Abstract

Sport as a kind of physical activity should, above all, be a way of entertainment for people. However, one cannot forget to mention the other aspects, which sport provides to people, whether from the point of view of health or psychology. It particularly concerns the improvement of both physical and mental form, prevention against health problems, relaxation, improvement of communication, cooperation etc. Sport has become a phenomena of these days. Shining careers, tremendous popularity and last but not least sometimes huge amounts of money offered to the best sportsmen lead to swindles as a matter of course.

Nowadays, the desire for success can overcome the limits of fair play, and therefore a lot of sportsmen tend to the use of illegal aids in order to have an advantage over their rivals. In spite of that, doping is not the term only connected with top-performance sports, but also with recreation sports. Dope substances are used on all sporting levels at the present.

The main aim of this work is to introduce readers to the problems of using dopes and their detection. The work describes the ways in which doping checks proceed, and in which sports and on which levels doping checks can be anticipated.

Keywords

Doping, blood tests, testing, doping controls, prohibited substances, prohibited methods, history of doping, health risks