

# SPORT INTEGRITY

## SECONDARY SCHOOLS RESOURCE KIT



**SPORT INTEGRITY  
AUSTRALIA**



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# SPORT INTEGRITY

## INTRODUCTION



Anti-doping, illicit drugs in sport, safeguarding and competition manipulation (match-fixing) rules apply to all athletes, coaches and support personnel at every age and level of competition in Australia. More importantly, when anyone signs up to be involved in a sport, they sign up to these rules, often written in technical terms and frequently unread.

Sport Integrity Australia is here to help teachers and coaches better understand these topics and where they fit within school education and the various state and territory curriculums.

This document contains free resources for teachers, coaches, students and parents that cover key sport integrity and anti-doping topics.

### SPORTING PATHWAY STUDENTS

Teachers and coaches are usually among a young athlete's greatest influencers and can empower them by encouraging open and ongoing conversations on these issues from an early age.

For those students that are on athlete pathways or senior school sporting teams, it is essential to introduce key integrity concepts before they rise further within their selected sports. This will help them better understand the risks (when rules are broken) to their physical health, mental health and future athletic careers.

**Key resources for this group** include the 'Clean Sport 101' online course, the 'Sport Integrity App', the 'Health Effects of Doping App' and webpage, 'Supplement Risks', 'Medications and Therapeutic Use Exemptions', the 'Sample Collection Process' and associated activities.

### HEALTH AND PHYSICAL EDUCATION CURRICULUM

In the classroom, the majority of our resources fit within Years 9/10 and Years 11/12 courses across Australia within units that cover integrity, ethics and anti-doping topics and the nutritional needs of athletes. Specific state and territory curriculum mapping is outlined in the Appendices from page 48. Teachers can choose just a couple of activities within this 'Resource Kit' or base a larger unit of work around many of our resources and activities.

Future sport integrity school resources will be added over time. Information will be posted on our social media channels and you can add your details to our education email list by contacting us on the email below.

Please don't hesitate to contact the Education Team at Sport Integrity Australia by emailing us at [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au) if you require any clarification on our resources or on the topics that are covered.



# SPORT INTEGRITY

## THE THREE ESSENTIAL TOOLS FOR TEACHERS



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# INTEGRITY IN SPORT

## LESSON GUIDES

Sport Integrity Australia has produced the 'Senior Secondary Lesson Guides: Integrity and Anti-Doping in Sport' (version 2.0) which fit within current state and territory curriculums for Years 9, 10, 11 and 12 in courses mentioned in our 'Curriculum Links' found from page 49 of this document.

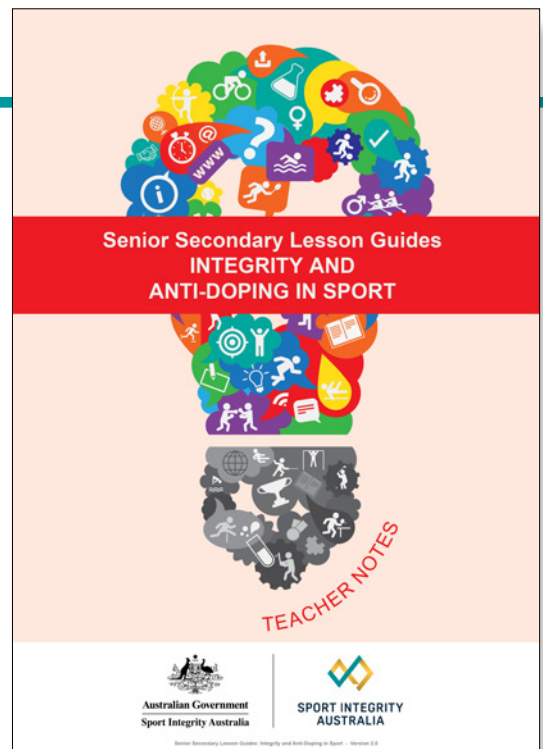
These 'Lesson Guides' are filled with inquiry based learning content and are flexible to your teaching needs. They contain many links to further online resources, videos and extension material for those that require it.

In addition, many of the resources on the following pages of this 'Resource Kit' can also be used in conjunction with these Guides.

The 'Lesson Guides' include:

- Discussing the role of organisations such as Sport Integrity Australia, various sporting tribunals, Australian Human Rights Commission and the Court of Arbitration for Sport in promoting fairness and ethical behaviour in sport.
- Investigating the impact of performance enhancing drugs on individuals and sporting codes.

You can use as much or as little of the content that best suits your programming.



## LESSON GUIDE TOPICS

- Teacher's Notes
- Topic 1: Integrity and Anti-Doping in Sport
- Topic 2: Anti-Doping in Sport
- Topic 3: Match Fixing in Sport
- Topic 4: Illicit Drugs in Sport
- Topic 5: Ethics and Ethical Decision Making in Sport.

[Download the PDF 'Lesson Guides' from here.](#)



# CLEAN SPORT 101

## ONLINE COURSE



This Sport Integrity Australia online course contains the base-level anti-doping knowledge that everyone involved in sport should know, including athletes, coaches, support personnel, parents and physical education teachers.

'Clean Sport 101' breaks down the rules, it highlights some of the potential risks to athletes such as supplement use, gives practical ideas on how athletes can fuel their bodies the right way and illustrates what being banned from sport actually means.

The important points:

- 15 minutes to complete
- Important for everyone involved in sport to get a snapshot of the anti-doping rules that sports must comply with – no matter the age or level of competition
- Interesting and interactive content for classroom use.

This content is aimed at:

- Years 9-12 Health and Physical Education students – also a perfect fit with our 'Lesson Guides'
- Elite sporting pathway students and senior school sporting teams
- Content knowledge for health & physical education teachers
- Any grassroots sport members (athletes and support personnel alike).

'Clean Sport 101' can be found at [elearning.sportintegrity.gov.au](https://elearning.sportintegrity.gov.au)

Over the page you will find our one-page 'Clean Sport 101 Worksheet' (followed by the 'Answer Sheet') for your students to complete either while completing the course, or for use as a post-course assessment quiz.



In our **PROMOTIONAL MATERIAL** section you will find our 'Clean Sport 101 Flyer' which can be emailed to your elite athlete pathways students and sports teams (and families) to encourage them to educate themselves on all things anti-doping!

# CLEAN SPORT 101

## WORKSHEET



1. Anti-doping rules exist to make sport \_\_\_\_\_ and \_\_\_\_\_.
2. What is the name of the international organisation that sets the anti-doping rules? \_\_\_\_\_
3. Do the anti-doping rules apply only to athletes? **YES** or **NO**
4. How many Anti-Doping Rule Violations (ADRVs) apply to athletes? \_\_\_\_\_
5. Under 'Strict Liability', is an athlete responsible for all substances found in their body? **YES** or **NO**
6. If you break the rules, the penalties can range from a \_\_\_\_\_ to a \_\_\_\_\_ ban from all sport.
7. Can medications contain banned substances? **YES** or **NO**
8. What are the two things Sport Integrity Australia safeguards?  
\_\_\_\_\_
9. Eating the right food, in the right amounts, is one of the best ways that an athlete can improve their performance in sport. **TRUE** or **FALSE**
10. Research found that \_\_\_\_\_ per cent of supplements contained an ingredient banned in sport not listed on the label.



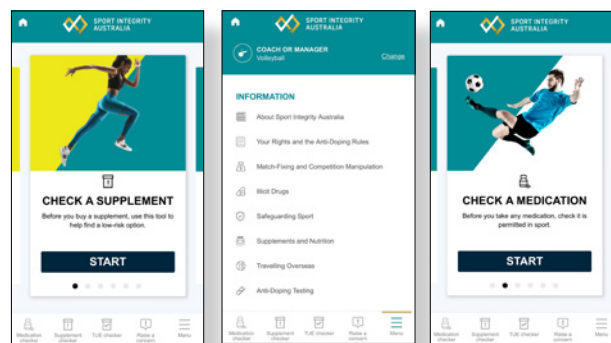
# CLEAN SPORT 101

## ANSWER SHEET



1. Anti-doping rules exist to make sport SAFE and FAIR.
2. What is the name of the international organisation that sets the anti-doping rules? WORLD ANTI-DOPING AGENCY (WADA)
3. Do the anti-doping rules apply only to athletes? **YES** or **NO**
4. How many Anti-Doping Rule Violations (ADRVs) apply to athletes? 10
5. Under 'Strict Liability', is an athlete responsible for all substances found in their body? **YES** or **NO**
6. If you break the rules, the penalties can range from a WARNING to a LIFETIME ban from all sport.
7. Can medications contain banned substances? **YES** or **NO**
8. What are the two things Sport Integrity Australia safeguards?  
ATHLETES AND SPORT
9. Eating the right food, in the right amounts, is one of the best ways that an athlete can improve their performance in sport. **TRUE** or **FALSE**
10. Research found that 20 per cent of supplements contained an ingredient banned in sport not listed on the label.

# SPORT INTEGRITY MOBILE APP



The 'Sport Integrity App' has been designed with athletes, parents, coaches, and support people in mind.

