Sport and doping, two ways to change his body and his minds   
(preview on the London Olympics 2012).

**Summary**

**I. Action of sport in us…………………………………………………………………………………………………………**

**1. briefly Action of doing an activity in our body**

**II. Doping, an easy way to enhance performances………………………………………………………………**

1. **Different way of doping**
2. **Doping, is it good?**

**III. Way to fight against doping…………………………………………………………………………………………………….**

1. **Example of London OG, London marred by doping**
2. **Heavy control device**

**I. Action of sport in us.**

**1. Briefly Action of doing an activity in our body**

1. Why move? <http://www.mangerbouger.fr/bouger-plus/pourquoi-bouger.html>   
   <http://www.sportanddev.org/en/learnmore/sport_and_health/the_health_benefits_of_sport_and_physical_activity/>

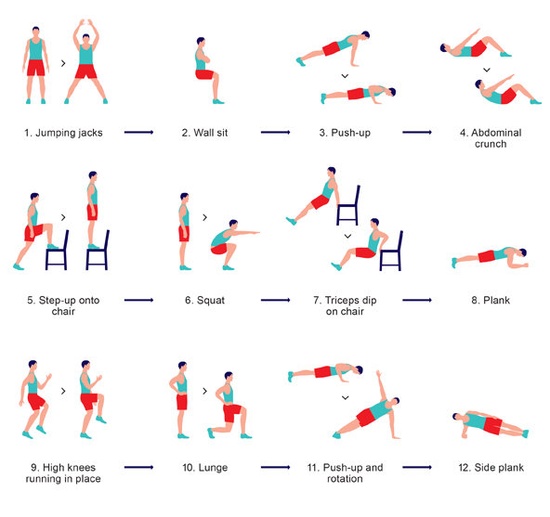
Sport and physical activity healthy lifestyles.  
It’s a way to fight against certain kind of disease



Usain Bolt won his 100-meter semifinal heat with a time of 9.87 seconds, easily earning him a spot in the finals.

1. How to move to stay healthy?

Get in shape and get yourself in gear with a variety of cardio workouts to get your heart pumping.  
 <http://www.health.com/health/full-body-exercises>



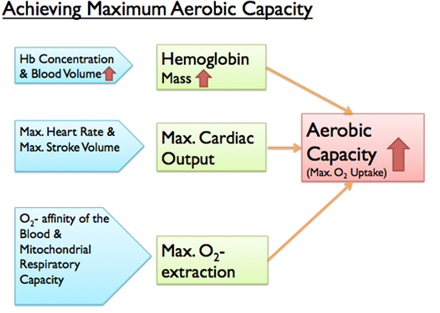
**II. Doping, an easy way to enhance performances**

What doping mean?  
Doping it’s when a person, often sportier, uses drugs to increase her personal power or to increase her level of muscles.  
  
  
**1. Different way of doping**

1. Doping of anaerobic/aerobic metabolism and other forms of doping <http://sportech.online.fr/spen_idx.html>

Doping of anaerobic metabolisms

Doping of the aerobic metabolism



The other forms of doping

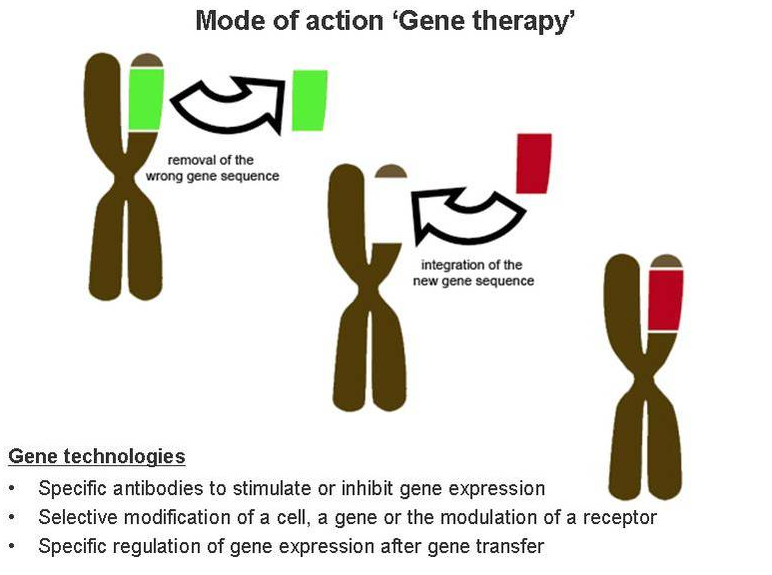
1. genes Dopings<http://www.doping-prevention.sp.tum.de/substances-and-methods/gene-doping/gene-doping.html>

