12 - SUDDEN DEATH OF AN ATHLETE: QUESTION OF ETHICS?

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The social-scientific-technological development brought to the humanity many questions that had been permeated by conflicts and crises, among them the crisis of ethics and moral in human relations were strongly installed. (SILVA, 2004)

The disturbances that took place in human society in the modern age happened, firstly because of the establishment of the positivist and cartesian paradigm, where the norms of modern science had been established. The intention was to organize science so that one could understand the world and how the natural environment functioned (GOLDIM, 2002). This paradigm established a mechanist view in society, bringing the conception of the dualism, dividing man in body and mind. It was developed and culminated in the individual, social and environmental crisis that we live in. The human dimension was lost in the bossom of the positivism of the modern age and it modified the universal values, which persists until today. (BERESFORD, 2000)

The philosophical question of ethics refers to Aristotle, who pointed it out as the science of virtue in the age of Physics and Politics, defining it as the study of human action from a political and logical conception. It was developed in a concrete society, with the intention of happiness. However, the philosophical tradition that lasts until today is the Kantian, centered in the notion of duty, that leads to the reflection upon the freedom of men. Although he did not have the intention to create a new moral, his ideas supply a criterion for the moral act. For Kant man is a social legislator, because he sees what must be made; and a member of society, because he obeys the duties that his own reason formulates to him. This way, he is an end in himself and that is the way he must be understood, formulating the ethics of the respect for people (VALLS, 2000), but it was in the age of the modern science that the wild attitudes that happen today in society began (GOLDIM, 2002).

The techinical scientific evolution developed in men attitudes in search of pleasure, power, personal and economical advantages in all occasions, out of the ethical level concerning social action (VALLS, 2000).

In a neo-aristotelian perspective, the exercise of virtue, the fight for life and happiness, should permeate the attitude of men. However, in the contemporary world, a world of crisis of values, that priviledges the scientific technology, that transformed men in a mean and not an end in himself, the effort for the establishment of ethics and moral is intense (VALLS, 2000).

Nowadays, humanity entered in a process of crisis of reason, generated by the tecnical science with intrigating ethical dilemmas. This scenary raised the necessity of changes in the social values and among these necessities, to rethink the medical ethics, the respect for life and for human rights. A new dimension of ethics was generated by this crisis. Bioethics emerges as an interaction between life and the universe of codification of values, reflecting upon the tension between ethics and technological science, aiming at the elaboration of norms and criteria to solve specific problems. Thus it culminates in bringing to the center of discussion one of the basic questions: the respect for human dignity with its respective principles as autonomy, beneficence, non-maleficence and justice (GOLDIM, 2002). In its turn it establishes norms of behavior for the technical scientific development of health, presenting innumerable new questions to the professionals of the area, as the allocation of resources, the limits of research with human beings, the birth and the death (DUMMEL et al, 2006).

In order to guide the actions of this development in health, some documents had been made, since the Declaration of the Rights of Man, to the Resolution 196/96, passing by the Declaration of Helsinki. These documents had supplied basis for the elaboration of the professionals Ethics Codes.

From the Declaration of the Rights of Man, which, among other considerations, recognized the dignity of man, his rights based on freedom, justice and world peace, that all men have the right for life, freedom and personal safety, besides health. The same way other documents had been established to guide, until today, the Ethics and Bioethics dimension of human behavior.

The Declaration of Helsinki traces as the basic principle to all the interventions of research in human beings, to protect life, health, privacy and dignity of human being.

Resolution 196/96 was based on most important international documents, from the Nuremberg Code in 1947 to the Declaration of Helsinki, incorporating the four principles of the bioethics, aiming at assuring the rights and duties related to the scientific community, to the subjects of the research and the State.

The Declaration of the Rights of Man, the Declaration of Helsinki and the Resolution 196/96 present categories of values in common, such as dignity, respect, freedom, the right for health and life. These values must guide the behavior of men in general, being intrinsic to their attitude, in all the instances of human being experience, individual, collective, in all their social functions.

