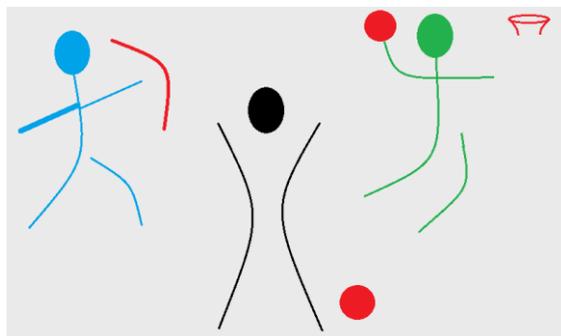


Sport is ...



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What is Doping?

In competitive sports, doping refers to the use of forbidden drugs that have a purpose to enhance the performance of the athletes. The use of doping is considered unethical, so it is prohibited by most international sports organizations. The origins of doping in sports go back to the very beginning of sport itself. The doping was used even in ancient Greece and Rome and it is kept in the use until today. In the ancient times, athletes drank herbal infusions to strengthen them before races, while today we have more sophisticated drugs, like hormones and anabolic steroids.



Six classes of drugs are banned by sports' governing bodies:

Stimulants increase alertness and ability to overcome fatigue by raising heart rate and blood flow. They are also used to reduce aggression, which may or may not be an advantage during competitions.

Anabolic-androgen steroids help athletes to train harder, increase muscle mass and strength and to recover more quickly.

Diuretics increase the rate of urine flow and sodium excretion in order to adjust the volume and composition of body fluids or to eliminate excess fluids from tissues. **Narcotic analgesics and cannabinoids** are opioids in medical terms, a substances that acts pharmacologically like morphine. They are addictive.

Peptides and hormones include human growth hormone, erythropoietin (EPO), insulin, hormone chorionic, gonadotrophin and adrenocorticotrophin (ACTH). They increase bulk and strength and promotes red blood cells, which means more hemoglobin in the blood, higher oxygen levels and greater energy.

Famous Example about Doping. The biggest drug story in Olympic history is Ben Johnson's story. After his bronze medal in the 100 metres at the 1984 Games, he decided he needed some extra pharmaceutical help to beat Carl Lewis. By 1987, he'd got it. It set a world record at the World Championships. In 1988, when the urine samples tested positive, Johnson lost his gold medal and world records and admitted he'd been taking drugs since 1981. Suspended for two years, he was caught again in 1993 and banned for life. Lewis was promoted to first place and therefore retained the title. Years later, it came out that he'd tested positive for various banned stimulants at the Olympic trials.

Consequences. The first time that athletes were banned from doping was the year 1928, but the more serious fight against doping started in 1966, when FIFA and UCI joined the IAAF, followed by the International Olympic Committee the next year. The World Anti-Doping Agency was created in 1999, when it became more effective to catch athletes while using drugs. The use of doping has claimed harmful long-term effects, that differ between different kinds of drugs. It goes from infertility, liver dysfunction, hypertension and aggressive behavior during the use of anabolic steroids, convulsions when using hormones to hallucinations, trembling, depression and addiction when using stimulates or narcotics.

Can sport be free?

There are many common things between the different countries when it comes to sport. All the governments make efforts to make the citizens feel free to do sports and not to worry about if they can afford it or not. The countries we are going to discuss about below are the following: Bulgaria, Macedonia, Turkey, Romania, Greece, Latvia, Italy and Croatia.

The common features between them are that in all of them you can do a lot of things without even think of money. For example, when it comes to one of the most famous sport – football which is played everywhere – in all of this countries there are fields which you can use for free, you can also play it in the parks. The same is with volleyball or water polo– you can also play it on the beaches of the sea, river or lake – depends on the country. You can also go swimming in the above mentioned without having to pay for it. You only need to have swimming clothes. But if you want to go swimming in special swimming pools, you have to pay. In the parks of all these countries you can enjoy playing chess, backgammon.

What is interesting is that in **Croatia** the municipality provides places for the people to do aerobics, yoga and zumba. There are also special trainers for the people to teach them how to practice right.