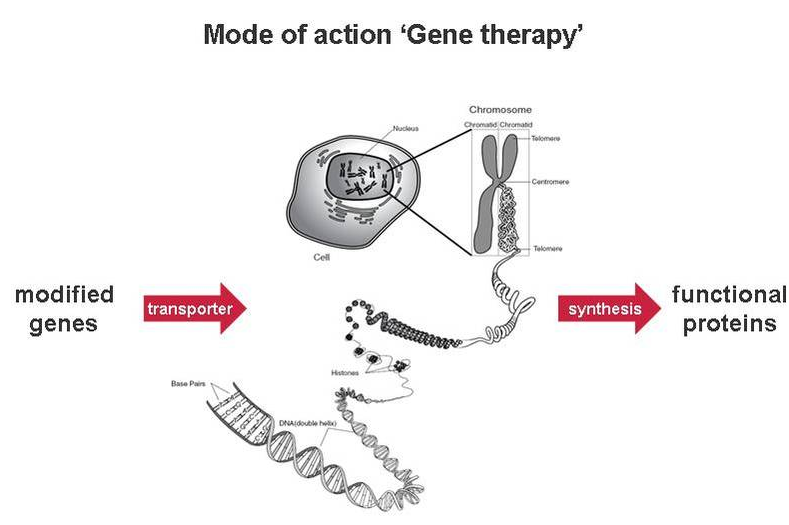
Gene therapy tries to repair the defect *gene*.  
Consequently by abusing *gene* therapy in sports provoke that the World Anti-Doping Agency (WADA) put *gene* doping on the Prohibited List.   
There is no single “sports” *gene*!  
There are four interesting endurance genes:

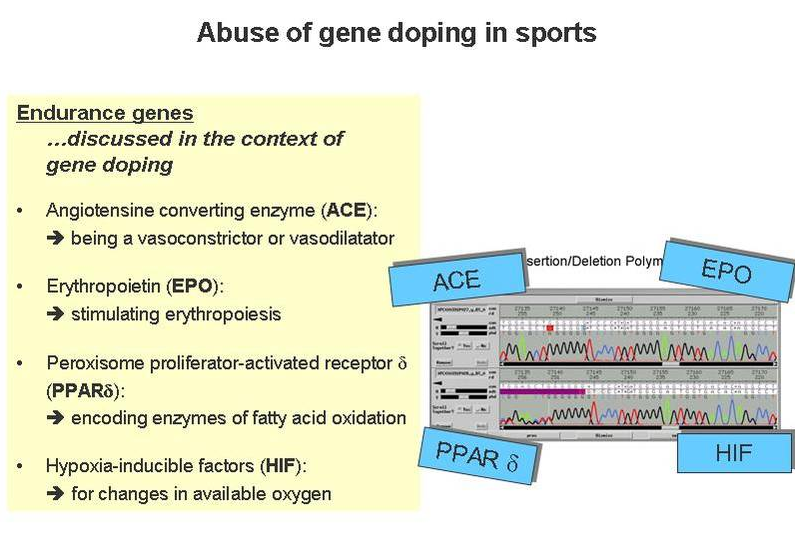
* EPO
* PPAR
* HIF
* ACE

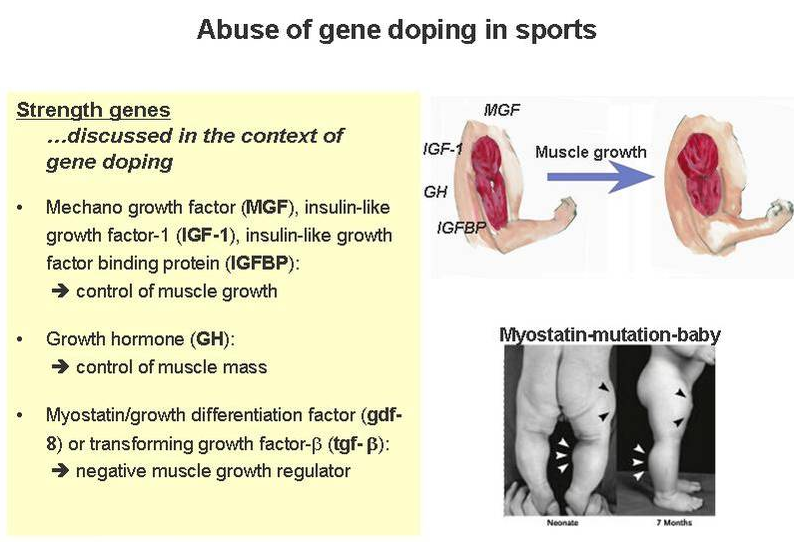
There are three interesting muscle genes:

