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THE PROBLEM OF DOPING IN OLYMPIC SPORTS: THE HISTORY OF ITS SPREAD AND THE CURRENT STATE OF THE ISSUE

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Анотація. У статті розглядається проблема допінгу у спорті вищих досягнень – одне із складних теоретичних та практичних питань, що потребує постійного вивчення та вирішення. Також наводяться приклади та характеристика груп лікарських препаратів, які застосовуються для підвищення працездатності та покращення спортивного результату, описується робота антидопінгової агенції.

Ключові слова: допінг, МОК, WADA

At the current stage of development of the Olympic movement, there is a large number of problems. Doping is a key problem in elite sports.

Topicality. The political, economic, and social significance of sports victories in the modern world is constantly growing. They contribute both to the glorification of the winners and prize-winners

of the competitions, and to the increase in the prestige of the countries represented by the triumphant athletes. [1,3]. This prompts some specialists who work in the field of sports and sports medicine to look for all kinds of ways to ensure the victory of athletes in the main competitions of 4 years - the Olympic Games. One of these ways is the use of various medicines in sports, which "disagree" with the interests of athletes' health, the principles of sports ethics, which stimulate the performance of athletes, on the one hand, but disrupt the natural course of physiological and psychological processes. in the athlete's body - from another [1,4].

The purpose of the study: to study the problem of doping in Olympic sports.

Research methods and organization. Analysis and generalization of literary data.

Results and their discussion. The word doping is now familiar to absolutely all high-achieving athletes. Doping is a special drug used by athletes to forcibly increase the body's performance during competitive activities or during the training process [3]. Doping scandals are all over the world news today. And the first doping scandal dates back to 1988 in Seoul. Canadian runner Ben Johnson shocked the world with an incredible result: he ran the 100 meters in 9.79 seconds. But the Canadian went down in Olympic history only as a participant in the biggest doping scandal at that time [4]. After that, such scandals became more and more frequent, and now this will not surprise anyone. The modern Olympic Games were no exception. It was the doping scandal that caused the Russian national team to be barred from the 2018 Winter Olympics in PyeongChang. This problem dates back to the times when the first sports competitions appeared. At that time, the Incas were chewing coca leaves. Representatives of the ancient Scandinavian tribes drank a decoction of mushrooms, the composition of which was a fly agaric, it was he who raged, raising the threshold of pain sensitivity and endurance. The first Olympians used opium [2,3]. This was necessary to improve tone and mood for sports competitions. There are many such examples.

In the 20s of the last century, experts were divided into two opposing groups. Some discovered the use of doping in athletes, while others developed new drugs to improve sports performance. Over time, the activities of these groups expanded. Some scientists were developing new drugs that contributed to athletic growth. Other scientists have carefully studied the components that can

affect sports and entered them into the category of prohibited. It is absolutely undeniable that the use of prohibited drugs not only has a detrimental effect on the state of the body, but also undermines ideological views on sports. This problem also has a moral character, since the use of doping improves the results of an athlete, and this inequality does not arise from the level of preparation, which is "supposed by the rules of competition in any sport, but is determined by the level of development of the pharmaceutical industry and its involvement in the sports sphere" [2].

Doping is used in various forms, for example, injections, pills, inhalation of any drugs, biological fluids. It is used to increase performance and sports performance. But there are differences, different drugs have different effects. According to the effect on the body, two groups are distinguished: drugs that are used directly on the day of the start, for short-term stimulation of the athlete's working capacity, physical and mental tone; drugs that are used during the training process to build muscle mass and ensure the athlete's adaptation to maximum physical exertion.

Currently, there are drugs that increase the activity of the nervous and endocrine systems, increase muscle strength, and activate activity. The increase in the functional capabilities of athletes under the influence of stimulants is largely due to the blockade of physiological regulators, the limits of the mobilization of functional reserves, which can lead to overstrain of the heart, liver, kidneys, violation of the thermoregulation of the body, and other consequences. , capable of causing serious illness and even death [1].

Despite the fact that doping greatly undermines health, many athletes continue to take it. What prospects do athletes see in this? Now many novice athletes accept doping even for the sake of winning youth competitions. But athletes of higher skill have much more prospects. For example, over the past 30 years, the Olympic movement has become a profitable business, and professional sports can make a lot of money. However, they not only harm their health, but also risk their reputation [4].

In 1964, the International Olympic Committee decided to test athletes for doping. And in 1990, the World Anti-Doping Agency (WADA) was formed, which monitors the use of prohibited drugs. It develops, adopts and agrees a set of anti-doping rules, and also works according to the rules that are prescribed in the code. The

Code works in conjunction with six international standards: 1) prohibited list; 2) testing and research; 3) laboratories; 4) exclusion of therapeutic use (TUE); 5) protection of confidentiality and personal information; 6) compliance with the code. These standards were adopted after long consultations between all interested parties and are binding on all signatories of the code [3]. The main priority of the International Olympic Committee (IOC) is the protection of clean athletes through the fight against doping. The IOC has established a zero-tolerance policy in the fight against doping and prosecutes anyone who in one way or another is involved in illegal activities related to the use of prohibited drugs.

Before a drug is included in the WADA prohibited list, an annual "program monitoring" is carried out. Information about these substances is published on the organization's website, and during the year information "for" and "against" the inclusion of this drug in the prohibited list is collected.

Conclusions. Athletes participating in international competitions are required to take doping tests. And also send the schedule of his stay 3 months in advance, indicating the time when the athlete can take a doping test. When the use of doping is detected, the information is transferred to sports federations, which apply disciplinary measures.

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