1) Which one of the following is not an example of sportsmanship-like behaviour?
   a. respect for an opponent.
   b. win-at-all-costs attitude.
   c. punish foul behaviour.
   d. use drug testing procedures to eliminate cheats.
   Answer: b.

2) An example of positive deviance is:
   a. using bribes to influence the outcome of a match.
   b. continue playing through an injury.
   c. using performance enhancing drugs.
   d. financial irregularities in the transferring of players.
   Answer: b.
   Explanation: Positive deviance is behaviour that is outside the norm, but with no intention to harm or break the rules.

3) Which one of the following is not a strategy for preventing player violence?
   a. officials should include an explanation of their action.
   b. the use of educational campaigns and awards, such as the Fair Play Awards.
   c. train officials in player management stress techniques.
   d. referee ignores a confrontational incident during the match.
   Answer: d.

4) Deciding which drugs are true performance aids and which drugs should be banned is often difficult because:
   a. medical researchers lack the technology to study the drugs that athletes use.
   b. athletes often use new substances before scientists have studied them.
   c. drug companies outlaw research on performance-enhancing substances.
   d. NGBs have abandoned all efforts to control drug use in sports.
   Answer: b.
   Explanation: Drug-using athletes are often ahead of the game because they have access to specialised medical advice from sports physicians who develop new and undetectable drugs.

5) Which one of the following statements does not describe how sports governing bodies perceive violence?
   a. it elicits strong feelings among fans.
   b. sports are conducive to violent behaviour and aggressive conduct.
   c. practically every sport that features contact or collision either tolerates or promotes violence.
   d. being a fan is a relatively safe experience.
   Answer: d.

6) Which one of the following strategies could be employed by officials to help reduce the likelihood of on-field aggression and violence amongst players?
   a. players could be made more aware of the concept of fair play.
   b. violent incidents could be ignored.
   c. use on-field aggression to increase the thrill and hostility amongst fans.
   d. avoid taking action due to the pressures of the media.
   Answer: a.
7) Critically evaluate the use of legal supplements versus illegal drugs and doping in sport. 10 marks

Answer:

Note: there are many pertinent discussion points that can be used to create a good answer. Below are just a few possible answers.

10 marks for ten of:

- An ergogenic aid describes any substance or method which enhances performances both legally and illegally.
- Supplements are viewed within the spirit of fair play in sport and sportsmanship.
- If an athlete makes the decision to use supplements, he or she should assess the associated risks and make informed decisions about the products he or she opts to use.
- Some legal supplements do improve athletic performance.
- Creatine is the most popular of these substances, believed to enhance muscle mass and strength and so is used by athletes in power sports such as sprinting, jumping and throwing.
- Bicarbonate loading, hypotonic, hypertonic sports drinks and protein drinks/powders supplements are also used by sports people.
- It is well known fact that sports drinks can boost blood glucose levels and assist in glycogen replenishment.
- Whereas health professionals indicate that vitamin supplements are not necessary for the individual on a well-balanced diet.
- The challenge has always been to assure that the supplement that the athlete decides to use is not only effective but also safe and legal.
- At the present time the dietary supplement industry is poorly regulated.
- Supplements may claim to be drug-free or safe for drug-tested athletes but there are no guarantees that any supplements will be free from prohibited substances, such as ephedrine.
- The illegal use of drugs and doping in sport is viewed as not in the spirit of fair play in sport and sportsmanship.
- But as a form of negative deviancy/cheating that undermines the integrity of sport.
- Elite athletes are under a huge amount of social pressures from competitors, coaches, family and themselves to win.
- This pressure can cause individuals to make poor decisions/judgements.
- In today’s sport, winning and success lead to a higher profile, increased appearance fees and lucrative sponsorship deals.
- Prize money/fame can motivate athletes to cheat and take PEDs.
- Politicians enjoy a nation’s success and can lead to a win-at-all-cost attitude as demonstrated by the Russian Olympic drug scandals and subsequent bans at global events from 2016 onwards.
- In some sports drug abuse has become so common that athletes often say ‘if everyone else is, then I will follow in order to keep up’. This comment was given in defence of drug taking by Lance Armstrong, multiple Tour de France victor.
- Some people argue that it is difficult to constantly detect new drugs being used by athletes and some believe doping is just a part of sport.
- Athletes should be aware that doping can have severe health and social consequences.
- Health risks to the performer are clear, ranging from organ defects to severe long lasting damage to the body, and even death.
- Sports that have been constantly linked to cases of drug taking have had their reputation damaged.
- As a result it can be difficult to gain sponsorship deals and will lose public following.
- Negative press can cause sponsors to withdraw from deals due to their brand being associated and called into question.
- Sports are under increasing pressure to ensure it has a clean image.
- This has resulted in harsher punishments and stricter testing procedures.
- Developing new tests to detect new illegal drugs is expensive, as is the defending of court battles.
- Some people argue that PEDs should be allowed in a controlled manner to create a level playing field.
In 1998, the head of the IOC (Juan Antonio Samaranch) told a newspaper that ‘substances that do not harm to an athlete’s health should not be banned and should not be considered as a case of doping’. Discuss this statement. 20 marks