The App is a 'one-stop-shop' for you to:

- Check medications on Global DRO
- Find low risk 'batch-tested' supplements
- Raise a concern or report suspicious activities
- Check whether you need an in-advance 'Therapeutic Use Exemption (TUE)'
- Give feedback or ask about integrity matters
- Explore further information in the MENU such as guiding information on all sport integrity issues, anti-doping rules, testing programs, health effects of doping, supplement and nutrition advice and more.

The 'Sport Integrity App' is free to download from your app store.



Over the page you will find our five-page 'Sport Integrity App Activity' (followed by the 'Answer Sheet'). The worksheet can be completed individually or you can copy and paste parts to slides for a whole group activity. The activity is to immerse students into the many functions of the 'Sport Integrity App' to further their understanding of anti-doping and sport integrity topics and the rules.

Requirements to complete the 'Sport Integrity App Activity':

- Mobile phone or tablet loaded with the 'Sport Integrity App'
- Completion of our online course 'Clean Sport 101' prior to this activity.

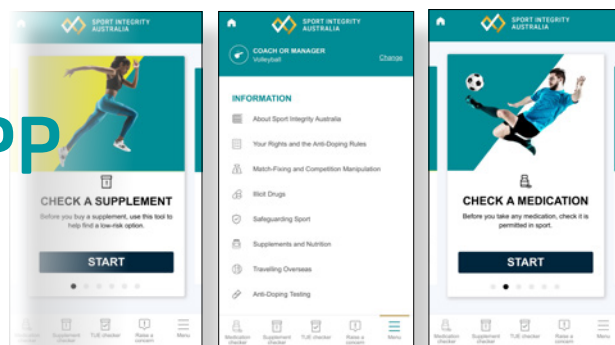
'Clean Sport 101' can be found at [elearning.sportintegrity.gov.au](https://elearning.sportintegrity.gov.au) and only takes 15 minutes to complete.

In particular, knowledge of the following concepts which are covered in 'Clean Sport 101' would be advisable before completing the 'Sport Integrity App Activity':

- Prohibited substances in sport
- In-competition and out-of-competition periods
- Anti-Doping Rule Violations (ADRVs)
- Supplement risks and batch-testing.



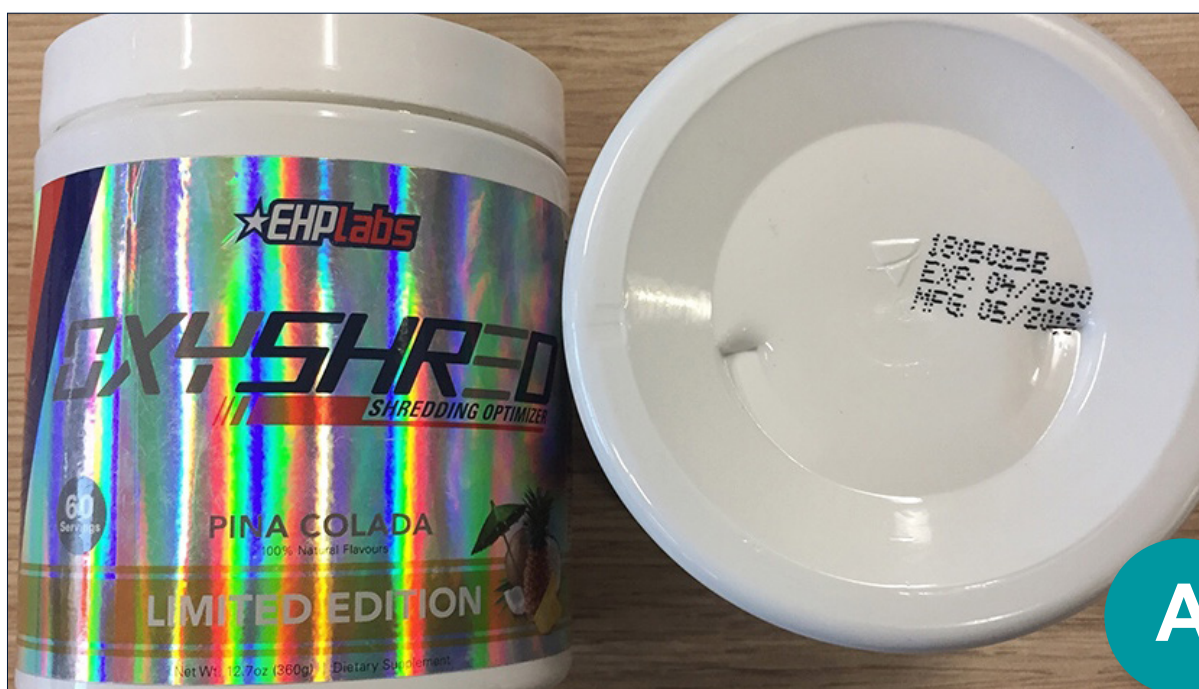
# SPORT INTEGRITY APP ACTIVITY



1.

Using the **CHECK A SUPPLEMENT** tool on the 'Sport Integrity App' enter the supplements below to see which one has been 'Batch-Tested'.

Highlight or circle your answer here: **A** or **B**



**A**



**B**

2.

Read the real-life scenario below then use the 'Sport Integrity App' to match the scenario to the applicable Anti-Doping Rule Violation (ADRV) that has been broken.

(Hint: **MENU > YOUR RIGHTS & THE ANTI-DOPING RULES**)

*In 2002, as football athletes walked off the field at the end of a game, a Chaperone attempted to notify an athlete of their selection for testing. The athlete turned around and ran back out of the player's tunnel, jumped over the playing enclosure and fled into the grandstand through the crowd, all while still wearing his footy boots. The athlete could not be found. The athlete was sanctioned and banned from all sport.*

Which ADRV did the athlete commit?

Answer: \_\_\_\_\_

3.

Read the real-life scenario below then use the 'Sport Integrity App' to match the scenario to the applicable ADRV that has been broken.

(Hint: **MENU > YOUR RIGHTS & THE ANTI-DOPING RULES**)

*An Irish swimmer was suspended for pouring whiskey into her urine sample to mask doping. FINA, the international swimming federation, states that the athletes' bulky' sweater enabled her to hide her actions from the testers as she poured whiskey into her urine sample to mask the presence of performance enhancing drugs. The athlete was sanctioned and banned from all sport.*

Which ADRV did the athlete commit?

Answer: \_\_\_\_\_

4.

Which performance enhancing drug can give you the 'health effects' of a protruded forehead, brow, skull and jaw?

(Hint: **MENU > HEALTH EFFECTS OF DOPING**)

Answer: \_\_\_\_\_

5.

If an athlete is selected for testing, can they ask for a delay in reporting for sample collection?

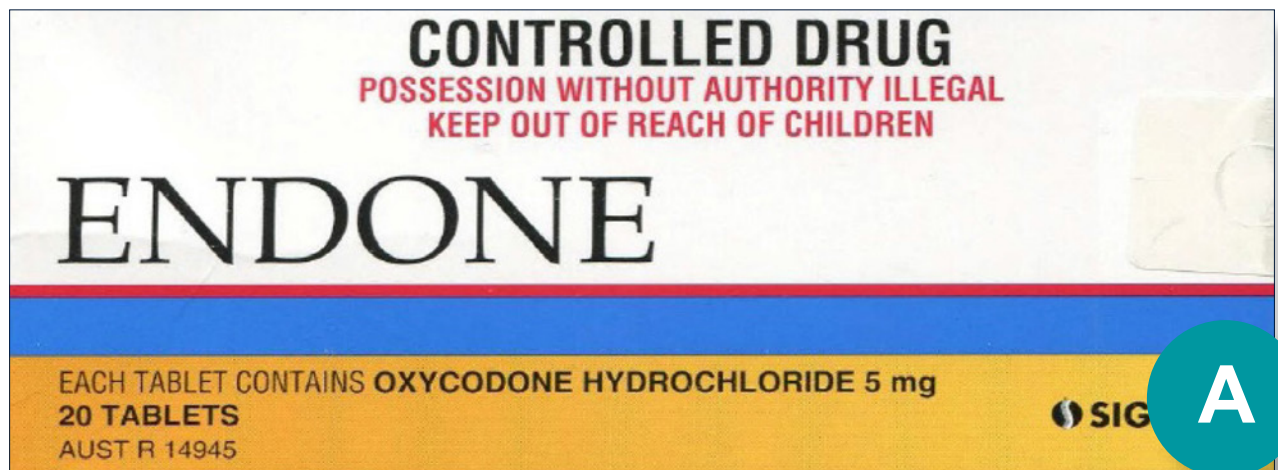
(Hint: **MENU > ANTI-DOPING TESTING**)

Highlight or circle your answer here: **YES** or **NO**

6.

Using the **CHECK A MEDICATION** tool on the 'Sport Integrity App' enter the medications below to see which one is 'Prohibited In-Competition'.

Highlight or circle your answer here: **A** or **B**





7.