* MGF, IGF-1, IGFBP
* GH
* gdf-8, tgf-b

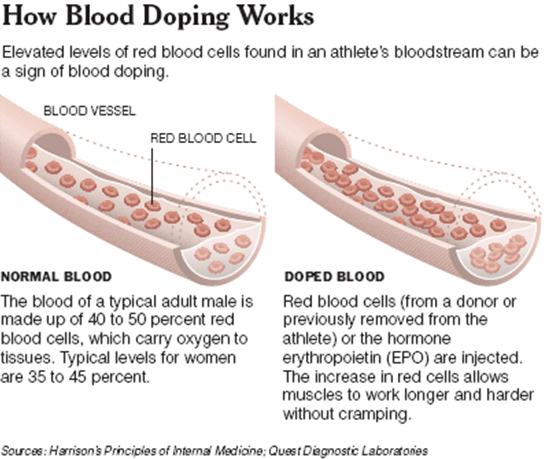






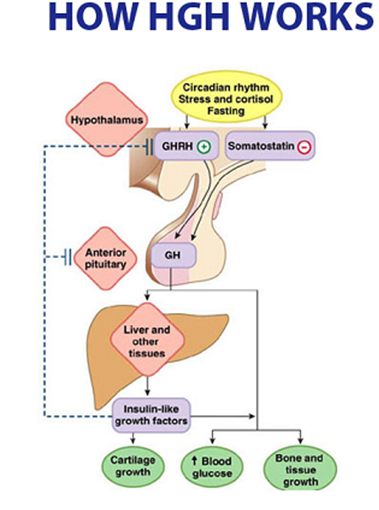


1. blood doping <http://www.wada-ama.org/en/Science-Medicine/Science-topics/QA-on-Blood-Doping/>   
   <http://graphics8.nytimes.com/images/2006/02/19/sports/olympics/20drug_graph.gif>



1. doping with growth hormone <http://www.wada-ama.org/fr/Science-et-medecine/Sujets-scientifiques/Questions-reponses--Hormone-de-croissance/>

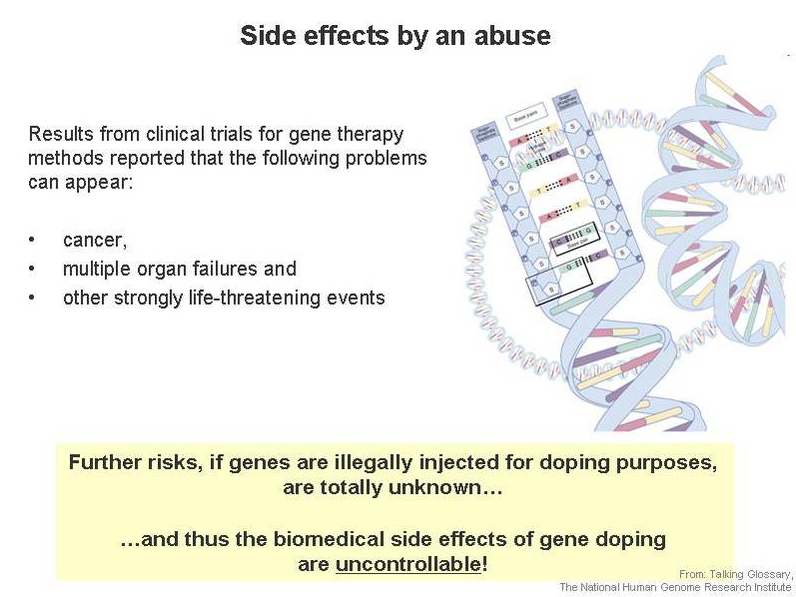
<http://anumed.tumblr.com/page/2>



**2. Doping, is it good?**

a) It helps to gain confidence.  
People, who dope herself, because his sport or muscles level increase, feel more confidence. He can develop self-esteem.

b)side effects



**III. Way to fight against doping**

<http://www.wada-ama.org/fr/Autres-liens/Recherche/?quicksearchquery=londres>

1. **Example of London OG, London marred by doping**
2. **World Anti-Doping Agency (WADA)**

## The International Olympic Committee (IOC) is responsible for the anti-doping program, including testing and results management. David Howman, the chief executive of the World Anti-Doping Agency, believes that one in 10 athletes are cheating with the 2012 London Olympics less than a year away.



<http://en.wikipedia.org/wiki/World_Anti-Doping_Agency>

1. **Éducation et sensibilisation (“Winn Clean” inn Clean"ete n Olympics games.compaign , etc)**

<http://www.wada-ama.org/en/Education-Awareness/> 

<http://playtrue.wada-ama.org/fr/news/lancement-de-la-campagne-win-clean-dis-non-au-dopage-pour-les-jeux-de-londres-de-2012/>

1. Heavy control device
2. Controls <http://www.wada-ama.org/fr/Communaute/Laboratoires-antidopage/>
3. Paranoia, doped athlete hunt, “each athlete is seen as a cheater”.

Every athletes are suspected of being doped, it’s created a hysteria, lot of debate occur.

Team Russia may lose one of their biggest Olympic hopefuls, the cyclist Denis Galimzyanov has been provisionally suspended following a positive doping test result. EPO was found in a urine sample taken from Galimzyanov on March 22.   
