

<p>What international organization deals with doping in sport?</p> <p><b>A. WADA</b> B. B. ISCA C. DAWA</p>	<p>Which national team was not allowed to participate in the Olympic Games in China in 2018 because of doping?</p> <p>A. China <b>B. Russia</b> C. Brazil</p>	<p>What is the name of the document on which the World Anti-Doping Program in Sports is based?</p> <p>A. The International Doping Code <b>B. World Anti-Doping Code</b> C. Fair Play Code</p>
<p>In which year Lance Armstrong was disqualified because of doping?</p> <p><b>A. 2012</b> B. 1999 C. He has never been accused of doping</p>	<p>Can life-threatening effects, such as circulatory problems and cardiac hypertrophy, be experienced after taking steroids?</p> <p>A. No, the steroids are completely safe <b>B. Yes, steroids have a very negative effect on the body and should be taken only for health reasons and under the doctor's supervision</b> C. Yes, but only when steroids are taken often</p>	<p>What are the origins of "doping" word?</p> <p>A. It was created from the word "dopester" and was associated with trainers who would predict positive results of training B. It meant adding prohibited substances to water <b>C. Dutch colonists used the term "dope" to determine any stimulant drink and thus the term has spread throughout the world</b></p>
<p>Do you know what methods of increasing exercise capacity were used in ancient times?</p> <p>A. People prayed to the Gods for strength during the competition <b>B. Just before the competition athletes consumed various types of meat or blood, wanting to improve their strength</b> C. In ancient times mud was used to increase muscle strength</p>	<p>What is a substance known as EPO?</p> <p><b>A. Hormone erythropoietin, which stimulates the formation of red blood cells</b> B. EPO is a herb growing in Africa, used for headaches C. It's powdered tree leaves, used in painkillers</p>	<p>Many doping substances are pharmacological agents of great therapeutic importance, used in the treatment of serious diseases. Give an example.</p> <p><b>A. Bronchial asthma. Patients will inject corticosteroids that help with dyspnea</b> B. So-called "muscle sores", herbal warming ointments are then used C. Osteoporosis, in this disease you take medications that contain vitamin D</p>



<p>What does the word “anabolic” mean?</p> <p>A. From Italian: hormone  <b>B. From English: to build</b>  C. From German: to analyze</p>	<p>Is it possible to “build” muscle mass only by taking steroids?</p> <p>A. Yes, you only need to take steroids to increase muscle mass  B. No, you should use steroids and vitamins for the muscle stimulation  <b>C. No, athletes must be active, because steroids do not cause muscle growth on their own; physical effort is needed</b></p>	<p>Is it possible that when taking doping substances men become more feminine because of hormonal disorders?</p> <p>A. No, doping does not cause such changes  B. No, doping does not affect the hormonal balance  <b>C. Yes, for men there is, for example, hypertrophy of the breast glands</b></p>
<p>Can dietary supplements cause side effects in the body?</p> <p>A. No, dietary supplements are completely safe  <b>B. Yes, dietary supplements can also be dangerous to health, especially for a young athlete</b>  C. There have been no studies on the effects of supplements on human health</p>	<p>What is Vitaminosis?</p> <p><b>A. It is a set of symptoms caused by excess of vitamins in the body</b>  B. It is the term for dietary supplements  C. It is a group of fat soluble vitamins</p>	<p>Is proper nutrition able to replace nutrients and supplements, in case of an amateur athlete?</p> <p><b>A. Definitely yes. The body better absorbs natural raw materials from food</b>  B. No, because we would have to eat a lot more  C. No, even an amateur should use supplements</p>
<p>Can you become addicted to protein supplements?</p> <p>A. No, because there is only protein in every nutrient on the market  <b>B. Yes, because sweeteners, preservatives and dyes are usually added to such a nutrient. They are addictive</b>  C. No, because protein is the base for muscle building</p>	<p>What is a substance called creatine?</p> <p><b>A. It is a supplement for athletes, the use of which gives such effects as faster growth of muscle mass</b>  B. It is one of the vitamins  C. It is a type of fat in the body</p>	<p>What is an isotonic drink?</p> <p>A. It is just a sweetened beverage  <b>B. It is a drink in which the osmotic pressure is the same as the osmotic pressure of human body fluids</b>  C. It is water saturated with carbon dioxide</p>



