for the reference of sports scientists, medical professionals, pharmacologists, coaches and trainers who help athletes to face drug issues.
4. Penalty is not heavy enough to deter athletes from taking drugs illegally due to attractive rewards, peer-identity and over-conformity to the drug culture in sport.
5. The influence of commerce sector on competitive sports is huge as great sports performance is often used in commercial advertising. This may also give rise to drug abuse in sport
6. The illegal drug production industry is well developed.
7. The influences on society if outstanding athletes are found using prohibited drugs:
8. The “Great Sport Myth” that sport builds good character will be ruined.
9. Role model effects will diminish.
10. The traditional values of sport to society and the relevant beliefs will be questioned.
11. Mislead the public that physical education is optional in the school curriculum.
12. Reinforce the wrong belief that it is alright to take drugs because a great athlete like Lance Armstrong also does so.
13. Questions and activities
14. Will you take performance enhancing drugs (PED) if they are safe and not banned by the IOC? Why or why not?
15. Do you think Ginseng is PED? Why and why not?
16. Find out the list of prohibited substances from the WADA website.
17. References
    * 1. Coakley, J. (2015). *Sport in society: Issues and controversies* (11th edition). WCB McGraw – Hill.
      2. Gleaves, J. (2014). A Global History of Doping in Sport: Drugs, Nationalism and Politics. *International Journal of the History of Sport*, *31*(8), 815–819.
      3. Loraschi, A., Galli, N., & Cosentino, M. (2014). Dietary Supplement and Drug Use and Doping Knowledge and Attitudes in Italian Young Elite Cyclists. *Clinical Journal of Sport Medicine*, *24*(3), 238–244.