DOPING IN SPORT AND FITNESS

This page intentionally left blank

DOPING IN SPORT AND FITNESS

EDITED BY

APRIL HENNING

University of Stirling, UK

And

JESPER ANDREASSON

Linnaeus University, Sweden



United Kingdom – North America – Japan India – Malaysia – China Emerald Publishing Limited Howard House, Wagon Lane, Bingley BD16 1WA, UK

First edition 2023

Copyright © 2023 by Emerald Publishing Limited

Reprints and permissions service

Contact: permissions@emeraldinsight.com

No part of this book may be reproduced, stored in a retrieval system, transmitted in any form or by any means electronic, mechanical, photocopying, recording or otherwise without either the prior written permission of the publisher or a licence permitting restricted copying issued in the UK by The Copyright Licensing Agency and in the USA by The Copyright Clearance Center. Any opinions expressed in the chapters are those of the authors. Whilst Emerald makes every effort to ensure the quality and accuracy of its content, Emerald makes no representation implied or otherwise, as to the chapters' suitability and application and disclaims any warranties, express or implied, to their use.

British Library Cataloguing in Publication Data

A catalogue record for this book is available from the British Library

ISBN: 978-1-80117-158-8 (Print) ISBN: 978-1-80117-157-1 (Online) ISBN: 978-1-80117-159-5 (Epub)

ISSN: 1476-2854 (Series)



ISOQAR certified Management System, awarded to Emerald for adherence to Environmental standard ISO 14001:2004.

Certificate Number 1985 ISO 14001



CONTENTS

About the Authors	vii
Introduction: Unbinding Doping Contexts April Henning and Jesper Andreasson	1
PART 1 ANTI-DOPING POLICY	
Chapter 1 Athletes, Law and the World Anti-Doping Code: A Perspective Lovely Dasgupta	17
Chapter 2 Rights, Responsibilities and Power in Sport Anti-Doping: The Court of Arbitration for Sport Helen Jefferson Lenskyj	35
Chapter 3 Evidence-Based Anti-Doping Education: Fact or Fiction? Katharina Gatterer and Cornelia Blank	53
PART 2 HEALTH AND RISKS	
Chapter 4 The Use of Anabolic Androgenic Steroids as a Public Health Issue Jim McVeigh, Geoff Bates and Gemma Anne Yarwood	71
Chapter 5 The Experiences of Healthcare Professionals With PIED Consumers and the Experiences of PIED Consumers With Healthcare Professionals: A Systematic Literature Review Matthew Dunn	93
Chapter 6 Taking 'the God of all Steroids' and 'Making a Pact With the Devil': Online Bodybuilding Communities and the Negotiation of Trenbolone Risk	111

vi CONTENTS

PART 3 DOPING ARENAS AND COMMUNITIES	
Chapter 7 Steroid Use Among Inmates in Belgian Prisons Bertrand Fincoeur and Jessica Rullo	139
Chapter 8 How Digital Fitness Forums Shape IPED Access, Use, and Community Harm Reduction Behaviours Luke A. Turnock and Honor D. Townshend	155
Chapter 9 The 2021 WADA Code, Recreational Athletes and Ethical Concerns Luke Thomas Joseph Cox, Andrew Bloodworth and Mike Mcnamee	181
PART 4 GENDERING DOPING	
Chapter 10 Cultural Manspreading in Doping Environments: Theorizing the Gendering of Doping Spaces, Sexualities, and the Social April Henning and Jesper Andreasson	195
Chapter 11 Bodybuilding, Gender and Drugs Charlotte Nicola Jane Mclean	215
Chapter 12 Intersections of Gender, Doping and Sport: The Shared Implications of Anti-Doping and Sex Testing Sarah Teetzel	239
Conclusion: Doping: Unbound April Henning and Jesper Andreasson	253

ABOUT THE AUTHORS

Jesper Andreasson has a PhD in Sociology and is Professor of Sport Science in the Department of Sport Science at Linnaeus University, Sweden. He has extensive experience of working with ethnography and different internet methods. Andreasson has published widely within the areas of doping, gym/fitness culture, carnalizing sociology and gender theory. He oversees a PhD programme in Sport Science and teaches at the graduate and postgraduate levels, mainly in the areas of research methods, sport science and social theory.

Geoff Bates is a Research Associate at the Institute for Policy Research, University of Bath. His research focuses on identifying and using evidence to inform the development and implementation of services, interventions and policy, and in understanding decision-making and health and social behaviours. With his background in health psychology and public health, Geoff's research applies behavioural and implementation science perspectives to a range of health and social care topics.

Cornelia Blank is Professor and Deputy Head of the Institute for Sports Medicine, Alpine Medicine and Health Tourism at the Private University for Health Sciences and Health Technology (UMIT Tirol) in Hall in Tirol, Austria. She is an international published and cited researcher with experiences in several international and doping-related projects. With a background in health sciences and psychology, her research focuses on prevention and health promotion in and by means of sport. Topics include the perception of doping prevention measures from an athlete's and athlete support personnel perspective. She is furthermore interested in developing and evaluating current doping prevention strategies integrating the athletes' and ASP perspectives.

Andrew Bloodworth is a Senior Lecturer in the School of Sport and Exercise Sciences, Swansea University. His teaching and research is in the field of sports ethics, more specifically the ethics of anti-doping policy. Andrew is also Chair of the College Research Ethics Committee.

