



Syllabus

Term: 2025/26/2 **Subject name:** Dopping and sports **Subject code:** AEDZN3501

Unit (Unit code) (TESTNEV)

Lecturer responsible for the course: Dr. ATLASZ Tamás

Requirement: Term mark

Classes per week : 0/2/0

Classes per term: 0/6/0

Purpose of education:

During the lectures, we will discuss the most important organs exposed to medical-biological side effects during doping. We will delve into the legal aspects of doping, covering the most important regulations in detail. Finally, we will talk about the emergence of designer drugs and their effects on performance.

Contents:

1. Discussion of the syllabus, requirements for completing the course.
2. Historical overview of doping from ancient times to the present day.
3. Legal issues of doping, the most important regulations in sports. Prohibition of doping use and its legal regulation. Rules and sanctions for athletes and sports professionals. The anti-doping association.
4. The "Prohibited List" today. Substances always prohibited, methods always prohibited, substances prohibited during competitions, substances prohibited in certain sports. Substances allowed for therapeutic use. Examination procedures.
5. Major organs exposed to medical-biological side effects during doping. The biological-medical effect of doping abuse on the cardiovascular system, as well as on the blood and hematopoietic system.
6. The biological-medical effect of doping abuse on the skin and liver.
7. The biological-medical effect of doping abuse on the skeletal and muscular system, as well as on the endocrine glands.
8. The biological-medical effect of doping abuse on the central nervous system, as well as on the immune system.
9. Gene doping.
10. Blood doping.
11. Emergence of designer drugs, their effects on the body and physical performance.
12. Effects of drugs and alcohol on physical performance.
13. Evaluation.

System of examing and valuation:

Attendance during classes + giving short presentations (min. 20 minutes) + written exam.

Bibliography:



Syllabus

Term: 2025/26/2

Subject name: Dopping and sports

Subject code: AEDZN3501

Bibliography:

O'Leary J: Drugs and doping in sports. Cavendish Publishing, 2001

Bibliography:

Thieme D, Hemmersbach P: Doping in sports. Springer, 2010