Illicit drug use can affect your reputation and sporting career. Under anti-doping rules, if you use illicit drugs, what penalty could you face?

(Hint: **MENU > ILLICIT DRUGS**)

Answer: \_\_\_\_\_

8.

In one sentence, what essentially does 'manipulation of sports competition' mean?

(Hint: **MENU > MATCH FIXING & COMPETITION MANIPULATION**)

Answer: \_\_\_\_\_

\_\_\_\_\_

9.

Can an athlete receive a possible criminal conviction for deliberately manipulating a sporting competition?

(Hint: **MENU > MATCH FIXING & COMPETITION MANIPULATION**)

Highlight or circle your answer here: **YES** or **NO**

10.

As an athlete, you have the responsibility to be fair and honest, and treat everyone involved in your sport with \_\_\_\_\_, and \_\_\_\_\_.

(Hint: **MENU > SAFEGUARDING SPORT**)

11.

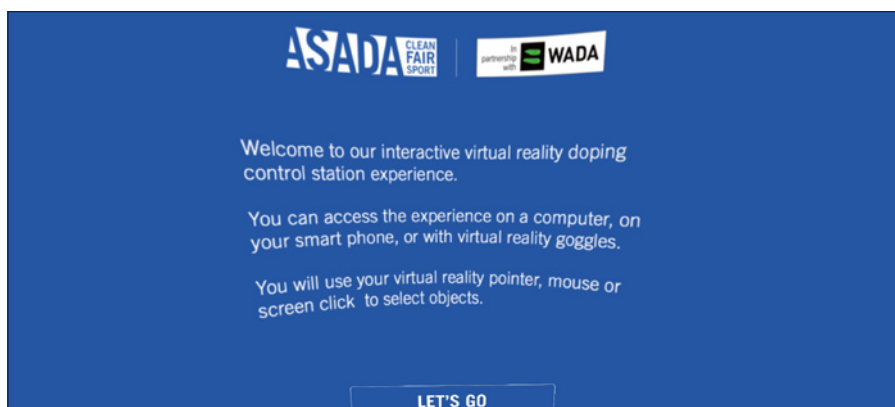
As an athlete, you have the right to \_\_\_\_\_ up, be \_\_\_\_\_ to and feel \_\_\_\_\_.

(Hint: **MENU > SAFEGUARDING SPORT**)

**BONUS**

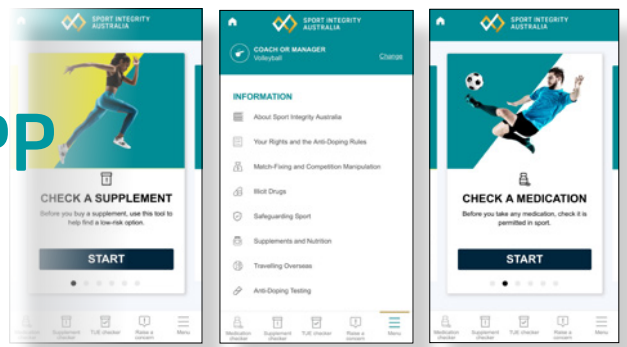
Check out the 'Virtual Reality (VR) Testing Experience on the 'Sport Integrity App'.

(Go to: **MENU > TOOLS > Virtual Reality Testing Experience**)



# SPORT INTEGRITY APP

## ANSWER SHEET



1.

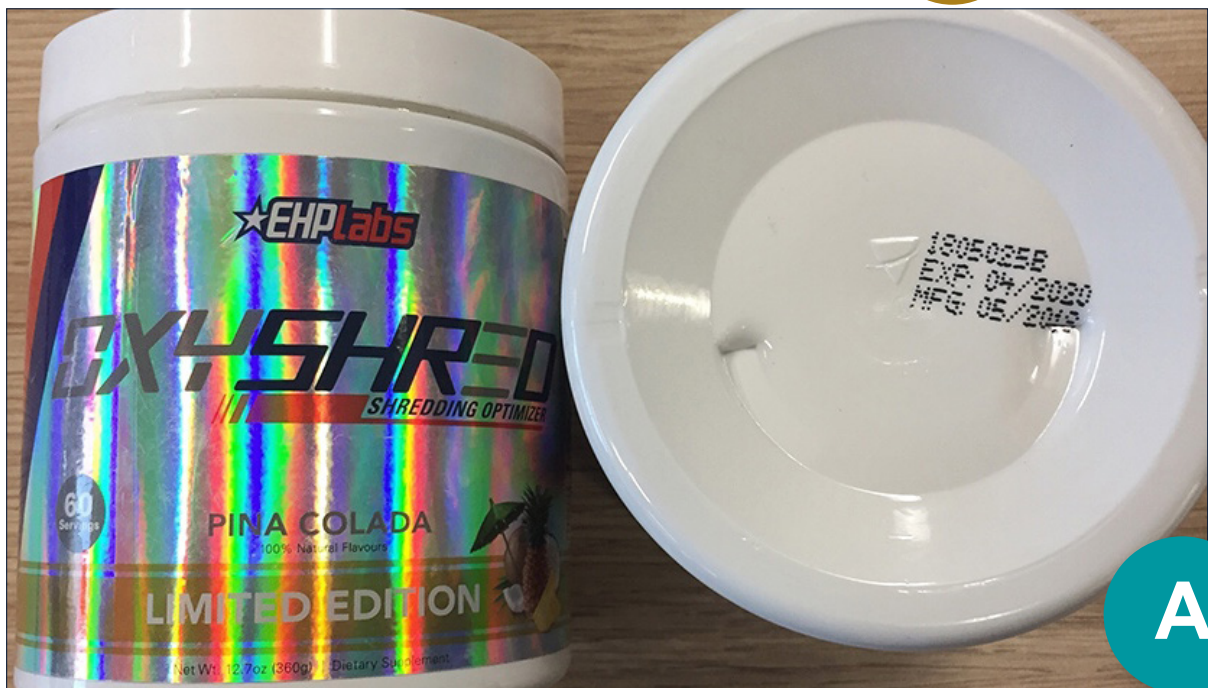
Using the **CHECK A SUPPLEMENT** tool on the 'Sport Integrity App' enter the supplements below to see which one has been 'Batch-Tested'.

Highlight or circle your answer:

A

or

B



A



B



2.

Read the real-life scenario below then use the 'Sport Integrity App' to match the scenario to the applicable 'Anti-Doping Rule Violation (ADRV)' that has been broken.

(Hint: **MENU > YOUR RIGHTS & THE ANTI-DOPING RULES**)

*In 2002, as football athletes walked off the field at the end of a game, a Chaperone attempted to notify an athlete of their selection for testing. The athlete turned around and ran back out of the player's tunnel, jumped over the playing enclosure and fled into the grandstand through the crowd, all while still wearing his footy boots. The athlete could not be found. The athlete was sanctioned and banned from all sport.*

Which ADRV did the athlete commit?

Answer: \_\_\_\_\_ **EVASION** \_\_\_\_\_

3.

Read the real-life scenario below then use the 'Sport Integrity App' to match the scenario to the applicable 'ADRV' that has been broken.

(Hint: **MENU > YOUR RIGHTS & THE ANTI-DOPING RULES**)

*An Irish swimmer was suspended for pouring whiskey into her urine sample to mask doping. FINA, the international swimming federation, states that the athletes' bulky sweater enabled her to hide her actions from the testers as she poured whiskey into her urine sample to mask the presence of performance enhancing drugs. The athlete was sanctioned and banned from all sport.*

Which ADRV did the athlete commit?

Answer: \_\_\_\_\_ **TAMPERING** \_\_\_\_\_

4.

Which performance enhancing drug can give you the 'health effects' of a protruded forehead, brow, skull and jaw?

(Hint: **MENU > HEALTH EFFECTS OF DOPING**)

Answer: \_\_\_\_\_ **HGH** \_\_\_\_\_

5.

If an athlete is selected for testing, can they ask for a delay in reporting for Sample Collection?

(Hint: **MENU > ANTI-DOPING TESTING**)

Highlight or circle your answer:

**YES**

or

**NO**

6.