Answer:

• Although most top performers would say that performance enhancing drugs (PEDs) should not be allowed in sport, it is almost certain that many such performers are actually using such drugs.
• Some people feel that it would be better to avoid the costs of testing, of developing new tests for new drugs, and of defending the subsequent court battles, and that therefore we should allow drugs to be used in a controlled manner.
• The fact that detection of drugs depends on the efficiency of the testing procedure, and that some countries and sports have little or no such procedure, means that the playing field is relatively bumpy for top performers.
• This would allow people to take drugs in a controlled manner.
• Would allow everyone to compete on a level playing field.
• Would create the possibility that more records would be broken by greater amounts, and therefore create more spectacular sport for spectators.

Unfortunately:

• Some people would not be prepared to take PEDs - so there would not be a level playing field after all.
• The dangerous side effects of many performance enhancing products are known and inevitable.
• It would be assumed by some coaches and athletes that success would not be possible without drugs, and peer pressure would force people to participate in illegal programmes against their better instincts.
• The cost of taking some substances would be substantial, since the costs of developing new and effective drugs would have to be borne by someone.

For argument:

• Drug testing is not always 100% effective.
• Anti-doping rules lead to complicated and costly administrative and medical follow-up.
• The invention of new methods to detect drugs is time-consuming and expensive.
• Cost of drugs means that they might not be available for all athletes.
• Improved performances could boost spectator rates and entertainment.
• Everyone knows the risk of taking drugs should be performer’s responsibility.
• There would be no need for athletes to apply for therapeutic use exemption certificates.
• Athletes would have more of a level playing field.
• And be able to share extrinsic rewards such as prize money and sponsorship.
• The win-at-all costs attitude that involved PEDs would be welcomed by some.

Against argument:

• Drug cheats tarnish the sport and public respect.
• Drugs are not natural.
• Any form of drug taking is against sportsmanship values such as fair play.
  • It would be very difficult to establish which PEDs do not harm to an athlete’s health.
  • Since there are few longitudinal studies that have considered the long-term effects of taking PEDs – which PEDs are safe PEDs to take?
  • But, there are many examples of unexplained deaths of elite global sports man and women, who were suspected drug users.
  • For example, Florence Griffith Joyner (Flo Joe) died in her sleep at the age of 38.
• Testing protects athletes’ reputations.
• And produces positive role models.
• Drug taking is seen as negative deviance, a form of cheating, is unethical and immoral.
• Discredits negative role models and reinforces the message to stay clean.
• There are alternative legal methods that can enhance athletic performance.
• For example, altitude training and nutritional supplements.
• Commercial organisations do not wish to be associated with drug cheats.
9) What social issues can encourage a performer to take drugs?  4 marks

