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Research on campus doping under the background of sunshine sports program

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ABSTRACT

Sunshine Sports Program which was effective in 2007 is a meaningful strategy to improve students' overall physical qualifications. In accordance with this strategy, a series of measures have been implemented. Though it leads a positive trend of practice and sports nationwide, campus doping occurred and developed under its background. Teenager dope-takers have experienced unprecedented sufferings, but more teenagers would like to try it for their own purpose. Therefore, this thesis probes the reasons from campus doping from the perspective of students, schools and the system and is aimed to provide insights of solving the problem with the help of this Program and to protect teenagers from dope.

KEYWORDS

Sunshine sports program; Campus doping; Teenager dope-Taker; Doping monitor P.E.



INTRODUCTION

A long-term continues social development calls for education of qualifications. Such kind of education focuses on aspects of education, the comprehensiveness, the fundamentality and the educatees. Its ultimate purpose is to improve the overall basic qualifications of students. In 2007, Ministry of Education, State Sports General Administration and Communist Youth League Central Association put forward with the unprecedented strategy altogether for improving physical qualifications of the whole nation. This strategic project is Sunshine Sports Program for over 100 million students nationwide^[1]. The program is aimed to gradually build up and enhance sports atmosphere at campus, and finally to spread it off campus; to attract teenager students to exercise, to get closer to nature and to be exposed under sun; to raise the consciousness of physical practice, to cultivate the interests, to practice as a habit, and ultimately to improve the physical health of the whole nation.

The Sunshine Sports Program implemented by China is a systematic project, which mobilizes coordination from government monitoring, funding assurance, education evaluation, students participation, schools' efforts and all the other related factors. Ever since the earlier stage of Sunshine Sports Program, colleges, high schools, middle schools and elementary schools have positively developed their own exercise program, in accordance with the social media and superior departments' assignments, while regarding the doping phenomenon, campus doping has not been witnessed a decrease under the program. The recent testing and detection result has showed doping follows a trend of drug dependence and drug abuse, meanwhile, it is no longer a temporary use. Obviously, without monitoring and control, doping will have as much influence on the teenagers' mental and physical health as on the adults. Thus, deep probation of the reasons for campus doping is supposed to be conducted before the resolutions come up.

This thesis is divided into three parts: first, it will show an overview of campus doping situations at China, then, will further discuss the reasons behind it both microscopically and macroscopically, and in the third part it will give insights on how to resolve the problem from the aspect of correct competitiveness concepts, anti-doping education, doping monitoring system at campus and upgrading the education system in China. As a whole, the thesis is expected to inspire the related governors and educators to fight against doping at campus.

DOPING SITUATION AT CHINA'S CAMPUS

Doping in Sports refers to the use of forbidden drugs which functions to enhance performance in sports. Doping has a long history starting from ancient times. However, in modern times, it is regarded unethical, risky, unequal, and none of "spirit of sport".

The truth is that the dope takers are no longer just high-level adult athletes, whereas with teenager athletes or even ordinary students. A deluge of dope is taken either voluntarily or passively by candidates for College Entrance Examination, High School Entrance Examination and the Exceptional Examinations to Enroll Sports Elites.

As early as in 2000, an advertisement of dope was posted at campus during the period of P.E examination for College Entrance Examination. Then, in April and May of each following year, there is a post boasting the very magic dope to give instant improvement and to have been trusted by current students of certain universities. Before the P.E examination, Mr. Haifeng Sun, Director of Admissions from Capital University of Physical Education and Sports, surely receives the reports of certain students who have taken the dope and he assumes dope accounts for the sudden decrease of students' performance after enrollment. The sudden death of the boy Zhonghua Zhang in Jiangmen, Guangdong Province, was another misery caused by dope. Zhonghua's P.E teacher as well as his coach prescribed long-term dope to him, which was the poison directly leading to his death. On the other hand, rather than thinking about the negative influence on their body, students are grateful to have dope, because they believe without it they could hardly pass the examination or win a champion.

Though under the background of Sunshine Sports Program students are assigned to do more physical exercises, dope is still found and even develops itself at campus. In the end of 2012 one track and field candidate for the Tsinghua winter camp of elite sports students was ineligible for being her students forever, though he got the first prize in that camp. The news stated that it was dope that had ruined his chances to study in Tsinghua University. Nevertheless, it was not the only scandal of teenagers or at campus. In the whole year of 2012, eight doping cases were found nationwide, according to anti-doping center, and among them teenagers took a quarter.