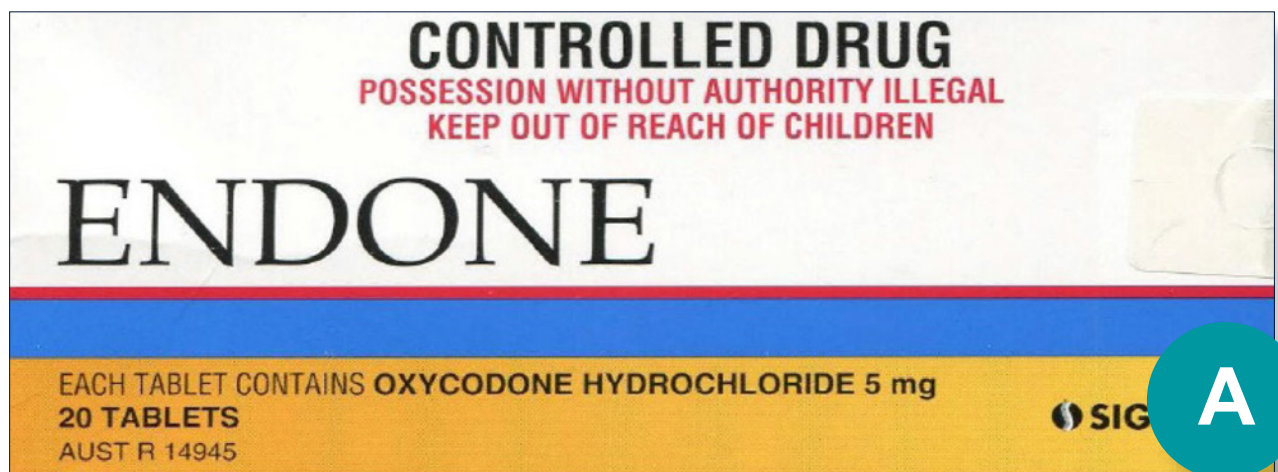
Using the **CHECK A MEDICATION** tool on the 'Sport Integrity App' enter the medications below to see which one is 'Prohibited In-Competition'.

Highlight or circle your answer:

**A**

or

**B**



7.

Illicit drug use can affect your reputation and sporting career. Under anti-doping rules, if you use illicit drugs, what penalty could you face?

(Hint: **MENU > ILLICIT DRUGS**)

\_\_\_\_\_ **A BAN FROM ALL SPORT** \_\_\_\_\_

8.

In one sentence, what essentially does 'manipulation of sports competition' mean?

(Hint: **MENU > MATCH FIXING & COMPETITION MANIPULATION**)

\_\_\_\_\_ **THE INTENTIONAL ACT TO ALTER THE** \_\_\_\_\_

\_\_\_\_\_ **COURSE OF A SPORTS COMPETITION.** \_\_\_\_\_

9.

Can an athlete receive a possible criminal conviction for deliberately manipulating a sporting competition?

(Hint: **MENU > MATCH FIXING & COMPETITION MANIPULATION**)

Highlight or circle your answer here:

**YES**

or

**NO**

10.

As an athlete, you have the responsibility to be fair and honest, and treat everyone involved in your sport with \_\_\_\_\_ **COURTESY** \_\_\_\_\_, and \_\_\_\_\_ **RESPECT** \_\_\_\_\_.

(Hint: **MENU > SAFEGUARDING SPORT**)

11.

As an athlete, you have the right to \_\_\_\_\_ **SPEAK** \_\_\_\_\_ up, be \_\_\_\_\_ **LISTENED** \_\_\_\_\_ to and feel \_\_\_\_\_ **SUPPORTED** \_\_\_\_\_.

(Hint: **MENU > SAFEGUARDING SPORT**)



# ANTI-DOPING

## ADDITIONAL RESOURCES



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# SUPPLEMENTS IN SPORT

Supplement use in Australia is on the rise and teenagers are increasingly turning to supplements over good nutrition seeking greater athletic performance or for that 'quick fix' to change their physical appearance.

[Recent research from 2020](#) shows that currently at least 50% of 14-16 year old Australian boys use some type of 'protein powder' and 62% intend to in the future.

Lead researcher Zali Yager wrote: "If they are taking more intense supplements like pre-workouts (loaded with caffeine), or products that mimic testosterone, there could be short and long term impacts on their health".

The marketplace supplies thousands of supplements claiming to provide nutritional support for athletes and they can be found in tablet, powder and liquid form. Some consist of 'proprietary blends' or 'natural ingredients' that don't thoroughly explain the product contents and a [survey completed by LGC in 2016](#) found that almost 1 in 5 supplements purchased in Australia (from supermarkets, chemists, supplement stores and online) contained WADA prohibited substances.

For young athletes that are rising through the pathways of their sport, the very real threat of taking something without knowing the full implications of the risks can be devastating. Make sure you and your students watch [Cassie Fien's video](#) on the events around her supplement use and subsequent positive test.

Reference material and exploration ideas follow over the page for teachers and students to discover the recognised nutritional needs of young athletes, the advertising hype of the supplement industry, and the various risks of supplement use in Australia.

Prior to taking on this topic, knowledge of the following concepts which are covered in our 'Clean Sport 101' online course would be advisable before continuing:

- Prohibited substances in sport
- Anti-Doping Rule Violations (ADRVs)
- Short overview of supplement risks and batch-testing.

'Clean Sport 101' is found at [elearning.sportintegrity.gov.au](https://elearning.sportintegrity.gov.au) and only takes 15 minutes to complete.

Additionally, our 'Sport Integrity App' is another great tool to find low risk supplements and information on the anti-doping rules.



# SUPPLEMENTS IN SPORT WORKSHEET

Supplement use can be an enormous risk for athletes.

In the links below and in the two education tools - 'Clean Sport 101' online course and the 'Sport Integrity App' - you can find information and cases from various sources on the supplement risks to both a person's health and to their future sporting career.

## QUESTIONS TO CONSIDER

- When you search on the internet for 'supplements', what type of responses do you receive?
- What are the sources that the supplements are being advertised from?
- What are the potential health and career risks involved with supplement use?
- What do the experts inform us of the nutritional needs for adolescent health and wellbeing?
- With all this information, how would you share this knowledge with your class or teammates to protect them from risks?
- What format would you use for that information - a short video, an animation, a poster, an email campaign?

**SHARE YOUR FINAL PROJECT PIECES WITH SPORT INTEGRITY AUSTRALIA -**  
[education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au)

## WEBPAGES AND DOCUMENTS TO EXPLORE

- Sport Integrity Australia - [Supplements in sport](#)
- Play by the Rules - [eBook - Supplements: Know what you are doing](#)
- BMC Pediatrics - [Muscle building supplement use in Australian adolescent boys](#)
- Therapeutic Goods Administration (TGA) - [How to spot a dodgy health product advert](#)
- Therapeutic Goods Administration (TGA) - [Sports supplements in Australia](#)
- Sports Dietitians Australia (SDA) - [Nutrition for adolescent health](#)
- Australian Institute of Sport (AIS) - [Nutrition & Supplement webpages](#)
- True Sport - [Supplement Guide](#) (USA guidelines – very similar to Australia)

## FURTHER VIDEOS ON THIS TOPIC

- [Cassie Fien Story](#) by Sport Integrity Australia (4:45)
- [Matt Whitby Story](#) by Sport Integrity Australia (4:01)
- [Adam Deanes Story](#) by Maia Jackman (3:51)
- [Australian Athletes Talk](#) by Sport Integrity Australia (4:01)
- [Dr David Hughes / Head Doctor AIS](#) by Sport Integrity Australia (5:49)
- [Louise Burke / Head of Nutrition AIS](#) by Sport Integrity Australia (8:05)
- [Food First](#) animation by World Rugby (3:09)



# CLEAN FREAK VIDEO



What is a 'Clean Freak'?

A 'Clean Freak' is an athlete who looks after their body by making the right decisions about good nutrition, hydration & sleep habits.

A 'Clean Freak' is an athlete that does not use performance enhancing drugs nor supplements that have not been 'Batch Tested' – more information on 'Batch Testing' is in the 'Clean Sport 101' online course.

A 'Clean Freak' is also an athlete that follows the rules by getting educated on all things anti-doping and by using the 'Sport Integrity App'.

Share the video with your students and set up a 'Clean Freak Challenge' in your school - <https://youtu.be/BPJ03OaxNqs>

## SCHOOL POSTER SERIES



Sport Integrity Australia have created a series of three posters to print out and add to your gym notice boards to promote the concept of 'Clean Sport'.

### POSTER 1

This poster highlights that it's the responsibility of all those involved in sport to get educated on all things about 'Clean Sport' with details of the 'Sport Integrity App' and the many free on-line Sport Integrity Australia courses that are available.


### POSTER 2

This poster explains the importance of 'Food First' nutrition choices to get the best results as a young athlete.

### POSTER 3

This poster highlights the risks involved with supplement use, especially for young athletes.

Posters can be found in the **PROMOTIONAL MATERIAL** section at the rear of this document. Contact us for high resolution copies for you to print out if required.



# MEDICATIONS AND THERAPEUTIC USE EXEMPTIONS

## FACT SHEET (1/2)

All medications used by athletes should be checked on the 'Sport Integrity App' or directly on [Global DRO](#) prior to use because some may contain ingredients that are prohibited (banned) in sport.

However, sometimes athletes may need to use a prohibited substance and/or method to treat a legitimate medical condition (eg. Insulin for Diabetes or Ritalin for ADHD).

As a teacher, you may have a student who is concerned about being prescribed a prohibited medication. This fact sheet provides information on this issue.

In these cases, some athletes may be required to obtain a Therapeutic Use Exemption (TUE). This is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method.

Only certain higher level athletes (usually national open aged team/squad athletes) need to apply for a TUE before using a prohibited medication. This is called an 'in-advance' TUE.

Exceptions for emergency situations and hospital visits are also given, and no athlete should reject emergency medical treatment out of fear of their TUE requirements.

