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Doping in sports

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Abstract

Doping is the use of any stimulant not normally employed to increase the power of action in athletic competition above the average. Any person knowingly acting or assisting as explained above shall be excluded from any place where these rules are in force or, if he is a competition, be suspected for a time or otherwise from further participation in amateur athletic under the jurisdiction of this federation. Athlete has used drugs both to speed up development during training and to enhance their performance in the competition itself. The reason for the ban is mainly the health risks of performance enhancing drugs. The equality of opportunity for athletes and the exemplary effect of drugs free sports for the public. Anti doping authority's state that using performance enhancing drugs goes against the spirit of sports.

Keywords: Doping, Steroid, Sports

Introduction

In competitive sports, doping refers to the use of banned drugs which affects performance by athletic competitors, where the term doping is widely used by organizations that regulate sporting competitions. The use of drugs to enhance performance is considered unethical by most international sports organizations, including the I.O.C, although ethicists have argued that it is not different from the use of new materials in the construction of suits and sports equipments, which can also aid performance and give competitors an unfair advantage. The general trend among authorities and sporting organizations over the past several decades has been to strictly regulate the use of drugs in sport. The reasons for the ban are mainly the health risks of performance-enhancing drugs, the equality of opportunity for athletes, and the exemplary effect of drug-free sport for the public. Anti-doping authorities state that using performance-enhancing drugs goes against the "spirit of sport".

History of doping

There are many suggestions as to the origin of the term doping. The use of drugs in sports with the aim of improving performance is a major problem for sports governing bodies. This however is not a new phenomenon. Drugs have been used to enhance performance since ancient times. Greek and roman civilizations used mushrooms and herbs to improve their performance. Later in the 19th century substances including alcohol, opium and caffeine were used. Following a large number of doping offences being committed in the mid-nineties, and the existence of several conflicting organizations, the World Conference on Doping was held in Switzerland in 1999. As a result, the World Anti-Doping Agency (WADA) was formed to promote and co-ordinate the fight against drug use in sport on an international level, across all sports. WADA was set-up under the initiative of the IOC and with the support of other international organizations and governments. The organization is formed by individuals from the IOC and public authorities.

The more recent forms of performance enhancing drugs have roots from World War II where Amphetamines we used by American soldiers to keep them alert and Germans used anabolic steroids to increase their aggressive behavior. A number of deaths and allegations of drug taking encouraged the International Olympic Committee (IOC) to set up a Medical Commission in 1967 which banned the use of drugs and other performance enhancing substances. Small-scale testing was introduced at the 1968 Mexico Olympics, followed by a full-scale testing at the next games in Munich, 1972.

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In 1975 anabolic steroid use was banned following the development of a test, after which there was a surge of disqualifications through steroid use. In 1983 caffeine and testosterone were added to the prohibited list, followed in 1986 by blood doping and EPO in 1990, despite reliable tests for their detection not being available until 2000.

Anabolic Steroid and Sports

- Anabolic steroids were first made in the 1930s, and are now used therapeutically in medicine to stimulate muscle growth and appetite, induce male puberty and treat chronic wasting conditions, such as Aids and cancer. The American college of sports science acknowledges that AAS, in the presence of adequate diet, can contribute to increases in body weight, often as lean mass increases and that the gains in muscular strength achieved through high-intensity exercise and proper diet can be additionally increased by the use of AAS in some drugs.

Why do Athletes Take Drugs?

There are a large number of reasons why an athlete may decide to take drugs. A selection are listed here:

- Pressure to succeed, either from themselves or coaches/family
- Belief that their competitors are taking drugs
- Pressure from governments/national authorities (as occurred in the eastern bloc countries in the 60's and 70's)
- Financial rewards for outstanding performance
- Lack of access to, or funding for training facilities and additional support (nutrition, psychological support)

Endurance Sports

Endurance athletes who seek a higher level of red blood cells, which leads to more oxygenated blood, and a higher VO₂ max. An athlete's VO₂ max is highly correlated with success within endurance sports such as swimming, long-distance running, cycling, rowing, and cross-country skiing. E.P.O has recently become prevalent amongst endurance athletes due to its potent and low degree of detect ability when compared to other methods of doping such as blood transaction. While EPO is believed to have been widely used by athletes in the 1990s, there was not a way to directly test for the drug until 2002. Athletes at the Olympic Games are tested for

Non-endurance sports

In sports where physical strength is favored, athletes have used anabolic steroids, known for their ability to increase physical strength and muscle mass. The drug mimics the effect of testosterone and dihydrotestosterone in the body. They were developed after Eastern Bloc countries demonstrated success in weightlifting during the 1940s. At the time they were using testosterone, which carried with it negative effects, anabolic steroids were developed as a solution. The drug has been used across a wide range of sports from football and basketball to weightlifting and track and field. While not as life-threatening as the drugs used in endurance sports, anabolic steroids have negative side effects, including.

Side effects in men

- acne
- impaired liver function
- impotency
- breast formation increase in estrogen
- erectile dysfunction

- increased sex drive
- male pattern baldness

Side effects in women

- hair loss
- male pattern baldness
- hypertrophy increased sex drive
- irregularities of the menstrual cycle
- development of masculine facial traits
- increased coarseness of the skin

Conclusion of the study

The use of drugs in sports goes back centuries, about all the way back to the very invention of the concept of sports. In ancient times, when the fittest of a nation were selected as athletes or combatants, they were fed diets and given treatments considered beneficial.

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