It is true that under the great pressure of being enrolled by a famous college, university or just a high school, students and parents seek for help from those dope dealers and the teachers to get a temporary higher score in an examination or a game. But it seems they all forget that the thing is totally wrong from the very beginning. The honor brought by dope is unreal, and it will be against with the real performance after enrollment. The unfair competitiveness is not only disordering the normal regulations and education system, but also distorting students' conceptions towards the world. And the most important thing, their health, is at risk, and can not be traded back the minute they feel regretful for today's decision.

So doping at campus could probably bring an Admission Note, yet not a commitment or admission from the school, moreover, the price for doping is unmeasurable.

REASONS FOR CAMPUS DOPING

People in the transition of China's economic development who have lost themselves in the dilemma between the market economy and moral concern, along with the utilitarian thinking from teachers and schools, the lack of self-protection of teenagers, the faulty education system and incomplete drug control system, have given the birth of campus doping and have put the young generation's physical and mental health at danger.

Pressure coming from education system

The direct motivation for students to take a risk of doping is the concern about a higher score in important examinations as the outcome of China's Education System.

China's education system is always based on the elite education. The system itself encourages and filters the best from the examination mechanism, whose direct result is giving great pressure to parents and kids of being excellent in the important examinations. Though borrowing ideas of qualification education from Western countries, the new system has to be lunched after a long period of transition.

Also, students in China are evaluated mainly by the examinations. In most parents' mind whether doing good in the College Entrance Examination and High School Entrance Examination has a decisive impact on their kids' career and even the whole life. If unfortunately they fail, then it means their future will be gray. And the P.E testing, as one important revolution of qualifications education, is a must for all the candidates. If they fail in this "must", then they have to give up the chance to be enrolled, no matter what a good score they get in other subjects. In accordance with China's birth policy, most families raise only one kid and these two very important examinations become their only hope. Then, the great pressure can be imagined.

Exceptional examinations are the ways for special talents who do not perform well in curriculum to get enrolled. Such talents are mainly coming from two categories, one is the art talent group, and the other is the sports talent group. After being certificated in exceptional examinations, these talents get the equal chances to further study in colleges.

To sum up, students and parents bet all on a single throw to these important examinations. This clarifies why they would choose taking harmful dope both proactively and passively for a better chance rather than to study in a junior-level college or school.

Poor physical qualifications of Chinese students

The fundamental reason for campus doping is the poor physical qualification of students. In our neighbour Japan, marathon is a popular exercise. Whoever wins the championship of Marathon will be looked upon as the role model. In its limited territory, over 1600 Marathon champions are held. The United States also make efforts on strength training of high school students. It is said their average jogging practice amount reaches over 70 kilometers per week in the jogging season. Besides Japan and the United States, the United Kingdom set up a basic courses of jogging, rather than as a selective course. The efforts on practice speak out the performance of students' qualifications in sports and that is why Chinese students do not good in this aspect. All along the education system in China is focusing literal studies, and the 30 scores of P.E cannot overwhelm the 750 scores. As a result, psychologically teachers, students and parents do not take it account too much, unless the very important P.E examinations are drawing on. Nevertheless, the poor physical qualifications due to insufficient daily practice are exposed to the conflict with the high demands of strength. To get a prompt progress and an instant rise, some parents buy their kids the Red Bull, a functional drink, and some others take the aggressive action to inject dope. But only a small part of them try to think about doing more practice.

Misunderstanding of doping

A research of cognition of doping-use by 759 college candidates in Shandong and Guangdong Provinces in 2003 shows an unpleasant result of teenagers' cognition of dope. Figure 1 as the research result shows only 37% of total students know that dope can be used only as a specialized medicine, and the rest 63% have the possibilities to take it as they believe it is legal or common to be used in sports training.