For other athletes (including almost all junior athletes), no TUE application is required before they use their medical treatment. If the athlete is ever tested or investigated and advised by Sport Integrity Australia, the athlete can submit a TUE application at that point in time – this is called a 'retroactive TUE'.

Athletes are advised to keep detailed medical files for their diagnosed medical conditions to make the application process simple if required, and they should always report their medication use on the testing paperwork.

**Most importantly, junior athletes should not stop taking prescribed prohibited medications without obtaining clear advice from their doctor.**

If you have an athlete at your school/club that is concerned about a medication that they have been prescribed, please have the athlete run through the following steps with a parent or care-giver and, if required their doctor:

1. Determine if the medication is prohibited in sport using the **Medication Checker** on the 'Sport Integrity App' or directly on the [Global DRO](#) website.



# MEDICATIONS AND THERAPEUTIC USE EXEMPTIONS

## FACT SHEET (2/2)

2. If the medication is prohibited, use either the **Therapeutic Use Exemption Checker** on the 'Sport Integrity App' or refer to the Sport Integrity Australia [TUE reference guide](#) to determine whether an 'in-advance' TUE is needed.

3. To complete the check, choose the applicable sport, check if the athlete meets the applicable criteria shown for an in-advance TUE and what supporting medical evidence is required. Going through this process will let you know if the athlete needs to apply for a TUE immediately, or whether they can apply for a retroactive TUE if required.

4. If an 'in-advance' TUE is required, a TUE application form must be completed in consultation with the athlete's doctor and submitted for assessment.

5. If the athlete is eligible to apply retroactively for a TUE, then a detailed medical file should be kept to facilitate this process in a timely fashion. Information on the information required, which should be included in the medical file, can be found on the [Sport Integrity Australia website](#) and on the 'Sport Integrity App'.

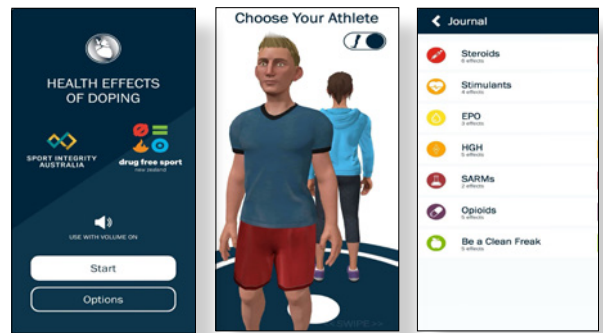
All applications are assessed by a committee of doctors called the Australian Sports Drug Medical Advisory Committee (ASDMAC), which is independent from Sport Integrity Australia.

If an athlete has any questions or concerns about TUEs, they can contact the ASDMAC Secretariat on 02 6222 4283, or email [asdmac@sportintegrity.gov.au](mailto:asdmac@sportintegrity.gov.au)

NB: Regardless of their age or level, no athlete should take a banned substance without direct advice from their doctor.



# HEALTH EFFECTS OF DOPING APP AUGMENTED REALITY



Not only is doping unethical and against the rules of sport, it can result in serious negative health effects.

Our new 'Health Effects of Doping App' uses augmented reality (AR) to create an engaging and unique learning experience for students to explore the health effects of performance enhancing drugs.

Using their phone's camera, students build their own athlete avatar, place it on their desk, and then peer inside to see how various drugs can affect the body. Stroke, liver damage, tumours and anxiety are just a few of the side effects of prohibited substance use that are covered in the app.

Additionally, students can discover the benefits of good nutrition, rest and hydration – the perfect ingredients to become a 'Clean Freak' (a non-doping athlete). You can share our short two minute '[Clean Freak](#)' video with your class to explore this concept further.

Substances covered in the 'Health Effects of Doping App' include;

- Steroids
- Human Growth Hormone (HGH)
- Stimulants
- Erythropoietin (EPO)
- Opioids
- Selective Androgen Receptor Modulators (SARMS).

A fast paced in-built quiz can be taken once all items in the 'journal' have been completed. Run a class / team competition to see which of your students can get the highest score!

The 'Health Effects of Doping App' is free to download from your app store.



Additional on-line resources to explore:

- Sport Integrity Australia's webpage with videos - [Health Effects of Doping](#)
- WADA's two-page brochure - [Dangers of Doping: Get the Facts](#)

Over the page you will find our one-page 'Health Effects of Doping Worksheet' (followed by the 'Answer Sheet') which can be used with students while using the App, or as an assessment piece. Questions 1 & 6 may require a little more investigation from other sources.

# HEALTH EFFECTS OF DOPING WORKSHEET



1. Abuse of painkillers (opioids) can make you sleepy. Why could this be dangerous in sport? \_\_\_\_\_
2. What effect can stimulants (often found in pre-workout supplements) have on your heart? \_\_\_\_\_
3. Which substance is associated with an increased risk in tendon rupture?  
\_\_\_\_\_
4. Are SARMS approved for human use? **YES** or **NO**
5. Which health effect of HGH abuse can be irreversible? \_\_\_\_\_
6. Name a food other than broccoli which could help your body to recover from injuries. \_\_\_\_\_
7. Which substance is associated with anger and depression? \_\_\_\_\_
8. Being well hydrated can improve your what? \_\_\_\_\_
9. Does EPO thin the consistency of your blood? **YES** or **NO**
10. What are the two factors besides good food that can help you become a better athlete / Clean Freak? \_\_\_\_\_ and \_\_\_\_\_

# HEALTH EFFECTS OF DOPING

## ANSWER SHEET



1. Abuse of painkillers (opioids) can make you sleepy. Why could this be dangerous in sport? \_\_\_\_\_ **INJURY RISK TO SELF & TEAMMATES** \_\_\_\_\_
2. What effect can stimulants (often found in pre-workout supplements) have on your heart? \_\_\_\_\_ **HEART ARRHYTHMIA** \_\_\_\_\_
3. Which substance is associated with an increased risk in tendon rupture?  
\_\_\_\_\_ **STEROIDS** \_\_\_\_\_
4. Are SARMS approved for human use? **YES** or **NO**
5. Which health effect of HGH abuse can be irreversible? \_\_\_ **ACROMEGALY** \_\_\_
6. Name a food other than broccoli which could help your body to recover from injuries. \_\_\_\_\_ **ANY OTHER VITAMIN-RICH FOOD** \_\_\_\_\_
7. Which substance is associated with anger and depression? \_\_\_ **STEROIDS** \_\_\_
8. Being well hydrated can improve your what? \_\_\_\_\_ **BLOOD FLOW** \_\_\_\_\_
9. Does EPO thin the consistency of your blood? **YES** or **NO**
10. What are the two factors besides good food that can help you become a better athlete / Clean Freak? \_\_\_\_\_ **SLEEP** \_\_\_\_\_ and \_\_\_\_\_ **WATER** \_\_\_\_\_



# SAMPLE COLLECTION PROCESS



For those athletes on elite pathways, knowledge of the 'Sample Collection Process' is vital to make the process a little less daunting when the chances of testing increase as they rise to greater heights within their sport.

As referenced in the 'Sport Integrity App Activity', our 'Virtual Reality Testing Experience' is a world first in anti-doping education where we take you through the 'Sample Collection Process' with our web based, virtual reality (VR) experience.

You can use your mobile device, tablet, computer, or your own virtual reality headset to go through the Sample Collection process. Let 'Olivia' and 'Andy' guide you through the process and see your sample results at the end.

[View our Virtual Reality Testing Experience from the direct link here.](#)

Viewable also from the 'Sport Integrity App' following this pathway -

**SPORT INTEGRITY APP > MENU > TOOLS > Virtual Reality Testing Experience**



Over the page you will find our one-page 'Sample Collection Worksheet' (followed by the 'Answer Sheet') which can be used by students with information found within the 'Sport Integrity App', the 'Virtual Reality Testing Experience' and from investigating the first two links mentioned below.

