

General information

Course information	Performance-enhancement and anti-doping in sport – an online course
Course code	SPM120
Course name	Performance-enhancement and anti-doping in sport
Semester	Fall 2023
ECTS	5
Course responsible	Sigmund Loland
Exam category	Three weeks home exam

Documents – examiner

- Assignment
- x Course plan
- x Information given to the students

Learning outcome

After having completed the course the students shall be able to

- define and categorize performance-enhancing means and methods and describe their regulation in sport (anti-doping)
- describe and offer explanations based on social science of the prevalence of the use of various performance-enhancing means and methods in sport
- discuss the ethics of the use of performance-enhancing means and method and anti-doping in sport
- contribute to evidence-based and informed anti-doping policies in sport

Course plan and curriculum

Please examine the course plan [here](#).

Evaluation criteria

Information given to the students:

- The duration of the exam is three weeks.

- In addition to the syllabus, all contents in all the SPM120 Module pages should be regarded as relevant learning resources.
- The exam includes three assignments linked to course Module 1, 2, and 3 with a total word limit of 2500 words.
- Each of the three assignments should be between 800 and 850 words excluding references. Plus/minus 10% is acceptable.
- There should be a complete reference list at the end.
- APA 7 style and reference guidelines are to be applied.
- The grades range from A-F.
- The three assignments count equally in setting the overall mark.
- The submitted texts will be checked with Urkund's plagiarism detection program.

Grading – general comments

Good assignments (grade C) include relevant content and information, keep the word limits, use relevant references from the core curriculum, and follow the APA7 norm.

Very good (B) and excellent (A) assignments include further information and references in addition to critical and independent reflection on the topics being discussed.

Grades D and E refer to assignments with main weaknesses with a particular emphasis on content. Grade F is used if there is little, or no evidence of the learning outcomes being realized.

Assignments and relevant sources

Module 1: Key definitions and organization of anti-doping

1.
 - A) Describe the main rules and the organizational structure of the World Anti-doping Agency (WADA).**
 - B) Discuss what you take to be the main challenges in relation to the WADA rules and organizational structure.**

Maximum 850 words.

Relevant learning objective:

- After having completed the course, the students shall be able to define and categorize performance-enhancing means and methods and describe their regulation in sports (anti-doping)

Examination Guide:

The first part of a good answer will include a systematic synopsis of the WADA Code with emphasis on the main rules, including the definition of doping, the strict liability principle, and the sanctioning system.

The second part should draw on relevant references and define some of the main challenges in both the rules and the organizational setup.

The two parts should be of approximately equal length.

References:

Relevant course pages, WADA Code (2021); Hanstad, Smith, & Waddington (2008); Houlihan & Hanstad (2019); and Chester, Wojek, & Schumacher (2022). Other sources can add quality to the assignment if proven relevant.

Module 2: Prevalence of doping and social science perspectives

2.

- A) Define prevalence and explain how to measure doping prevalence rates in sports.**
- B) Discuss the main factors that lead to doping use and the possibilities of preventing their impact.**

Maximum 850 words.

Relevant learning objective:

- After having completed the course, the students shall be able to describe and offer explanations based on social science of the prevalence of the use of various performance-enhancing means and methods in sports.

Examination Guide:

The first part of a good answer will provide a correct definition of prevalence with relevant references and describe various research methods on the prevalence of doping in sports.

The second part should draw on relevant social science sources and provide an overview of what is efficient prevention strategies.

The first part might be shorter than the second part, or the parts can be of equal length.

References:

Relevant course pages, WADA Code (2021); Backhouse, Whitaker, Patterson, et al. (2016); Gleaves, Petróczi, Folkerts et al. (2021); Petroczi, Heyes, Thrower et al. (2021); Houlihan, B. (2022); Waddington, I. (2015). Other sources can add quality to the assignment if proven relevant.

Module 3: Doping and anti-doping – ethical perspectives

3.

A) What defines an ethical perspective?

B) Discuss the main ethical positions when it comes to doping and anti-doping in sports. Reflect upon what you find to be the best justified position.

Maximum 850 words.

Relevant learning objective:

- After having completed the course, the students shall be able to discuss the ethics of the use of performance-enhancing means and methods and anti-doping in sport

Examination Guide:

The first part of a good answer will provide a clear definition of the characteristics of an ethical perspective as given on the course web pages.

The second part should draw on relevant sources and provide a systematic overview of ethical positions in the doping debate. A very good answer includes critical considerations on the justification of the various positions and a conclusion.

The first part should be shorter than the second part, tentatively with the balance 1:3 or 1:4.

References:

Relevant course pages, WADA Code (2021); Kayser, B., & Tolleneer, J. (2017); Coakley, J. (2019); Loland, S. (2015); Murray, T. H. (2015). Other sources can add quality to the assignment if proven relevant.