

## TO EVALUATE THE MEDICAL AND ANTI DOPING AND PHYSICAL FITNESS ASPECTS

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Doping has become one of the biggest abuse in the Field of Sports. This single abuse has spoiled the sports culture and has destroyed the image of professional sports in particular and recreational sports in general.

Due to excess to the media and internet this culture has also been introduced into military sports.

In the Modern era military sports are also competitive to the world sports. Therefore concept of doping has equally rather more effected the military training and fitness.

As the military people have to remain in the fitness throughout the year on military footing, therefore any of the athletes who compete in the sports has to be in two boats at one time. On one side he has to keep his military fitness which is free of any kind of doping, on the other side as he has to compete at the elite level therefore he is tempted to go for doping.

Here I think the role of Sports Doctor needs to be incorporated.

Who should Psychologically Motivate the individual and also brief the individual about the hazards and pros and cones of the Doping.

Also brief him on the issues of sampling and WADA rules and consequences of being caught and becoming embarrassed .

Above all awareness about doping has to given to the Military People by the Sports Doctors.

For this publications. Seminars and personal briefing of the individuals be done. Along with it physical monitoring is also Necessary to overcome the use of Doping Athletes should be advocated to use proper supplements, balanced diet and appropriate weight and technical training on scientific grounds.

Use of minerals and vitamins appropriately with proper water and electrolyte balance would be more beneficial.

Proper and balanced diet according to the phase of the physical activity schedule and competition be used.

Importance of weight training be incorporated into the training as well as physical fitness for military is on of the most necessary requirements.

Shuttle test is still one of the best tests to check the endurance and VO 2 Max of the individuals.

Similarly three vertical jumps are taken the index of power along with step test or running up and down the steps in due time keeping in consideration weight of individual and distance covered.

For respiratory and cardiac fitness:

Spirometry during the physical activity give us the readings of VO 2 Max, co2 and o2 along with inspired air and expired.

Exercise induced asthma can be checked and readings after the inhalation of salbutamol also confirm if the athlete is asthmatic or other wise. Similarly peak heart rate, cardiac size and output along with recovery give as indices of cardiopulmonary fitness and blood reading of HP and cells give indication of circulation fitness.

Latest concepts need to be incorporated in military fitness specially considering the muscle skeletal deterioration along with stress and strains of sedentary office jobs with lack of physical activity. (I e ) a 40 years officer cannot be mentally and physically fit as 20 years old

Therefore regime of physical training and assessment need to be different and changed in order keep the individuals fit as well as putting them to lesser physical stress and also mental stress.

For individuals over the age of 40 25-30 minutes morning PT WITH Light weights to be used in the gym. In the afternoon they should have regular 40 60 minutes sports in which 50% of the time their heart rate crosses 50% of their peak heart rate. Also recommended 2 days a week with heavy and free weights isokinetic close chain exercises.

Ultimate Physical Tests Should include the combination of endurance and power strength as per the rules which should not be strict to put extra pressure on musculoskeletal system so rather doing more damage then good (i.e) rope and beam test which are bound to injure and destroy the musculoskeletal system even of the elitist of athletes.

For troops between 20-30 the tests and schedule should be toughest. Including 1 hour to 1 and 1/2 hour morning PT Stretching and gym along with alternately assault course.

In the afternoon they should be having regular 2 hours sports in which they should cross 60 -70% of peak heart rate for 1 hour.

2 days of heavy weight training along with cross country or route marches.

Another suggestion for musculoskeletal fitness is to avoid DMS shoes other then combat situation or Field Exercises. Because foot and ankle muscles are weakened and over the period of time incidence of ankle sprains and tissue/ ligaments is increased leading to vicious cycle which further develop into knee and hip and back and neck problem.

So in the modern era of biomechanics and Doping we don't only need to avoid doping but also need to look after the Biomechanics specially of foot and ankle along with core stability

So take home message would be to avoid Doping, Concentrate on Scientific Nutrition, Supplementation, Training And maintain and correct the biomechanics.

To improve Apply science Rather Then Negative tactics like Doping.

Thanks