Among the innumerable activities and functions established by the society, the professional appears, with the intention to collaborate for the collective welfare, with its respective rights and duties. The professional delimitation determines personal and technical prerequisites for the onesintending to exert it. In addition to the theoretical knowledge and the professional praxis, common-sense is a basic element that contributes with the ethical behavior of the professional. Regarding ethics, it is constituted of a set of moral values applied specifically to the practice of the job, that has the function to guide the professional behavior for the unconditional respect for the life of human beings and the human values that base ethics, and for the professional of the health, Bioethics (DRUMOND, 2004).

Amongst the professions related to health, Physical Education plays an important role in all the phases of the development of man. Its practice acts in the physical body, and equally in the moral body that, according to some scholars of the area, associated they deeply internalize the moral, ethical values. Contemporary Physical Education has in its scientific cerne a post-modern perspective, and understands that operating in the physical, it reaches the spirit, that is the irradiador center of human actions. An educated body in terms of moral and ethical values can promote a higher spirit, resistant to the transgressions (MODERN, 2004).

Facing this, an Ethics Code for the professionals of Physical Education became essential and took for basis important documents of social ethical and moral orientation, as well as the Universal Declaration of the Human Rights and Culture, the Agenda 21 and indicators of the Carta Brasileira de Educação Física 2000. The referred document announces that this profession is an essential activity for the promotion and preservation of health, the conquest of a good quality of life, according to some up-to-date scientific research. It refers to the necessity of 'knowing know to do' and 'knowing how to do it well', having as a reference the rights and duties of the beneficiaries and addressees of its actions, assuring from the Universal Rights, the right for life and health. As well as an ethical position taking into consideration the principles established by Bioethics (BERESFORD, 2004).

Factors such as the physical health of athletes and physical evaluations must be examined at light of these Ethics and Bioethics principles, which are established in all documents and eventually in the Physical Education Code of Ethics, that has in its spirit the universal rights and duties.

The event that has caused great concern to the world of sports and that is calling the attention of authorities of Medicine and Sports, is the sudden deaths of athletes. The death of the player Miklos Féher in 2004, raised this concern, however many others have already died during the practice of a sports activity, taking a preoccupying countenance, without any statistics published until the year of 2004. Having these facts in mind, the specialists in Sports Medicine, members of the BOC (Brazilian Olympic Commitee), have started to develop some researches, in the attempt of finding the percentage of these tragedies in sports (GAIESKI, 2004).

The sudden death related to sports and physical activity can be unexpected, occurring during the activity itself or up to 24 hours after it. According to some scholars, it still is a non-common event inside of the general context, what must be considered in realtion to the analyzes of the situation (GORAYEB ET AL, 2005). What calls the attention in relation to the sudden death is that under the age of 35 years congenital cardiopathies are the most common etiology, being the most expressive hypertrophic cardiomyopathy. Above this age, the coronary artery disease prevails, which can be diagnosed by means of clinical and complementary examinations and can be prevented, in the majority of cases. The pre-participation medical evaluation becomes the fundamental strategy of prevention for the individuals involved in the practice of sports, according to the Brazilian Society of Sports Medicine. Epidemiologicaly, there is still no account of the real incidence of the sudden death, but more recent studies have evidenced that, despite the low statistics, for each ten sudden deaths, one is related with sports (NOBREGA et al, 2005). The regular practice of physical exercises brings the individual a great deal of benefits, Sports are an essential activity for health and a better quality of life for the person, but some necessary cautions must be taken and for some individuals, mainly if they have any established heart condition, the vigorous exercises, predisposes cardiac arrhythmias that could be prevented through the pre-participation evaluation, with emphasis in the cardiovascular system.

Concerning the Brazilian context, some important issues appear from this discussion, one of them is the fact there is no legal obligatoriness for the accomplishment of the pre-participation examinations, for the athletes who compete in official events, besides not existing enough cases studies to dictate behavior norms (GORAYEB et al, 2005).

