Your notes

GCSE PE: revision notes

Performance-enhancing drugs and violence in sport

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Performance-enhancing drugs (PEDs)

- **Stimulants** increase alertness and reduce tiredness. Side effects: high blood pressure, heart problems and addiction.
- Narcotic analgesics mask pain so a performer can compete when injured. Side effects: addiction and making injuries worse.
- **Anabolic agents** (steroids) build muscle and help recovery. Side effects: liver damage, aggression and heart disease.
- Peptide hormones such as EPO increase red blood cells, carrying more oxygen for endurance. Side effects: thicker blood, which can cause blood clots and strokes.
- **Diuretics** remove water to lose weight quickly (such as in boxing) or hide other drugs. Side effects: dehydration and kidney damage.
- **Beta blockers** lower heart rate and calm nerves for fine skills, such as archery or shooting. Side effects: tiredness and low blood pressure.
- **Blood doping**: removing, storing and re-injecting blood to boost red blood cells. Risks: infection and blood clots.

Why performers take PEDs and the consequences

- Reasons: pressure to win, money and fame, and believing others are doing it.
- For the performer: health risks, bans, fines, loss of medals and sponsors, and damage to reputation.
- For the sport: loss of trust, fewer fans and sponsors. Testing (organised worldwide by WADA) is expensive.

Violence in sport

- Player violence can be caused by frustration, provocation, rivalry, the importance of the game, or a bad refereeing decision.

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- Spectator violence (**hooliganism**) can be caused by rivalry, alcohol, gang culture and frustration at the result.
- Ways to reduce **hooliganism**: all-seater stadiums, alcohol restrictions, CCTV, more police and stewards, early kick-offs, segregating fans, and banning orders.

Your notes

Key terms

PED	A performance-enhancing drug.
Stimulant	A drug that increases alertness and reduces tiredness.
EPO	A peptide hormone that increases red blood cells.
Anabolic agent	A drug that builds muscle, such as a steroid.
Beta blocker	A drug that lowers heart rate and calms nerves.
Diuretic	A drug that removes water from the body.
Blood doping	Re-injecting blood to increase red blood cells.
Hooliganism	Violence by spectators.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. Which drug would help a marathon runner by increasing red blood cells?
2. Which drug might an archer take to steady their hand?
3. Why might a boxer take diuretics?
4. What is a side effect of anabolic steroids?
5. What do narcotic analgesics do?
6. What is blood doping?
7. What is a side effect of EPO?
8. What is a consequence of drug-taking for a sport?

Answers

1. EPO
2. Beta blockers
3. To lose weight quickly to make a weight category
4. Liver damage and aggression
5. Mask pain
6. Removing and re-injecting blood to boost red blood cells
7. Thicker blood, which can cause blood clots
8. A loss of trust from fans and sponsors

What to do next

Practise 11 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

Your notes