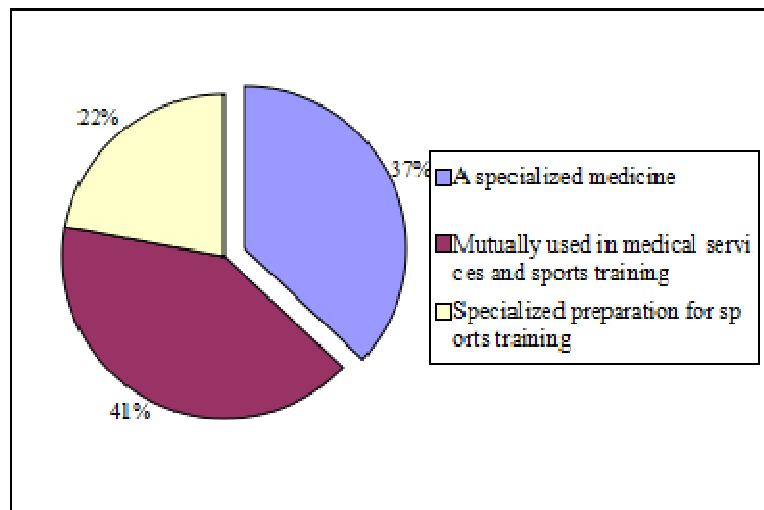


Figure 1 : Students' Perception Towards Nature of Dope

In addition, in Figure 2, students are assigned to identify which are dope. But the first three ranking ingredients are Morphine, Testosterone and Caffeine which are mainly known as illegal drugs^[2]. Such ingredients as Growth Hormone and Insulin are rarely recognized, and will probably be injected when the students themselves do not know the nature. Consequently, another doping cases happen.

Then, students are found not to recognize the long-term and passive influence after taking dope. And they are just seduced to take it because of its instant and magic effect. As a whole, students' understanding of doping use is ambiguous, they can not identify the scope of dope, and they observe the dope from an incomplete perspective. With misunderstanding of doping and the dope, students expose themselves to large possibilities to be the victims of dope and that is one important cause of dope booming at campus.

TABLE 2 : Students' Abilities of Identifying Dope^[3]

Ingredients	Percentage of Cognition as Dope
Antibiotics	3.3
Morphine	67.7
Heroin	55.3
Testosterone	63.6
Amylaceum	3.7
Insulin	19
Caffeine	60.3
Vitamin	2.9
Growth Hormone	29
Alcohol	4.7

Defective dope and drugs testing and monitoring system at campus

Some professionals are convinced that no doping testing in P.E examinations is the primary reason for campus doping phenomenon^[4]. However, even under the Sunshine Sports Program the admission department is not qualified to do the doping test. Then, so far in College Entrance Examination and High School Entrance Examination no testings have been implemented.

On the other hand, the exceptional examinations for colleges or universities to enroll special talents do not involve dope testing as well. So far Peking University and Renin University are the two of the few. The other colleges or universities do not take this thing into account too much or give it up because of the testing cost. As estimated, the cost per candidate reaches 1,000 CNY, so only those who get the good ranks are usually tested.

With regard to the ways of obtaining dope, nowadays it is far more convenient to get it. Dope can be bought with a prescription^[5]. But the prescriber or the drug dealers do not take major responsibilities. In fact, there is no law to protect the teenagers from the criminals and nothing as strong as law can warn the criminals.

SOLUTIONS TO CAMPUS DOPING

In view of the current situations of campus doing, the solutions, or in other words, suggestions are forwarded as follows:

To grow exercise habits and to improve overall physical qualifications of students

Sunshine Sports Program has its goal to lead the whole nation to practice in the sun. But the truth is that in rainy days teachers would like to let out the P.E lessons to Maths, Chinese or English teachers, as nothing can be interesting when it is raining. The P.E teachers are actually responsible for making sports easier and suitable for students to get stronger, but it seems these teachers are not good at cultivating their habits. If some interesting and innovative games which involve as many as possible from strength, power, stamina and response, students must have learnt a lot while having fun.

Social media are expected to contribute a lot in this aspect. The jogging activities and the posting of daily jogging status reminds social people of the meaningful activities. Day by day, good exercise habits and the overall improvement of students' physical qualifications will certainly be achieved. Then, for most students, they can easily get good evaluation in these important examinations.