At the 2007 Pan American games, in Rio de Janeiro, the athletes who participated in the competitions had been previously examined at Hcor in São Paulo, as a decision of the COB, in a pioneer initiative. This year a study that was carried through by the COI was divulged. According to this study an average of 28 athletes aged up to 35 die each year in the world, and it detected in a retrospective research that over 1100 athletes have died in last the 38 years. It is possible to state that although some have had their illness diagnosed and were recommended to stay away from Sports, but continued practicing, despite the risk.

The pre-participation evaluation carried through by the COB, during the Pan, still detected that 40% of the athletes had never had any clinical examination and they were not aware of the adequate diet, although in the last years, in the Brazilian scenery, about 1500 athletes have been examined by the Sport Check up of HCOR, in São Paulo. The ones that had shown any alteration, had been recommended to stop practicing for treatment, according to Dr. Ghorayeb (2005), what it justifies the concern of the COB and the actions implemented in the occasion of the olympic games.

Preliminary considerations: Based on the data disposed a study becomes necessary, using as method the axiological analytical philosophical research, on the observance of the values that permeate Ethics and Bioethics in the sports activities, that are inserted in all the ethics codes of the professionals of health, as well as in the ethics code of the Physical Education and Sport professional, having as a starting point of analysis the death of those athletes. It is considered, as a presupposition, that all the professional behaviors in the area of health, where the profession of Physical Education is included, and also where the sports activities are treated, are supported in the rules of ethics and bioética that are encompassed in the respective professional codes of ethics. In relation to the right for health and life, such values are included in documents that had given basis to its constitution, mainly the Declaration of the Rights of Man, the Declaration of Helsinki and the Resolution 196/96.

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SUDDEN DEATH OF AN ATHLETE: QUESTION OF ETHICS?

ABSTRACT:
The crisis of ethics and moral in human relations brought by the social-scientific-technological development, which had modified the universal values, persists until today and influences the attitude of men. The current process of the crisis of reason with ethical dilemmas raised the necessity of changes in social values, among them ethics in health. Bioethics was generated as a new dimension, for reflections upon the tension between the science of health and ethics. Guiding this process some documents were elaborated based on the Declaration of the Rights of man, the Declaration of Helsinki and the Resolution 196/96, this latter serving as the basis for the codes of ethics of the health professionals in Brazil. The values in common are the rights for freedom, safety, health and life. In relation to health and life, there is an event worrying the authorities of Medicine of Sports, the sudden death of athletes, which ratios are increasing in number. Having as base the codes of ethics for the health professionals, including Physical Education, it is necessary a reflective study, through an axiological philosophical analytical research, on the observance of the values that permeate ethics and bioethics in sports activities. This study estimates that the behavior of the professionals of this area, mainly the professional of Physical Education, is supported by these rules, in relation to the right for health and life.
KEY-WORDS: Sports, sudden death, ethics.

MORT SUBITE D'UN ATHLÈTE: QUESTION D'ÉTHIQUE?

RÉSUMÉ:
La crise de l'éthique et de la morale dans les relations humaines issues du développement socio-scientiifiquo-technologique, qui ont modifié les valeurs universelles, persiste encore de nos jours et influence l'attitude de l'homme. Le processus actuel de la crise de la raison et ses dilemmes éthiques a suscité le besoin de changements dans les valeurs sociales, parmi lesquelles l'éthique dans le domaine de la santé. La Bioéthique a été engendrée comme une nouvelle dimension, pour une nouvelle réflexion de la tension entre la science de la santé et l'éthique. Pour orienter ce processus, des documents ont été élaborés à partir de la Déclaration des Droits de l'Homme, la Déclaration de Helsinki et la Résolution 196/96, cette dernière, servant de base aux codes de l'éthique des professionels du domaine de la santé au Brésil. Les valeurs en commun sont les droits à la liberté, la sécurité, la santé et la vie. En ce qui concerne la santé et la vie, un événement préoccupe les autorités de la Médecine du Sport, la mort subite des athlètes, qui prend des proportions de plus en plus grandes. Ayant pour base le code de l'éthique professionnelle du domaine de la santé, qui inclue celui de l'Education Physique et Sportive, une étude réflexive devient nécessaire, à travers la recherche analytique, philosofique, du type axiologique, sur l'observance des valeurs que l'on retrouve dans l'éthique et la bioéthique au sein des activités sportives. L' étude présuppose que toutes les conduites des professionnels dans ce domaine, principalement ceux de l'Education Physique et Sportive, s'appuient sur ces préceptes, par rapport au droit à la santé et à la vie. MOTS-CLÉS: Sportive, mort subite, Ethique