- [Sport Integrity Australia's Online Athlete Testing Guide](#)
- [Australian Athletes Talk About Their Testing Experiences video](#) (3:20)

Additional online resources to explore the 'Sample Collection Process':

- [Sport Integrity Australia's Testing Webpage](#)
- [Sport Integrity Australia's Sample Collection Video](#) (5:50)
- [WADA's Doping Control Animation Video](#) (4:42)

# SAMPLE COLLECTION WORKSHEET



1. When and where can an athlete be selected for testing?  
\_\_\_\_\_
2. Can an athlete request a delay in testing to warm down? **YES** or **NO**
3. What is the main advice Australian athletes give about testing?  
\_\_\_\_\_
4. Should an athlete under 18 take someone with them? **YES** or **NO**
5. What could happen to an athlete if they refuse to be tested?  
\_\_\_\_\_
6. What advice does athlete Kim Brennan (nee Crow) give about testing?  
\_\_\_\_\_
7. Where are the two places that you can leave feedback if something doesn't feel right about the sample collection process?  
\_\_\_\_\_
8. Do athletes have to stay within sight of the testing staff? **YES** or **NO**
9. Should an athlete post photos of their paperwork, the testing staff or the testing equipment onto social media? **YES** or **NO**
10. Where is the easiest place to find details on the athlete's rights and responsibilities around the testing process? \_\_\_\_\_

# SAMPLE COLLECTION

## ANSWER SHEET



1. When and where can an athlete be selected for testing?  
\_\_\_\_\_ **ANYTIME AND ANYPLACE** \_\_\_\_\_
2. Can an athlete request a delay in testing to warm down? **YES** or **NO**
3. What is the main advice Australian athletes give about testing?  
\_\_\_\_\_ **TAKE SOMEONE WITH YOU** \_\_\_\_\_
4. Should an athlete under 18 take someone with them? **YES** or **NO**
5. What could happen to an athlete if they refuse to be tested?  
\_\_\_\_\_ **THE ATHLETE COULD BE SANCTIONED** \_\_\_\_\_
6. What advice does athlete Kim Brennan (nee Crow) give about testing?  
\_\_\_\_\_ **DON'T DRINK TOO MUCH BEFOREHAND** \_\_\_\_\_
7. Where are the two places that you can leave feedback if something doesn't feel right about the sample collection process?  
\_\_\_\_\_ **TEST PAPERWORK / SPORT INTEGRITY APP** \_\_\_\_\_
8. Do athletes have to stay within sight of testing staff? **YES** or **NO**
9. Should an athlete post photos of their paperwork, the testing staff or the testing equipment onto social media? **YES** or **NO**
10. Where is the easiest place to find details on the athlete's rights and responsibilities around the testing process? \_\_\_ **SPORT INTEGRITY APP** \_



# MORE ANTI-DOPING ONLINE COURSES

[elearning.sportintegrity.gov.au](http://elearning.sportintegrity.gov.au)



## ANTI-DOPING LEVEL 1

An advanced one-off comprehensive anti-doping course that covers all required knowledge.

Designed for all athletes and support personnel participating in competitive sport.



## ANTI-DOPING LEVEL 2

An annual anti-doping refresher course for all athletes and support personnel.

Covers new substances added to the Prohibited List each year, new rules and emerging threats or issues



## COACHES COURSE

Anti-doping knowledge tailored to the important role coaches play in their athletes' lives.

# ANTI-DOPING VIDEOS & MOVIES



## DOPING IN SPORT

2019 [Doping in Sport](#) by The Economist - (12:05)

2012 [Doping in Sport](#) by AFP News Agency (1:44)

2016 [History of Doping in Sport](#) by AFP News Agency (1:56)

2016 [Disturbing Truth About Doping in Sport](#) by Bloomberg (2:12)

2009 [What is WADA?](#) by WADA (2:19)

2019 [History by WADA](#) (by WADA 18:20)

## RUSSIAN DOPING SCANDAL

2017 ICARUS - Netflix film (2:00:00) - [ICARUS YouTube Trailer](#) (2:01)

2016 [Yuliya Stepanova Story](#) by BBC Newsnight (8:33)  
(the athlete who blew the whistle on Russian doping)

## TYLER HAMILTON (team mate of Lance Armstrong)

2016 [Tyler Hamilton Story](#) by Drug Free Sport NZ (3:05)

2016 [Tyler Hamilton Message to Parents](#) by Drug Free Sport NZ (1:10)

## SUPPLEMENT RISKS

2020 [Cassie Fien Story](#) by Sport Integrity Australia (4:45)

2019 [Matt Whitby Story](#) by Sport Integrity Australia (4:01)

2013 [Adam Deanes Story](#) by Maia Jackman (3:51)

2014 [Australian Athletes Talk](#) by Sport Integrity Australia (4:01)

2014 [Louise Burke / Head of Nutrition AIS](#) by Sport Integrity Australia (8:05)

# ANTI-DOPING LINKS



## ANTI-DOPING AUTHORITIES

[Sport Integrity Australia \(SIA\)](#)

[World Anti-Doping Agency \(WADA\)](#)

[WADA Question & Answer Webpage](#)

[Drug Free Sport New Zealand \(DFSNZ\)](#)

[United States Anti-Doping Agency \(USADA\)](#)

[United Kingdom Anti-Doping \(UKAD\)](#)

[Canadian Centre for Ethics in Sport](#)

## NUTRITION and SUPPLEMENTS

[Sports Dietitians Australia \(SDA\)](#) - lots of articles on good sports nutrition, plus fact sheets on particular sporting needs

Australian Institute of Sport (AIS) - [Nutrition](#)

Australian Institute of Sport (AIS) - [Supplements](#)

Play By The Rules – [eBook - Supplements: Know what you are doing](#)

True Sport - [Supplement Guide](#) (USA guidelines – very similar to Australia)

## ANTI-DOPING EXTRAS

(further links also found in our featured 'Lesson Guides' on page 6)

Sport Integrity Australia - [Australian Current Sanctions](#)

[The Sports Integrity Initiative](#) (publishes integrity news items from around the world)



# SPORT INTEGRITY

## ADDITIONAL RESOURCES



SPORT INTEGRITY  
AUSTRALIA



# ETHICAL DECISION MAKING

## ONLINE COURSES



*“You are a week away from playing in the grand final and you find out your teammate is doping, would you report him?”*

*“Your coach tells your team to deliberately lose the final round game of a competition because it means you will have an easier finals path, would you do it?”*

Some decisions we face are easy, while other choices seem to have no clear right or wrong answer. In sport, our ethics, values and the need to perform can often collide, making some decisions more difficult than others.

Our 'Ethical Decision Making Online Courses' ask students to identify their values and principles, and decide what meaning they give to sport. The course then leads students through various scenarios around anti-doping, illicit drugs and match-fixing, and challenges them to consider how their values and principles may apply to each dilemma.

The first course covers some basic ethical theory and then places the learner in three difficult situations, in which they are required to make a choice.

There are then a further three courses providing more scenarios and providing the opportunity to extend on student learning.

The four course titles available at [elearning.sportintegrity.gov.au](https://elearning.sportintegrity.gov.au) include:

- 'Ethical Decision Making - Starter Course'
- 'Ethical Decision Making - Moral Duty or Team Duty?'
- 'Ethical Decision Making - Helping or Dobbing?'
- 'Ethical Decision Making - It's the Fans, Coaches, Sports Fault....'

Prior work / discussions on the following concepts would be advisable before completing the Ethical Decision Making Online Courses:

- Values
- Principles
- Beliefs
- Moral codes.

The following page outlines the values and principles suggested in the courses, plus some example questions for prior or post work on these topics.

Check out the **SPORT INTEGRITY LINKS** page in this resource for ideas to encourage good sporting values with your students with resources from programs such as 'True Sport Program Australia' and 'True Sport Program USA'.

# ETHICAL DECISION MAKING

## CLASS CONSIDERATIONS



### VALUES

The courses explain that our choices are based on values and that many values are universal – such as honesty, respect, responsibility, fairness and compassion, however we also have our own personal values. Below is the course list of available values. Students are asked to pick the three that fit closest to their own personal values.

Accomplishment  
Assertiveness  
Commitment  
Determination  
Fair Play  
Justice  
Respect  
Success

Accountability  
Competitiveness  
Courage  
Equality  
Honesty  
Leadership  
Reliability  
Trust

Achievement  
Challenge  
Dedication  
Excellence  
Integrity  
Loyalty  
Sacrifice  
Truth

### PRINCIPLES

If you ask most people how they feel about athletes taking performance enhancing drugs, many people would say it's not right. This brings principles into the equation. Many of us recognise principles in sayings such as *"do unto others as you would have done unto you"* or *"only do those things which you would be proud to let your grandmother see in the newspaper"*. Within the courses, students are asked to choose the one principle below that closely matches what is most important to them.

- *"Action is a necessary part of success."*
- *"Always keep your promises and agreements."*
- *"Do unto others as you would have done unto you."*
- *"Only do things you would be proud for your Grandmother to see in the paper."*
- *"Always give 100%."*
- *"The only failure in life is not trying."*
- *"Respect your opponent at all times."*
- *"Always be true to yourself."*
- *"Failure is part of success."*
- *"Don't settle when you can achieve more."*

### POSSIBLE DISCUSSION / ASSIGNMENT QUESTIONS

- What do you believe is right?
- What are your ethical principles, your guidelines for living?
- How do you make decisions?
- What are values / principles / beliefs / moral codes?
- What are your values / principles / beliefs / moral codes?
- What / who influences your values / principles / beliefs / moral codes?
- What school scenarios / decision making examples would be influenced by your values / principles / beliefs / moral codes?



# PARENTS' GUIDE

## ONLINE COURSE AND BROCHURE



The pressure to train hard, compete and achieve at a high level in sport can lead athletes to entertain dangerous options presented as shortcuts, such as extreme dieting, excessive training, taking supplements and doping. In addition, when young athletes move quickly through elite pathways, they may be taking medications or supplements that are banned in sport under the World Anti-Doping Code and end up breaking the rules without understanding why.

The importance of parents to help their children achieve their sporting goals, while also teaching them respect for and appreciation of the true spirit of sport, cannot be overemphasised.