To correct and strengthen the right understanding of doping

As talked in previous session, students now have ambiguous concepts about dope. Since they do not fully understand what dope is and what harm it does, they will probably mistake the dope when they are not aware of doing something wrong. Surprisingly, in the research students seem to get a better idea of drugs after years' efforts in anti-drugs advertisement. Similarly, to eliminate such risks, all the related

departments should devote large amount of cost and time in advocating the anti-doping subject, especially at campus. Specific methods could be newspaper, television, broadcasting, face-to-face lecture, regular fundamental classes in schools, yet the harm dope does to teenagers' physical and mental health is supposed to be emphasized. Only with the right cognition of dope, students have the abilities while some others are boasting the instant positive effect of it.

To establish campus doping monitoring system and to legitimate it

According to System Theory, Sunshine Sports Program's success depends on four coherent steps. They are setting up the new sports mode of Sunshine Sports Program, a comprehensive monitoring system, adequate funding as the basis, and the innovative evaluation system of education quality^[6]. And to improve the doping phenomenon at campus requires a well-established doping monitoring system with a long-term funding source and a legitimated one is strongly expected. The criminals and those who conceive a bad idea take the advantage of no protection of the victims from doping, whereas a law will keeps them distant. Moreover, once a system is set up and all the candidates then have the obligation to be tested, it avoids the fluke ideas from parents and students. The demand of dope will gradually be excluded one day, and then no more dope dealings in the end.

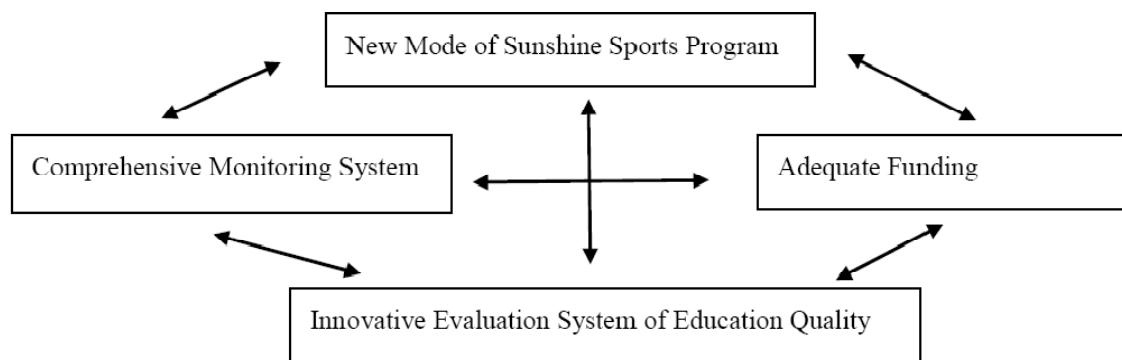


Figure 3 : Systematic Mode of Sunshine Sports Program

To further improve current education system in China

Dope dealing, to some extent, is the byproduct of qualification education^[7]. A "pass" is necessary for college enrollment, otherwise, students will lose the chances to study in his or her target university. As the strong competitiveness determined by the education and upgrade system, students and parents strive for each single point in the examination. What if the mechanism changes itself again in a positive path? The byproduct will follow its step, too. For example, to substitute the current College Entrance Examination and High School Entrance Examination by annual review of students' overall acquisition for both P.E and other subjects can distract the importance of each examination, furthermore, it encourages a long-term at the same time relieves the stress of study and P.E on teachers, parents and students. Fundamentally, there is no need to depend on one examination anymore, and thus, no need to take dope for it.

CONCLUSION

Ever since 2007, Sunshine Sports Program has been implemented to improve the overall qualifications of students' physical performance. However, in its development and function, still some unexpected problems occur. One of these problems is campus doping. Doping is not a new problem, but

it has not been positively influenced by the Program. In the new era, doping spread to campus, and more students have been the dope-takers. They either take it voluntarily or with teacher's prescription, because of an eagerness to perform well. And the trend is dope dependence and dope abuse, caused by multiple reasons. China's Education System gives both the parents and students as great pressure as to take dope; the conflict between the desire to be good and the actual poor physical performance pushes the students to do do; and the insufficient knowledge about dope misleads students ahead of dope; and the defective monitoring system cannot protect students from the harmful dope. In consideration of a positive change, Sunshine Sports Program could make it different by taking actions to improve the overall physical performance of students, to deliver useful and correct messages of anti-doping, to establish the elementary step of monitoring under Sunshine Sports Program and finally to promote an upgrade of China's Education System.

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