# PHYSICAL EDUCATION – Ethics, PEDs and Violence



#### Sportsmanship, gamesmanship and deviance

## **Ethics**

Sportsmanship means playing within the rules and understanding and using sports etiquette

Example- Shaking hands, walking in cricket, putting the ball out when someone is injured

Gamesmanship means deliberately bending the rules to gain an advantage

Example- Diving in football and faking injury

Deviance- Deliberately breaking the rules

Example- PEDs, bribery, fighting







### PEDs and their advantages

Performance enhancing drug	Benefits	Sporting example
Anabolic Steroids	Rapid increase in strength	Weightlifter
	Increase muscle recovery	Boxer
	Allows performers to train	Sprinter
	harder	
Beta Blockers	Controls heart rate	Golfer
	Reduces adrenaline	Darts
	Relaxes performer	Snooker
Stimulants	Increased alertness	Sprinter
	Reduced tiredness	Football
	Increased endurance	Boxing
Why performers take drugs?		

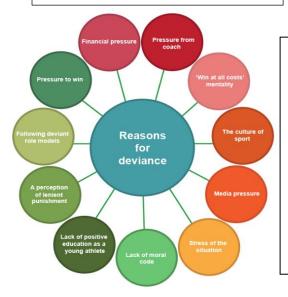
Why performers take drugs?
A desire to win at all costs
They lack moral boundaries
Influenced by others
Under pressure to win

# Violence in Sport

Controlled aggression is a fundamental part of many sports.

Sometimes, however, this can spill over into an uncontrolled situation where serious physical injury can be caused.

Violence is 'behaviour involving physical force intended to hurt, damage or kill someone'.



Homework 1: Be able to show excellent sportsmanship in a PE lesson

Homework 2: To be able to identify gamesmanship in a game of football

Homework 3: To be able to state the different PED

Homework 4: To be able to discuss why a performer would show violence in sport