Answer:
4 marks for four of:
- Everyone else is doing it.
- The win-at-all-costs attitude that success cannot be achieved without drugs and that the benefits of winning are greater that the risk of being found out.
- Drugs change the conditions of winning, contravene the spirit of fair play, but indicate the willingness to cheat.
- Athletes are vulnerable and socially influenced by media coverage, peers, coaches and family to improve performance by any means available.
- It has been suggested that governing bodies ‘turn a blind eye’ to some drug takers in order to benefit from the commercial benefits that result from success.
- There are few deterrents that discourage an athlete from taking illegal drugs as drugs are readily available in gyms, over the counter and on the internet.
- Fame, salaries and sponsorship deals also tempt athletes to cheat.

10) Suggest three ways in which national governing bodies are attempting to discover, punish and prevent the use of performance enhancing drugs.  3 marks

Answer:
3 marks for three of:
- Frequent random drug testing.
- Retesting programmes to catch drug cheats who escaped detection at the time.
- Stricter and lengthier bans.
- Increased awareness of the dangers posed by taking drugs.
- Increased media campaigns and initiatives such as 100% Me.

11) Explain using one example, how each of the following people interact with the law in sport.
   a) Performers.  2 marks

Answer:
- Failed drug test: athlete can use the Court of Arbitration for Sport, involved in resolving legal disputes in sport.
- Match fixing: it is unlawful to bet on an individual’s own sport.
- Contracts are legally binding.

b) Officials.  2 marks

Answer:
- Officials/referees can be prosecuted for match fixing.
- Officials have a duty to protect players and can be prosecuted by an injured player if they fail to do so.

   c) Spectators  2 marks

Answer:
- Hooliganism and related disorders are dealt with by the Crown Prosecution Service (CPS).

12) Explain the terms positive and negative deviance giving examples in a sporting context.  4 marks

Answer:
- Positive deviance is behaviour that is outside the norm, but with no intention to harm or break the rules.
- For example, playing through an injury in the interests of the team as a whole, or alternative example.
- Negative deviance involves behaviour that fails to meet accepted norms and has a detrimental effect on individuals and on society in general.
- For example, using bribes to influence the outcome of a match, or alternative example.
13) Give reasons for spectator violence at professional association football matches.  5 marks

Answer:
5 marks for five of:
- Violent play on the field causing violence on the terraces.
- Crowded spectator facilities on the terraces.
- Opposition spectators goading home spectators.
- Poor officiating or stewarding or policing.
- Crowd affected by which team is winning.
- Hooligans going to football matches.
- Fights set up beforehand by gangs.
- Movement by groups of spectators to get into the opposition end.
- Crowd behaviour allows guilty to get away with violence.
- Alcohol and drugs can cause violent reactions in a crowd.

14) Hooliganism has affected football over the past 40 years.

Define the term hooliganism and discuss the reasons why it might occur.
What steps have been taken to reduce the incidents of hooliganism in Premiership soccer?  10 marks

Answer:
- Hooliganism can be defined as physical violence or rowdy behaviour usually by groups of males against other groups of males.

Causes and reasons for hooliganism:
- Sporting occasions are often antagonistic and frustrating.
- For example, the tendency towards violence by a supporter group is linked to whether or not their team is winning.
- Supporters of a winning team are more likely to be benevolent and good natured, whereas supporters of a losing team often turn to violence towards winning team supporters.
- Caused by being in a crowd.
- Where there is confinement.
- High emotion and the likelihood of shared aggression.
- Particularly if alcohol has been consumed.
- There is also an element of depersonalisation that a crowd gives an individual, where it is ‘easy to be lost in a crowd’.

Steps taken to reduce hooliganism are:
- Segregation of home and away supporters.
- The introduction of all-seater stadia.
- Increasing the ‘family’ concept.
- Increasing the number of stewards and police.
- Ensuring that alcohol cannot be bought or brought into grounds.
- Detecting trouble using CCTV.
- Campaigns like ‘kick racism out of football’, sponsored by major soccer clubs, player and Governing Bodies, can defuse unacceptable racial aggression.