

Key terms

Key Word	Definition
Performance enhancing drugs (PEDs)	Chemical substances that change the chemical balance of the body when taken, affecting the performer's ability and providing an unfair advantage when performing
Doping	The use of illegal substances (PEDs) by athletes or sports performers in order to improve their performances
Ethical	To do with morals or principles; ethical behaviour involves high moral standards, being honest and following the correct code of conduct
World Anti-Doping Agency (WADA)	An independent agency that monitors all sporting activities across the world, providing tests on performers and educating through scientific research
Blood doping	A misuse of techniques and/or substances to increase a performer's red blood cell count, e.g. by using the hormone EPO or by injecting oxygenated blood into a performer before an event
EPO (erythropoietin)	A hormone produced in the kidney that can also be artificially produced; it helps stimulate the production of red blood cells to carry more oxygen with haemoglobin to the muscles
Real risk	The amount of danger that actually exists in the activity
Perceived risk	An individual's subjective or personal judgement about the dangers of an activity
Risk assessment	A process used to evaluate the real risks involved in an activity
Soft tissue	Soft parts of the body including tendons, ligaments, skin, fat, muscles, nerves and blood vessels; hard tissue is bones and teeth
Minor injuries	Injuries that can be dealt with at the scene of the incident by a first aider, such as cuts, bruises or grazes
RICE	Rest-Ice-Compression-Elevation: the method of treatment after a minor injury