



ISSN: 2456-0057
IJPNPE 2018; 3(1): 696-697
© 2018 IJPNPE
www.journalofsports.com
Received: 13-11-2017
Accepted: 14-12-2017

Daksh Sharma
Assistant Professor of Phy.Edu
SGGS Khalsa, Mahilpur, Punjab,
India

Light on doping in sports and physical education

Daksh Sharma

Abstract

There is growing tendency, in modern times of using 'Dopes' by the sports person to be super-human beings and to better one's performance on the field. Having adopted every known diet and physiological and psychological preparation in order to excel in a given event, it is perhaps inevitable that some athletes should then be tempted to seek a wonder drug' that will give them competitive edge over others. When particularly fine performance is achieved, there is also a strong temptation for the less successful competitors to hint that some form of 'doping' was responsible. A strict control of drug usage is thus vital to the atmosphere of an international contest, protecting the hard won victory from jealous criticism while at same time ensuring punishment of dishonest participants. Doping in sport remains a serious and difficult issue, putting an athlete's health at risk, threatening the integrity of clean athletes and the reputation of sport. Substances and methods are banned for a reason. Doping, the use of artificial enhancements and methods to gain an advantage over others in competition, is cheating and is fundamentally contrary to the spirit of sport. Furthermore, doping damages competition for clean athletes who play by the rules. Doping affects all levels of athlete. It could also affect future generations who may be influenced by what top athletes do. To protect the integrity of sport, the health of athletes, and young aspiring sports people worldwide, we need a concerted and comprehensive approach to the fight against doping. It is integral to the nature of sport itself that spectators and participants of all sports are confident that the competition is clean.

Keywords: dopes, performance, drug, integrity, spirit

Introduction

Doping is an old phenomenon. The main idea of doping is to improve the physical and mental side of the athletes. Theoretically doping is quite straight forward, but practical application is quite straight forward, but practical application is quite difficult. Often, the dividing line between permissible forms of medical treatment and doping is extremely fine. An athlete may report to the team physician complaining that he has difficulty in sleeping in a strange environment, it seems reasonable enough to prescribe a barbiturate sedative, yet traces of the drug may persist on the following day, with beneficial effects on the performance of an over-excited competitor. A footballer may be given an injection of local anesthetic to allow him to move his ankle freely after a minor sprain; however, the cocaine derivative used for such treatment may have general effects on the body; persistent traces of the drug can lead to the disqualification on the day of competition. There also seems little point in denouncing a drug procedure that cannot be detected. Equally, there are no sure ways of proving re-transfusion of stored blood, deliberate starvation, or dehydration. Much must thus be left to the sense of fair play and sportsmanship of the athlete, coach, and attending physician. The wise athlete is his own policeman. He knows that most of the drugs are of no practical value, and many have dangerous side-effects. He also realizes that symptoms such as pain and fatigue are warning that his body had reached the limit of its capacity; attempts to surpass this limit by the use of drugs may cause permanent injury.

Meaning of doping

Doping may defined as the use of chemical substances, foreign to the body, to improve athletic performance. Doping is the use of substances or the employment of means in an attempt to augment artificially the performance of an athlete, during either participation or preparation. This is rather broader concept of doping than the simple use of drugs-it could encompass other

Correspondence
Daksh Sharma
Assistant Professor of Phy.Edu
SGGS Khalsa, Mahilpur, Punjab,
India

artificial means of trying to change the outcome of a race, for instance a programme of deliberate starvation, or dehydration, the transfusion of the athlete's own stored blood.

Blood doping

Blood doping or blood boosting or blood transfusion is the injection of either whole blood or packed red blood cells (RBC's) into the participant the day prior to competition in the hope of increasing the blood volume and its oxygen carrying capacity, and thus improving endurance and performance. Blood doping may be the injection of an individual's own blood which withdrawn several weeks prior to reinjection. Training continues and this apparently allows time for the body to regenerate new RBC's in which to restore the normal hemoglobin level. The ergogenic effects from the blood doping are considered to be unethical. It causes infections of the blood. Blood doping leads to intravascular blood clotting. When attempted by an untrained physician it leads to mismatch in the blood transfusion.

The prevention of doping

1. Methods for the prevention of doping fall into three broad categories-control by governmental or inter-governmental legislation, regulation by athletic association and gentle persuasion.
2. Sports associations make various types of spot-check to ensure that their rules are observed.
3. The testing of the urine of winners is required.
4. The innocent athletes should not be disgraced and the guilty should be disqualified.
5. A list of prohibited drugs should be distributed to all team physicians before the competition, and in the medical drugs at the competition site and the drugs are marked with a special colour coding.
6. The pharmaceutical companies label their products with chemical rather than high sounding trademarks.
7. They make random spot checks on the urine of competitors at unannounced times during their preparations, but it is quite expensive.
8. To keep a close and regular checks on the weights of top athletes, and make careful examination of anyone who shows a surprising gain or loss. Regular weight records should be maintained.
9. The trainer must explain the effects of drugs rationally rather than emotionally. All types of drugs have no place in sports because of both immediate and long-term harmful effects.
10. All drug addicts should have the knowledge of physiological harmful effects of the drugs on human body. Any athlete caught using these drugs must be disqualified.

Conclusion

In competitive sports, doping is the use of banned athletic performance-enhancing drugs by athletic competitors. The term *doping* is widely used by organizations that regulate sporting competitions. The use of drugs to enhance performance is considered unethical, and therefore prohibited, by most international sports organizations, including the International Olympic Committee. Furthermore, athletes (or athletic programs) taking explicit measures to evade detection exacerbates the ethical violation with overt deception and cheating.

Historically speaking, the origins of doping in sports go back to the very creation of sport itself. From ancient usage of

substances in chariot racing to more recent controversies in baseball and cycling, popular views among athletes have varied widely from country to country over the years. 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". Therefore, we have to encourage and give motivation to the sportsperson of the country to achieve his highest possible performance in his respected games and sports.

References

1. Dinshaw Sensei Farokh. Fighting fit forever. The Marine Sports Publishing Division, Bombay, 1977.
2. Ghosh Aloke. Handbook of Sports Medicine and Physical Fitness Allied Book Agency, Calcutta, 1980.
3. Klaps Carl E, Arnheim Daniel D. Modern principles of Athletic Training. He C.V. Mosby Company, London, 1981.
4. Shaver Larry G. Essential of Exercise Physiology, Surjit Publication, Delhi, 1982.
5. Shephard RJ. The Fit athlete, Oxford University London, 1978.
6. Wilmore Jack H. Athletic Training and Physical Fitness, Allyn and Bacon, Inc. Boston, London, Sydney, 1977.