<p>Does drinking energy drinks in large quantities cause, for example, problems with the intestines?</p> <p>A. No, their composition does not contain substances that can harm the digestive system</p> <p>B. Yes, because they are so-called isotonics</p> <p><b>C. Yes, a large amount of ingredients in energy drinks increases their osmolarity. Highly hyperosmolar fluids may contribute to the occurrence of gastrointestinal disorders</b></p>	<p>Is it possible for a player, who has won a medal at the Olympics, to have his medal taken away even a few years later?</p> <p><b>A. It is possible, if after a few years, the controllers manage to determine that while winning the medal the player was on "doping"</b></p> <p>B. After a few years the medal the player had won cannot be taken away</p> <p>C. Yes, but only if the player admits to being on doping himself</p>	<p>Can doping agents also affect the behavior of those who take them?</p> <p>A. No, doping only affects the physiological aspects of physical activity</p> <p><b>B. Yes, they can, for example, increase aggression</b></p> <p>C. They can, but only with taking them in very large doses</p>
<p>Which world-famous soccer player was caught on doping twice, which resulted in the 15-month suspension?</p> <p>A. Leo Messi</p> <p>B. Pele</p> <p><b>C. Diego Maradona</b></p>	<p>Are bodybuilders also undergoing anti-doping control in professional sports?</p> <p>A. No, because doping is allowed in this sport</p> <p><b>B. They are under the control, like all other athletes</b></p> <p>C. Yes, but only during the official World and European Championships</p>	<p>Is it true that without the use of dietary supplements and nutrients it is not possible to develop adequate strength, endurance and muscle mass?</p> <p>A. Yes, supplements are necessary to achieve this effect</p> <p><b>B. No, supplements will only help achieve this effect faster, but can cause a lot of damage to the body</b></p> <p>C. No, because there is no way to increase the endurance, which is genetic</p>
<p>Which organization is preparing a list of substances recognized as doping in sport?</p> <p>A. POLADA</p> <p><b>B. WADA</b></p> <p>C. IOC</p>	<p>Do we have a law in Poland regulating doping issues in Sport?</p> <p><b>Yes</b></p> <p>No</p>	<p>Is a player who had refused to undergo the test for prohibited substances in sport accused of doping?</p> <p><b>Yes</b></p> <p>No</p>



<p>Does the player who claims he did not know that his trainer or doctor is giving him prohibited substances will not be responsible for doping?</p> <p>Yes, he will not be <b>No, he will be</b></p>	<p>Will the trainer, who gives prohibited substances to minor players, be deprived of liberty?</p> <p><b>Yes</b> No</p>	<p>Do the controllers inform the player or trainer beforehand about the planned doping control?</p> <p>Yes <b>No</b></p>
<p>Is the use of hormones, for example testosterone, regarded as doping?</p> <p><b>Yes</b> No</p>	<p>Is doping only found in professional sports?</p> <p>Yes <b>No</b></p>	<p>Can you get HIV when using doping?</p> <p><b>Yes!</b> No</p>
<p>Are there sports in which alcohol is also considered doping?</p> <p><b>Yes, for example archery and car sports</b></p> <p>No</p>	<p>Is an energy drink the same as an isotonic drink?</p> <p>Yes <b>No</b></p>	<p>Is it true that during intense physical work with sweat we lose large quantities of electrolytes?</p> <p><b>Yes</b> No</p>



<p>Are energy drinks recommended especially for people who are training intensively?</p> <p>Yes <b>No</b></p>	<p>Do we lose excessively magnesium when drinking energy drinks?</p> <p>Yes No</p>	<p>Can taking steroids at an early age cause acne?</p> <p>Yes No</p>
<p>Are protein supplements available on the market pure proteins?</p> <p>Yes <b>No, they most often contain a number of chemical additives</b></p>	<p>Were there any cases of death of players in sport caused by the use of doping?</p> <p>Yes No</p>	<p>Are asthma drugs considered doping by anti-doping organizations?</p> <p>Yes <b>No, if the player suffers from asthma and it is confirmed by a doctor</b></p>
<p>Was the famous tennis player Maria Sharapova suspended for doping?</p> <p>Yes No</p>	<p>Is caffeine a component of all isotonic drinks?</p> <p>Yes <b>No, it is mainly a component found in energy drinks</b></p>	<p>Was Robert Lewandowski ever suspended for doping?</p> <p>Yes <b>No</b></p>



<p>Is the use of energizing substances dominate only in the sport?</p> <p>Yes</p> <p><b>No, it is also common in business and professions that are very stressful</b></p>	<p>Is it true that you only need to take the right pills to burn body fat?</p> <p>Yes, there are such pills</p> <p><b>No, no pill will burn fat alone, with no physical effort</b></p>	<p>Was Arnold Schwarzenegger ever suspended for doping?</p> <p>Yes</p> <p><b>No</b></p>
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