To help parents be the consistent voice promoting safety, good health, integrity, and enjoyment of clean sport, Sport Integrity Australia, in partnership with the World Anti-Doping Agency (WADA) and Play By The Rules (PBTR), have designed two new exciting resources to help parents: a brochure and an on line course.

### THE BROCHURE

Download the [Parent's Guide to Clean Sport Brochure](#).



### THE ONLINE COURSE

30 minute Parent's Course - available at [elearning.sportintegrity.gov.au](https://elearning.sportintegrity.gov.au)



# MORE INTEGRITY ONLINE COURSES



## INTRODUCTION TO MATCH-FIXING

Designed to help you understand what match-fixing is, its consequences, how to recognise it, report it and keep Australian sport honest.

Found at

[elearning.sportintegrity.gov.au](http://elearning.sportintegrity.gov.au)



## CHILD PROTECTION IN SPORT

To help ensure sport is child safe this course is suitable for players, volunteers, coaches, officials and administrators in sport.

Found at

[www.playbytherules.net.au/online-courses/child-protection-online-course](http://www.playbytherules.net.au/online-courses/child-protection-online-course)



## HARASSMENT AND DISCRIMINATION IN SPORT

A course that covers discrimination law, implications for sports clubs and associations, and what to do if an incident occurs.

Found at

[www.playbytherules.net.au/online-courses/harassment-and-discrimination-online-course](http://www.playbytherules.net.au/online-courses/harassment-and-discrimination-online-course)

# SPORT INTEGRITY

## VIDEOS & MOVIES



### RASCISM IN SPORT

2014 [Racism: It Stops with Me](#) by Play by the Rules (00:39)

2019 [The Australian Dream - Official Trailer](#) (2:21)

2019 [The Australian Dream](#) - Documentary (1:30:00)

### COMPETITION MANIPULATION (MATCH-FIXING)

2018 [Is Match-Fixing Sports Biggest Threat?](#) by The Economist (2:17)

2017 [Oliver Anderson](#) (Match Fixing) by Tennis Integrity Unit (TIU) Education (3:30)

2019 [Nicolas Kicker](#) (Match Fixing - subtitles) by Tennis Integrity Unit (TUI) Education (4:27)

2020 [Moses Swaibu - Understanding the Threat of Match-Fixing](#) by Genius Sport Goup (3:08)

2019 [Safeguarding Sport from Corruption](#) - UN Office of Drugs and Crime (10:40)

### ILLICIT DRUGS IN SPORT

2015 [Illicit Drugs](#) by Surf Life Saving Australia (2:28)

### ETHICS

2020 [What is Ethics?](#) by The Ethics Centre (4:54)

2020 [Ethical Decision Making](#) by the Ethics Centre (3:29)

2020 [Purpose, Values, Principles - An Ethics Framework](#) by the Ethics Centre (3:43)



# SPORT INTEGRITY LINKS



## SPORT INTEGRITY LINKS

(further topics and links also found in our featured 'Lesson Guides' on page 6)

[Sport Integrity Australia](#)

[Sport Integrity eBook](#) - Sport Integrity Australia

[Sport Integrity Matters](#) - Sport Integrity Australia Newsletters

[On Side Podcasts](#) - Sport Integrity Australia Podcasts

[National Sports Tribunal](#)

[Play By The Rules](#)

[Safe and Inclusive Sport](#) - Sport Australia

[Kids Call Timeout on Poor Sideline Behaviour](#) - Play By The Rules (embedded videos)

[Integrity in Sport](#) - Play By The Rules

[Nurturing a Child's Sporting Development](#) - Sport Australia

[Clearinghouse for Sport](#)

[True Sport Program Australia](#) - check out the RESOURCES tab

[True Sport Program USA](#) - check out the RESOURCES tab

[The Sports Integrity Initiative](#) (publishes integrity news items from around the world)

[Know the Rules: Betting, Match Fixing and Inside Information](#) - The Football Assoc

[Drugs in Sport](#) - Health Direct

[Alcohol and Drug Foundation](#)

[Positive Choices](#)

[The Drug Education Project](#) - Drug Ed Australia

# SPORT INTEGRITY

PROMOTIONAL  
MATERIAL



SPORT INTEGRITY  
AUSTRALIA





- AVAILABLE NOW**

- [elearning.sportintegrity.gov.au](http://elearning.sportintegrity.gov.au)



## QUESTIONS

Email:

[education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au)

**Phone:**

**1300 027 232**





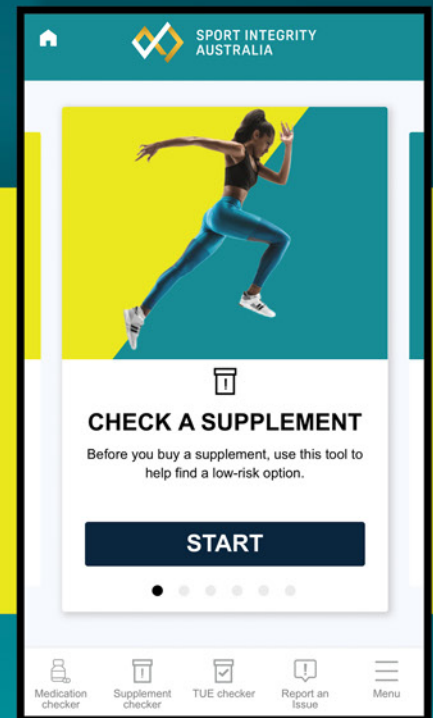
SPORT INTEGRITY  
AUSTRALIA

# CLEAN SPORT IS YOUR RESPONSIBILITY

## SPORT INTEGRITY APP

- Check medications on Global DRO
- Find low risk supplements
- Find out about Therapeutic Use Exemptions (TUE)
- Raise a concern or report suspicious activities
- Give feedback or ask a question.

The app also has information on all sport integrity issues, anti-doping rules, testing programs, health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



## ONLINE EDUCATION

- Sport Integrity Australia's eLearning website: [elearning.sportintegrity.gov.au](https://elearning.sportintegrity.gov.au)
- Visit the site for courses on integrity topics including: clean sport 101, introduction courses to anti-doping, match-fixing and illicit drugs, along with specific courses for parents and coaches.



## QUESTIONS?

Email: [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au)

Phone: 1300 027 232





SPORT INTEGRITY  
AUSTRALIA

# FOOD FIRST

REAL FOOD.  
REAL BENEFITS.



- The Australian Institute of Sport (AIS) advises that a planned and balanced diet can meet virtually all of an athlete's nutritional needs.
- Very few performance supplements are backed by evidence.
- The majority of supplements are unnecessary and can create risk to an athlete's health and career.
- Check out [www.sportdietitians.com.au](http://www.sportdietitians.com.au) for loads of body-fuelling ideas.



DOWNLOAD THE SPORT INTEGRITY APP  
TO REDUCE YOUR RISK OF BREAKING  
THE RULES.

## QUESTIONS ?

Email: [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au)

Phone: 1300 027 232





SPORT INTEGRITY  
AUSTRALIA

# SUPPLEMENT RISKS

KNOW THE RULES.  
KNOW THE RISKS.



- Unlike medications, supplements are not well regulated in Australia.
- Research from 2016 found that 1 in 5 supplements sold in Australia contained a banned substance in sport. None of them listed the banned ingredient on the label.
- Danger! Some were found to contain harmful ingredients.
- Don't get your advice from advertising or other athletes: sports dietitians and doctors are the real experts.



DOWNLOAD THE SPORT INTEGRITY APP  
TO REDUCE YOUR RISK OF BREAKING  
THE RULES.

## QUESTIONS ?

Email: [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au)

Phone: 1300 027 232





SPORT INTEGRITY  
AUSTRALIA

# FOOD FIRST

REAL FOOD.  
REAL BENEFITS.  
**NO RISK.**

NO ONE EVER  
TESTED POSITIVE  
FOR **BROCCOLI**



## **BROCCOLEGS**

A state of physical eliteness  
gained from a broccoli  
inclusive diet.

Research found that  
1 in 5 supplements  
sold in Australia  
contained a banned  
substance not listed on  
the ingredients label.  
Why risk a ban of up to  
four years?

Download the  
Sport Integrity App  
to reduce your risk  
of testing positive  
from a supplement  
or medication.