Luke Cox is a post-doctoral research fellow at KU Leuven, where he is programme coordinator for the world's first Interdisciplinary Centre for Ethics, Regulation and Integrity in Sport (iCERIS). His PhD examined doping within recreational sport, focusing on ethical aspects of player responses to performance and image enhancing drugs in the context of anti-doping policy. Luke has

previously published on doping within Welsh Rugby Union and ethical aspects of the Therapeutic Use Exemptions Policy.

Lovely Dasgupta, PhD, Associate Professor, Law and Director NUJS Centre for Sports Law and Policy, has been teaching and researching in the field of Sports Law since 2003. Her specific interest is doping, sports and third world approach. She has published three books on issues relating to sports law. Her latest book, published by Routledge, is titled *Doping in Non-Olympic Sports-Challenging the Legitimacy of WADA?*

Matthew Dunn, PhD, is a Senior Lecturer in Public Health in the School of Health and Social Development, and a member of the Institute for Health Transformation, at Deakin University, Australia. His research interests include the use of, as well as harms and benefits associated with, licit and illicit substances. His primary research interest is in the field of human enhancement drugs, including anabolic-androgenic steroids.

Bertrand Fincoeur holds a PhD in Criminology from KU Leuven. He is a Senior Lecturer in Sports Sociology and Sports Management at the Institute of Sports Sciences from the University of Lausanne. He is also Senior Lecturer at the College of Humanities from the Swiss Federal Institute of Technology (Lausanne). His research areas primarily cover sports ethics and integrity.

Katharina Gatterer is a senior scientist in doping and anti-doping at the Private University for Health Sciences and Health Technology (UMIT Tirol). With a pedagogical background (teacher training) and a PhD in Sports Medicine, Health Tourism and Leisure Science, her research focuses on adolescent athletes and current anti-doping education and its perception from an athlete's point of view, as well as current doping prevention strategies and its evaluation.

April Henning has a PhD in Sociology and is Lecturer in Sport Studies at the University of Stirling. Henning has published widely on image and performance enhancing drugs in relation to sport and fitness, policy and gender. She is a Director of the International Network of Doping Research. She teaches on undergraduate and postgraduate degree programmes in sport studies, mainly on substance use, social theory and gender.

Helen Jefferson Lenskyj is a Professor Emerita at the University of Toronto, Canada, where she taught Sociology. Her work as a researcher and activist on gender and sport issues began in the 1980s, and she has published eight books critiquing the Olympic industry, as well as five books on gender and sport. Her most recent publication is *The Olympic Games: A Critical Approach* (Emerald, 2020). She completed her PhD at the University of Toronto in 1983 and was a Professor from 1986 until retiring in 2007. Her website is www.helenlenskyj.ca.

Charlotte Mclean is a Visiting Research Fellow with the Public Health Institute at Liverpool John Moores University, where she recently completed her PhD

exploring women's use of anabolic-androgenic steroids and growth hormone within bodybuilding culture.

Mike McNamee is Professor of Ethics at KU Leuven, Belgium, and Professor of Applied Ethics, at Swansea University, UK. He has dual backgrounds and qualifications in Philosophy and in Sports Sciences. He has published several books including *Sports, Virtues and Vices* (Routledge, 2008) and *Sport, Medicine, Ethics* (Routledge, 2016), *Bioethics, Genetics, and Sport* (Routledge, 2018). He is the Founding Editor of the international journal *Sport, Ethics and Philosophy* (2007–2017), and Co-Editor of Routledge's 'Sport Ethics' book series (1998–). He is Chair of WADAs Ethics Expert Group.

Jim McVeigh holds the post of Professor in Substance Use and Associated Behaviours at Manchester Metropolitan University. He has worked within the field of substance use for 30 years initially as a Nurse at The Maryland Centre working with people who inject drugs, before moving into academia and building an international reputation within the field of human enhancement drugs, in particular, the use of anabolic steroids and associated drugs. In 2019 he co-edited the Routledge book *Human Enhancement Drugs* and in 2020, he founded the Anabolic Steroid United Kingdom Network and leads the National Institute for Health Research (NIHR) funded research 'Image and Performance Enhancing Drug Use in the United Kingdom'.

Jessica Rullo holds an MSc in Sports Sciences from the University of Lausanne. She graduated and has worked as a Research Assistant on a project on drug use and sports in prison.

Sarah Teetzel is a Professor in the Faculty of Kinesiology and Recreation Management at the University of Manitoba in Winnipeg, Canada. Her research focuses on applied ethical issues in sport with emphasis on gender inclusion and doping.

Honor D. Townshend is a final-year PhD student, Visiting Lecturer and Researcher at University of Hertfordshire, UK. Her research predominantly revolves around gendered identities and IPED use, but other research areas have included: dark web and IPED marketplaces.

Luke A. Turnock has a PhD in Sociology for his research into IPED use among lifting cultures in UK gyms and is a Senior Lecturer in Criminology at the University of Lincoln, UK. He is author of the book *Supplying Steroids Online*, exploring the cultural and market contexts of IPED access and supply on digital fitness forums.

Mair Underwood is an Anthropologist of the body, and Lecturer in the School of Social Science at the University of Queensland, Australia. She specializes in human bodies and their modification, and has spent the last five years exploring online bodybuilding communities. Much of her research has focussed on image and performance enhancing drug use. She is particularly interested in the social

lives of enhancement drugs, drug communities as risk and enabling environments, and harm reduction as practised by people who use drugs.

Gemma Anne Yarwood is a Senior Lecturer and Interdisciplinary Researcher studying social care, health and social justice across the life-course with a focus on substance use and associated behaviours. A key focus of Gemma's work is on 'The Body as a Project': body modification, enhancement and social constructs. She has written many publications, including: journal articles; website content; book chapters and reports for various organizations, local authorities and national charities.