In **Turkey** the municipality as in Croatia provides places for the above mentioned sports. There you can also play handball for free.

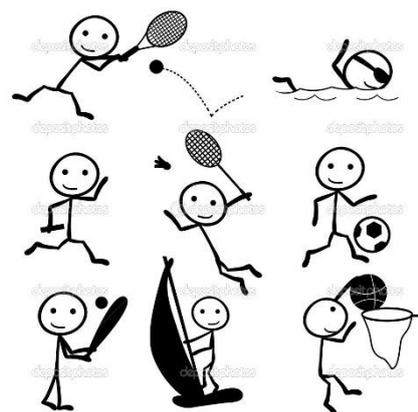
In **Romania** there is a game which is only typical for them – tennis with feet – LapTennis. You can play it everywhere.

In **Macedonia** every year there is a running activities and a very interesting competition – who is going to be first to claim Vodno (a mountain). There are also many skateparks.

In **Italy** there are many activities you can to for free if you are a person who has a job which cannot give them enough money in order to afford to pay for doing sport. In **Latvia** you can play hockey for free.

In **Bulgaria** there is an interesting activity called NIKE+. The sponsor (as you can suppose) is NIKE. The idea is that you have to run different distances and to participate many times. If you take part more than 10 times, you have 50% discount for every NIKE product you buy. What is more, in some municipalities the children can play all kind of sports for free during the summer. If you are a sport lover you definitely have to visit **Greece** – there you can find places to do all kinds for free.

In the parks of all these countries you can also play table tennis (sometimes you have to bring your own equipment, sometimes it is provided – depending on the place). There you can also run and find street fitness. For example – in every bigger park in Bulgaria there is fitness equipment where people can train.



How disabilities impact the access to sports?



Today there are about 7.5 billion of humans living in our world, everyone has different religion, hobbies, face, color, language etc. etc. However, there are also many people all over the world having a limiting long term illness, impairment or disability, so everyone need to be informed about this situation. This way we will both make it easier for them to live a normal life and improve their life quality.

Let's talk in statistics, so as everyone can understand the importance of this problem. First of all, studies have shown that the most commonly-reported impairments are those that affect mobility, lifting or carrying.

Also, the prevalence of disability rises with age. Specifically, around 6% of children are disabled, compared to 16% of working age adults and 45% of adults over State pension age.

The number of disabled people who take part in sport has risen significantly, but barriers remain. Characteristically, analysis carried out in 2012 on Active People Survey data, showed that people with sensory impairments have much lower participation rate, at just 13.4%.

Stereotypes, attitudes, assumptions and perceptions often combine to create a stigma around people with disabilities. These barriers to sports participation can cause a disabled person to see himself as less worthy.

Many sport have been adapted to be played by those people. Depending on the individual's disability, we can find different levels to play it.



Competition vs Cooperation Test

1. When you play a game, you strike to win the game by defeating or establishing superiority over others.
(2) Yes (1) No
2. When you are in your work, you always want to be the leader.
(2) Yes (1) No
3. Imagine that you and your best friend are both working in the same company. Your boss decides to give a promotion to one of you, will you (2) fight with your best friend or (1) not?
4. You are playing a game and you have the opportunity to win by cheating, will you (2) do this or you will prefer to (1) have fun whatever the result will be?
5. If you have to work in a team with people you don't know, will you try to (1) understand their personality or you will be just (2) focus on your work?

If you have more (2), you are a **competitive** person,

If you have more (1), you are a **cooperative** person.

If you end being a competitive person, this means that you compete with the other people and you are eager to be more successful than others. You want to win the game even with illegal methods.

If you end being a cooperative person, this means that you are responsive, supportive, shared. You are the kind of person who always shares the benefits and profits and you like being among the people and work with them.

Sources : www.sportEngland.org , www.wikipedia.org , www.espn.co.uk , www.doping-prevention.sp.tum.de , participants' knowledge .

Authors: Alexandra Papadopoulou, Dora Medic, Mihaela Dimitrova, Rudolfs Augusts Dravnieks, Alessandro Lai