



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

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Škola:	Hotelová škola, Vyšší odborná škola hotelnictví a turismu a Jazyková škola s právem státní jazykové zkoušky Poděbrady
Tematický okruh:	Doping
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Anotace:	Charakteristika dopingu ve sportu a dělení dopingových látek a metod, za jakým účelem se užívají a jejich vedlejší účinky. Historie vzniku dopingu.

# Doping

- is using of prohibited drugs or methods to improve training and sporting results of an athlete
- it is prohibited mainly because of the health risks and the equality of opportunity

## History:

- **medieval times** – essences from plants, mushrooms
- **19th century** – synthetic substances
- **1896** – English cyclist Arthur Linton – one of the first deaths
- **1904** – doping at Olympics (Thomas Hicks)
- **20th century** – great boom in using by military forces in the 2nd World War
- **50s and 60s** – doping supported by state authorities
- **80s** – blood doping and EPO
- **21st century** – experiments with genes

# Most common substances and methods

**anabolic steroids** – e.g. testosterone = muscle growth and strength + aggressiveness

**side effects** – liver damage, acne, cancer...

**males** – gynecomastia, testicle atrophy

**females** – low voice, hair falling, growth of hairs

**stimulants** – ephedrine, caffeine, cocaine... = stimulation of heart, lungs and nerves

**side effects** – addictive, depressions, headaches, insomnia

**diuretics** – influence on kidneys – increased urination – used to reduce the weight and to get rid of other forbidden substances

side effects – loss of minerals, dehydration, damage of kidneys

**hormons** – EPO – increases the production of red corpuscles – so the oxygen flows faster (can be replaced by staying in high altitudes)

insulin – processing of fats, sugars and proteins in a body

growth hormone – growth of organs

side effects – AIDS, increases blood pressure, thickens blood

**genetic doping** – genetic therapy to change info in genes. An athlete gets „good“ genes to increase performance. Athletes can increase their strength, endurance or speed.

**side effects** – cancer, immunity or organ collapse

There are no long term results, so all the side effects are probably not known yet.

**narcotics** – morphine, heroine, methadone – used to suppress pain or fear

**side effects** – physically and mentally addictive, nausea, sleepiness

**blood doping** – implementing blood or blood platelets into an athlete's body

**side effects** – AIDS, rash, fever, allergy,

- At first doping was used for military, religious and working purposes.
- In military it was used to eliminate fear, to suppress tiredness, to increase aggressiveness and to lower the pain threshold.
- Doping was also used in the USA and Mexico for public transport drivers so they were able to work long hours
- Doping got into sport throughout horse-races.
- At first it appeared in cycling, swimming, athletics and rowing.
- However it was used in cycling the most and there was one of the first victims of doping.
- Another sport was boxing – they used to put ointments over the face to suppress pain.

- Swimmers inhaled oxygen to increase their endurance
- 50s-60s – big boom of doping caused many deaths
- 25 years old cyclist used a lot of pervitine and ephedrine
- 1960 Olympics – Danish cyclist fell off his bike during 100km race and he died in hospital after using amphetamine
- Same Olympics – a hurdler died because of heroine
- It was shocking when English cyclist died „live“ during Tour de France after using doping
- 1968 – French cyclist died soon after winning the race
- 1961 – a research proved that 17% of footballers in Italy were using doping and 94% of clubs admitted using doping
- 1963 and 1968 two German boxers were beaten to death because of using pervitine

