

Courses

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What Is Doping?

Why Is It Banned In Sports?

What Is "Doping" And Why Do Athletes Do This?

- The Term “**Doping**” Refers To The **Use Of Prohibited Medications, Drugs, Or Treatments** By Athletes With The Intention Of **Improving Athletic Performance**. The Practice Of Doping By Athletes Dates Back Centuries.
- However, It Has Recently Received Increased Attention Due To A Wide **Variety Of Potential Performance Enhancing Drugs** That Are Now Available, And Due To **Prominent Cases Of Doping By Elite Athletes** That Have Been Reported.
- In **1904**, Doping Was **First Noted At The Olympic Games In A Runner** Who Was Injected With **Strychnine** To Assist With Speed, And Purportedly Giving Him The **Strength To Finish The Race**.



International Regulations Regarding Doping:

- Due To Doping Practices Athletes Would Often **Suffer Adverse Health Effects** And Even **Premature Death** Seemed To Be Associated. These Adverse Outcomes And Deaths Lead To The **First Ban On Doping** By The **International Association Of Athletics Federation In 1928**.
- **This Ban Proved To Be Inadequate**, However, As The Ability To Test For Banned Substances Was Quite Limited At That Time. In **1967 The International Olympic Committee (IOC) Banned Doping**, And In **1999** The IOC Led The Initiative To Form The **World Anti-doping Agency (WADA)**.
- Today WADA Forms The **Backbone Of Anti-doping Laws And Testing Worldwide** And Assists In **Setting The Standard For Other Agencies And Sports**. **WADA's**

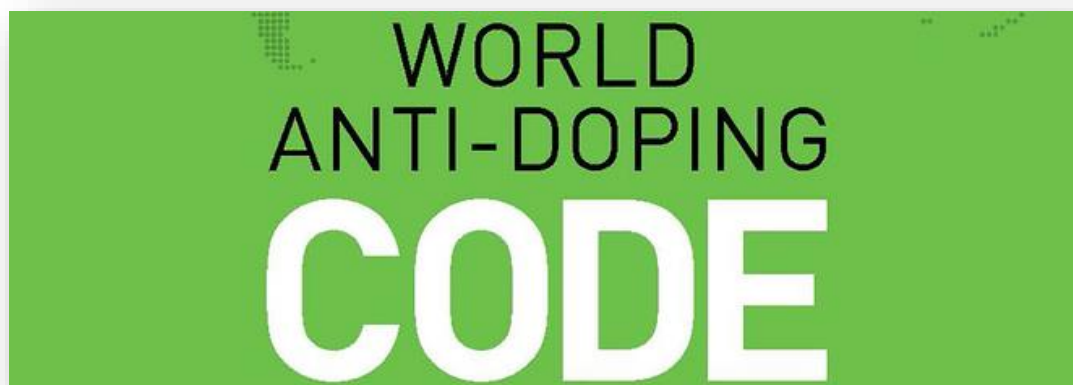
Main Activities Include Education Of The Health Risks Of Doping, Scientific Research Of Doping Practices, Development Of Anti-doping Capabilities, And Development Of Testing Methods Of Doping Detection.



WORLD ANTI-DOPING AGENCY

World Anti-Doping Code 2008:

- A Substance Or Treatment Constitutes Doping If It Meets Two Of The Three Following Criteria:
 - **It Enhances Performance**
 - **It Presents A Risk To The Athlete's Health**
 - **It Is Contrary To The Spirit Of The Sport**
- This Code Consists Of A **Yearly Published List Of Prohibited Substances And Treatment Methods** That Athletes Are **Not Allowed To Use**. **Various Penalties** Can Be Enforced Upon Athletes Found To Be In Violation Of The Anti-doping Code.
- Many Athletes Found In Violation Of The Code Have Previously Suffered Punishments Ranging From **Being Stripped Of Olympic Medals Or Sports Titles To Lifetime Bans From Future Competition In Sports**.



The Doping Crisis In Indian Sports:

- **India Was Ranked 3rd In The World Anti-Doping Agency (WADA) Report Released In 2021.** With **152 Cases** Across Disciplines, The Country Is Marginally Below Leaders **Russia (167) And Italy (157).**



निष्पक्ष खेल
Play fair



REVIEW QUESTIONS

1. **World Anti-Doping Agency Was Established In**

- A. 1992
- B. 1997
- C. 1999
- D. 2001

ANSWER: C

2. **HQ Of World Anti-Doping Agency**

- A. Montreal
- B. Geneva
- C. New York
- D. Berlin

ANSWER: A

3. **Official Languages Of the World Anti-Doping Agency**

- A. English, French
- B. Spanish, French
- C. Russian, English
- D. Chinese, English

ANSWER: A

4. International Convention Against Doping In Sport

- A. 2000
- B. 2002
- C. 2005
- D. 2007

ANSWER: C

5. World Anti-Doping Code Was Adopted In

- A. 1998
- B. 2000
- C. 2003
- D. 2007

ANSWER: C

6. National Anti-Doping Agency Was Established In

- A. 1997
- B. 2002
- C. 2005
- D. 2008

ANSWER: C

7. HQ Of National Anti-Doping Agency

- A. New Delhi
- B. Kanpur
- C. Chennai
- D. Kolkata

ANSWER: A

8. The National Anti-Doping Bill, 2022 Was Introduced By

- A. Ministry Of Health
- B. Ministry Of Sports
- C. Indian Olympic Committee
- D. National Anti-Doping Agency

ANSWER: B

9. The Use Of Banned Athletic Performance Enhancing Drugs

- A. Dumping
- B. Doping
- C. Duping

D. Drinking

ANSWER: B

10. The International Olympic Committee (IOC) Banned Doping

A. 1947

B. 1957

C. 1967

D. 1977

ANSWER: C



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