Abstract

Title: Experiences of gym members with Performance Enhancing Drugs.

Objectives: The aim of the diploma work is to explore the prevalence of doping in two particular fitness centres, to specify the most used doping substances, frequency and form of using, way of acquiring and to define reasons leading gym members to using these substances. No less important goal of the work is to find out the most reported benefits resulting from using doping as well as the most reported negative side effects.

Methods: The main method used in the research is a questionnaire survey that is divided into three sections. The goal of the survey is to assess aspects of using performance enhancement drugs amongst gym members.

Results: We found that 8% of the respondents reported positive experience with anabolic steroids as well as 5.3% of the respondents with diuretics and 3.7% of the respondents reported that they have used growth hormones. The most common substances are nandrolone and stanozolole (53.3%) followed by oxandrolone and testosterone (46.7%). Except these doping substances respondents mentioned methandienone, trenbolone, oxymetholone, clenbuterol, dianabol and boldenone.

Keywords: doping, anabolic steroids, attitudes, recreational athletes, performance enhancing drugs