# SPORT INTEGRITY

## APPENDICES



SPORT INTEGRITY  
AUSTRALIA



# SPORT INTEGRITY

## CURRICULUM LINKS (1/5)



	<b>Integrity Lesson Guides</b> <b>Clean Sport 101</b> <b>Sport Integrity App</b> <b>All Anti-Doping Content</b> <b>Ethical Decision Making</b>	<b>Supplements in Sport and Nutrition</b>
<b>Years 9 / 10</b> <b>AUS</b>	<u><a href="#">Australian Curriculum - Health and Physical Education</a></u> <b>- content description - 'Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities.'</b> (ACPMP107)	<u><a href="#">Australian Curriculum - Health and Physical Education</a></u> <b>- content description - 'Critically analyse and apply health information from a range of sources to health decisions and situations'</b> (ACPPS095)
<b>Years 9 / 10</b> <b>NSW</b>	<u><a href="#">NSW - Stage 5 PDHPE</a></u> <b>Outcome PD5-6 - 'Critiques contextual factors, attitudes and behaviours to effectively promote health, safety, wellbeing and participation in physical activity.'</b>  <u><a href="#">NSW - Stage 5 PASS</a></u> <b>Outcome PASS5-3 - 'Discusses the nature and impact of historical and contemporary issues in physical activity and sport.'</b>  <b>Outcome PASS5-10 - 'Analyses and appraises information, opinions and observations to inform physical activity and sport decisions.'</b>	<u><a href="#">NSW - Stage 5 PASS</a></u> <b>Outcome PASS5-1 - 'Discusses factors that limit and enhance the capacity to move and perform.'</b>  <b>Outcome PASS5-10 - 'Analyses and appraises information, opinions and observations to inform physical activity and sport decisions.'</b>
<b>Years 9 / 10</b> <b>VIC</b>	<u><a href="#">VIC – Health and Physical Education Level 9 and 10 - content description - 'Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities.'</a></u> (VCHPEM160)	<u><a href="#">VIC - Health and Physical Education Level 9 and 10 - content description - 'Evaluate health information from a range of sources and apply to health decisions and situations.'</a></u> (VCHPEP148)



# SPORT INTEGRITY

## CURRICULUM LINKS (2/5)



	<b>Integrity Lesson Guides</b> <b>Clean Sport 101</b> <b>Sport Integrity App</b> <b>All Anti-Doping Content</b> <b>Ethical Decision Making</b>	<b>Supplements in Sport and Nutrition</b>
<b>Years 11 / 12 NSW</b>	<u><b>NSW - STAGE 6 PDHPE</b></u> <b>HSC Option 4: Improving Performance</b> - topic - <i>'What ethical issues are related to improving performance.'</i>	<u><b>NSW - STAGE 6 PDHPE</b></u> <b>HSC Core 2: Factors Affecting Performance</b> - topic - <i>'How can nutrition and recovery strategies affect performance?'</i>
<b>Years 11 / 12 VIC</b>	<u><b>VIC - VCE Physical Education</b></u> <b>Unit 1: The Human Body in Motion - Area of Study 1</b> - key knowledge - <ul style="list-style-type: none"> <li><i>'Actual and perceived benefits and potential harms of legal and illegal substances and methods that enhance performance of the musculoskeletal system, such as training, nutritional supplements, creatine supplementation and hormones (including steroids and growth hormones).'</i></li> <li><i>'The ethical and sociocultural considerations of legal and illegal practices associated with enhancing the performance of the musculoskeletal system in sport.'</i></li> </ul> <b>Unit 1: The Human Body in Motion - Area of Study 2</b> - key knowledge - <ul style="list-style-type: none"> <li><i>'Actual and perceived benefits and potential harms to the athlete of legal and illegal substances and methods.'</i></li> <li><i>'Ethical and sociocultural considerations associated with the use of illegal practices associated with improving the function of the cardiorespiratory system that enhance performance of the cardiorespiratory system, such as altitude training, erythropoietin (EPO), beta-blockers and blood doping.'</i></li> </ul>	<u><b>VIC - VCE Physical Education</b></u> <b>Unit 3: Movement skills and energy for physical activity - Area of Study 2</b> - key knowledge - <ul style="list-style-type: none"> <li><i>'Fuels (both chemical and food) required for resynthesis of ATP at rest and during physical activity, including the relative contribution of fuels at varying exercise intensities.'</i></li> </ul> <b>Unit 4: Training to improve performance - Area of Study 2</b> - key knowledge - <ul style="list-style-type: none"> <li><i>'Nutritional and rehydration recovery strategies including water, carbohydrate and protein replenishment.'</i></li> </ul>

# SPORT INTEGRITY

## CURRICULUM LINKS (3/5)



	<b>Integrity Lesson Guides</b> <b>Clean Sport 101</b> <b>Sport Integrity App</b> <b>All Anti-Doping Content</b> <b>Ethical Decision Making</b>	<b>Supplements in Sport and Nutrition</b>
<b>Years 11 / 12</b> <b>ACT</b>	<p><b><u>ACT - BSSS Physical Education</u></b></p> <p><b>Sports Skill Acquisition - Nature and Purpose</b> - <i>'Understand that in order for all participants to experience the maximum benefit participation in physical activity individuals should demonstrate knowledge and commitment to sportsmanship, rules and safety guidelines (PESA09).'</i></p> <p><b>Sport, Activity, Culture and Society - Concept, theories and models</b> - <i>'Analyse theories of physical activity and sport in society and culture, for example, development of morals and ethics, building of character, driver of social change and political agendas (PESA01).'</i></p> <p><b>Nature and purpose</b> - <i>'Evaluate the significance of physical activity and sport in culture and society, for example, its effect on aspirations, motivation, employment, morals, values, structures, creating community, and the role of media (PESA05).'</i></p> <p><b>Representations and interpretations</b> - <i>'Analyse issues, problems and practices in a physical activity and sport and its impact on culture and society, for example, globalisation, commercialisation, disability, gender, race, corruption, politics, morals and ethics (PESA07/08/09).'</i></p>	<p><b><u>ACT - BSSS Physical Education</u></b></p> <p><b>Unit 5 Negotiated Study</b> - create a unit of work on sports nutrition.</p>

# SPORT INTEGRITY

## CURRICULUM LINKS (4/5)



	<b>Integrity Lesson Guides</b> <b>Clean Sport 101</b> <b>Sport Integrity App</b> <b>Anti-Doping Content</b> <b>Ethical Decision Making</b>	<b>Supplements in Sport and Nutrition</b>
<b>Years 11 / 12</b> <b>ACT</b>	<p><b><u>ACT - BSSS Sports Development</u></b>  <b>Athletes in Society - Nature and Purpose</b> - <i>'Analyse key issues encountered by elite athletes in contemporary society (SDA14).'</i></p> <p><b>Building an Elite Athlete - Representations and interpretations</b> - <i>'Analyse issues, problems and practices in building an elite athlete (SDA17).'</i></p>	<p><b><u>ACT - BSSS Sports Development</u></b>  <b>Building an Elite Athlete - Concepts, theories and models</b> - <i>'Investigate how elite athletes differ from amateur athletes including nutrition, mental preparation/ sports psychology, recovery (SDA04).'</i></p> <p><b>Building an Elite Athlete - Principles, strategies, methodology</b> - <i>'Analyses principles on building an elite athlete for example, frequency and intensity of training, recovery, nutrition (SDA07).'</i></p>
<b>Years 11 / 12</b> <b>SA &amp; NT</b>	<p><b><u>SA &amp; NT - SACE Physical Education</u></b>  <b>Stage 2 - Focus Area 1: In movement</b> - key ideas - <i>'Practical application of learning theories (ethical strategies to promote integrity and fair participation).'</i></p> <p><b>Stage 2 - Focus Area 2: Through movement</b> - key ideas - <i>'Barriers and enablers to physical activity.'</i></p>	<p><b><u>SA &amp; NT - SACE Physical Education</u></b>  <b>Stage 1 - Focus Area 1: In movement</b> - key ideas - <i>'Application of energy sources affecting physical performance.'</i></p> <p><b>Stage 1 - Focus Area 3: About movement</b> - key ideas - <i>'The body's response to physical activity (sources of nutrients).'</i></p> <p><b>Stage 2 - Focus Area 3: About movement</b> - key ideas - <i>'Energy sources affecting physical performance.'</i></p>



# SPORT INTEGRITY

## CURRICULUM LINKS (5/5)



	<b>Integrity Lesson Guides</b> <b>Clean Sport 101</b> <b>Sport Integrity App</b> <b>Anti-Doping Content</b> <b>Ethical Decision Making</b>	<b>Supplements in Sport and Nutrition</b>
<b>Years 11 / 12</b> <b>QLD</b>	<u><a href="#">QLD - Senior Physical Education</a></u> <b>Unit 3: Tactical awareness, ethics and integrity and physical activity - Topic 2:</b> <i>'Ethics and integrity.'</i>	<u><a href="#">QLD - Senior Physical Education</a></u> <b>Unit 4: Energy, fitness and training and physical activity - Topic 1:</b> <i>'Energy, fitness and training.'</i>
<b>Years 11 / 12</b> <b>WA</b>	<u><a href="#">WA - SCSA Physical Education Studies</a></u> <b>Year 12 - Unit 3 - Exercise physiology -</b> <i>'Physiological changes brought on by the use of performance enhancers.'</i>	<u><a href="#">WA - SCSA Physical Education Studies</a></u> <b>Year 11 - Unit 1 - Exercise physiology</b> - 'Utilisation of carbohydrates, fats and proteins as energy sources for physical activity, and their role in the onset of fatigue.'  <b>Year 12 - Unit 3 - Exercise physiology</b> - 'Relationship between energy demands and nutritional requirements during physical activity.'

## CREATIVE COMMONS

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