

2.1.c. Ethical and socio-cultural issues in physical activity and sport

Ethics in sport

Sportsmanship

Sportsmanship is the sporting behaviour you would like to see in sport. It means playing fairly, sticking to the rules and being respectful to your opponents. Performers do not try to win by unfair means.

Sportsmanship examples:

- Shows respect to their opponents and officials
- Shakes hands with opponents
- Kicking the ball out of play if an opponent is injured
- Being honest if the ball is out or if they break a rule



Gamesmanship

Gamesmanship is the type of behaviour that you should not see from performers in sport. It is bending the rules (not breaking them) to gain an unfair advantage. It is often done to distract, intimidate or breaking the flow of the game.

Gamesmanship examples:

- Playing for time if winning
- Entering a weaker team if the following match is more important
- Sledging in cricket
- Grunting in tennis

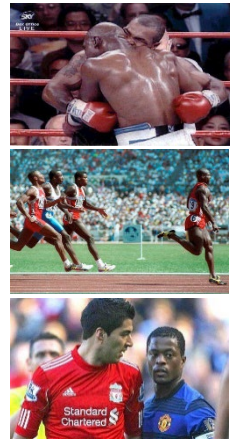


Deviance

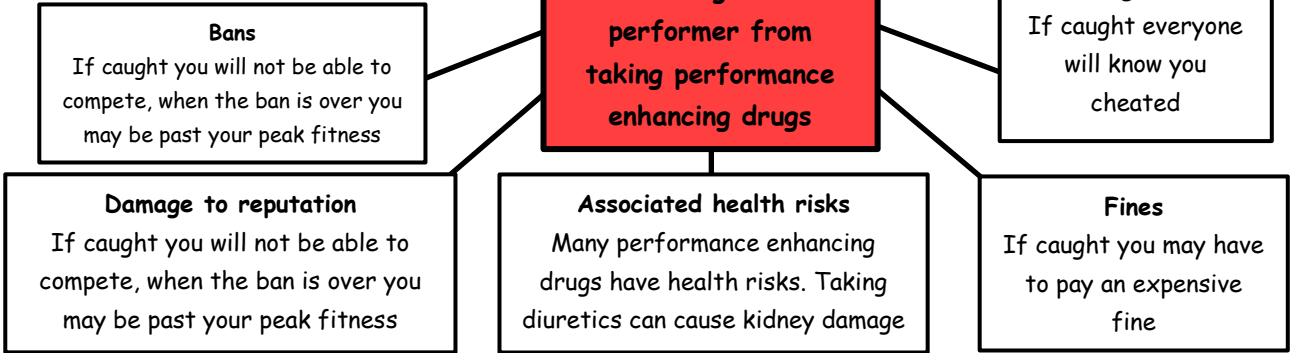
Deviance is the type of behaviour that goes against the moral values or laws of the game. There are consequences such as red cards/being sent off, fines, loss of sponsors and reputation. Reasons for deviance are; pressure from coaches, money/prizes, promotion, sponsorship and fame.

Deviance examples:

- Taking performance enhancing drugs
- Violence
- Match fixing
- Racism



Drugs in sport



Taking performance enhancing drugs can have a negative effect on the sport:

- A bad reputation (if a performer takes drugs the sport may not get the respect it deserves)
- Poor credibility (if a performer takes drugs the sport may be seen as untrustworthy or unreliable)

Drug	Effect on Performance	Health Risks	Which Sports
Anabolic Steroids	<ul style="list-style-type: none">Allows performers to train longer and harderincreases protein synthesis helping develop lean muscle massStimulates bone growthSpeeds up recovery time	<ul style="list-style-type: none">Liver damage/CHDTesticular atrophyInfertilitySkin problemsAggressionBaldnessDeep voice in females	Activities that require power: <ul style="list-style-type: none">SprintersRugby playersWeightliftingBoxersBaseball
Beta Blockers	<ul style="list-style-type: none">Beta blockers improve fine motor controlSlows heart rateReduces anxietyAllows the performer to remain calm and controlledReduces the effects of adrenaline	<ul style="list-style-type: none">Nausea/DizzinessWeakness/fatigueSleep disturbanceTirednessLower blood pressureSlow heart rate	Activities that require precision: <ul style="list-style-type: none">ArcheryShootingSnookerGolf
Stimulants	<ul style="list-style-type: none">Increase alertnessQuickens reaction timeReduces tirednessincrease heart rate (Therefore oxygen delivery)	<ul style="list-style-type: none">InsomniaAnxietyAggressionIrregular heart rateAddictiveHeart failure	Alert/aggressive sports/activities: <ul style="list-style-type: none">RugbyBoxingIce hockey

Violence in sport

Violence in sport can happen for various reasons:

- Frustrated with a result
- Referees decision
- Over emotional/competitive
- Pressure from the crowd
- Gain an advantage over an opponent



Gelson Martins was given a six month ban for pushing the referee after receiving a red card



In the Grand Final Ben Flower was over competitive and punched an opposition player