LA MUERTE SÚBITA DEL UN ATLETA: ?CUESTIÓN DEL ÉTICA?

RESUMEN:
La crisis de la ética e moral em las relaciones humanas trahídas por el desenvolvimiento sócio-cientifico-tecnológico, que alteran los valores universales, persiste hasta hoy y influencia la atitud del hombre. El processo actual de la crisis de la razón con dilemas éticos suscitó la necesidad del mudanza en los valores sociales, entre ellos la ética en la área de la salud. La Bioética que fue engendrada como una nueva dimensión, para una nueva reflexión del tensión entre la ciencia de la salud e la ética. Norteando este proceso fueron elaborados documentos a partir de la Declaración de los Derechos del Hombre, Declaración del Helsinki y la Resolución 196/96, este último serviendo del base para los códigos de l ética de los profesionales de la área de la salud en el Brasil. Los valores en comú son los derechos a la libertad, a la seguridad, a la salud e la vida. En relación a la salud e a la vida un acontecimiento viene preocupando las autoridad de la Medicina del Deporte, la muerte subita de los atletas que viene tomando grande proporcionesen numero. Tiene como base los códigos de ética profisionales de la área de la salud, incluido el código del ética de la Educación Física, se hace necesario un estudio, através de la pesquisa analítica, filosófica, del tipo axiológica, sobre la observación del valores que atravesa la ética e la bioética de las atividad del deporte. El estudio presupone que toda las conducta de los profisionales de la área de la salud, principalmiente el profesioal de la Educación Física e Deporte, se apoyan en estes precepto, en relación al derecho a la salud e la vida.
PALABRAS-LLAVE: etica, deporte, muerte subita

MORTE SÚBITA DE UM ATLETA: QUESTÃO DE ÉTICA?

RESUMO:
A crise de ética e moral nas relações humanas trazidas pelo desenvolvimento sócio-científico-técnológico, que alteraram os valores universais, persiste até hoje e influencia a atitude do homem. O processo atual da crise da razão com dilemas éticos suscitou a necessidade de mudanças nos valores sociais, entre eles a ética na área da saúde. A Bioética foi gerada como uma nova dimensão, para uma nova reflexão da tensão entre a ciência da saúde e a ética. Norteando este processo foram elaborados documentos a partir da Declaração dos Direitos do Homem, Declaração de Helsinki e Resolução 196/96, este último, servindo de base para os códigos de ética dos profissionais da área da saúde no Brasil. Os valores em comum são os direitos a liberdade, a segurança, a saúde e a vida. Em relação a saúde e a vida, um acontecimento vem preocupando as autoridades da Medicina do Desporto, a morte súbita dos atletas, que vem tomando grandes proporções em número. Tendo como base os códigos de ética profissional da área da saúde, incluindo o da Educação Física, se faz necessário um estudo reflexivo, através da pesquisa analítica - filosófica, do tipo axiológico, sobre a observância dos valores que permeiam a ética e a bioética nas atividades esportivas. O estudo pressupõe que todas as condutas dos profissionais desta área, principalmente o profissional de Educação Física e Esporte, apoiam-se nestes preceitos, em relação ao direito a saúde e a vida.
PALAVRAS-CHAVE: Esporte, morte súbita, ética.