



**MAHSA** *EduX*

# SPORTS & LIFESTYLE DRUGS

**FACULTY OF PHARMACY**  
1800-88-0300  
[www.mahsa.edu.my](http://www.mahsa.edu.my)



**MAHSA**  
UNIVERSITY

DU044(B)



## SPORTS & LIFESTYLE DRUGS

### Overview:

This course will introduce learners to the different types of drugs used by athletes for health and performance-enhancing purpose as well as methodology used to detect the abuse of such substances in sports. This will give learners a clear perspective of the differences between permissive drugs used under the pretext of health/treatment and the non-permissive substance abused in sports. This course will also cover the principles and basic guidelines for the drugs commonly used in obesity and erectile dysfunction and its associated complications.

### Topics:

TOPIC 1: Historical perspective, ethical considerations and analytical methods.

TOPIC 2: Alcohol, anxiolytics, CNS stimulants and sports.

TOPIC 3: Lifestyle Drugs & Obesity: Nutrients, vitamins and minerals.

### Learning Outcomes:

- Name the drugs/supplements commonly used by athletes.
- Explain the mechanisms by which these drugs will enhance performance in sports.
- Describe other adverse effects associated with the abuse of such drugs.
- Describe the different methodologies used in detection of drug misuses.
- Discuss the drugs which may have the potential to be abused in sports.
- Describe the prohibitions set by different sports federations pertaining to drug use in sports.
- Discuss the drugs commonly used in obesity and erectile dysfunction and the complications associated.

### Certificate:

Earn a Certificate of Completion from MAHSA University (EduX)

### Enrolment Requirement:

Any student or professionals within the field of Pharmaceutical Sciences

## INSTRUCTORS

### DR. SHERYAR AFZAL

Dr. Sheryar Afzal works as Senior Lecturer in the Department of Scientific Basis of Therapeutics, Faculty of Pharmacy, MAHSA University, Selangor, Malaysia. He earned his PhD (Pharmacology) in 2017 from Universiti Sains Malaysia (USM). He is a USM fellowship holder who was awarded with the "SANGGAR SANJUNG AWARD 2014". He has 15 years of teaching and research experience in undergraduate and postgraduate Pharmacology students. He has authored and published more than 23 full scientific research publications in high impact factor journals with more than 38 abstract proceedings at national and international levels. Dr. Sheryar Afzal's basic research interest encompasses Pharmacology of Cardiovascular & Renal system at receptor levels and Pharmacokinetics of Indigenous and Synthetic Formulations and Toxicity of Indigenous Medicinal Plants with involvement in training new researchers in the undertaking of animal studies in handling laboratory experimental animals and an expertise in developing different animal models for the scientific study including diabetic, hypertensive and renal hypertensive models.

Email: [sheryarafzal@mahsa.edu.my](mailto:sheryarafzal@mahsa.edu.my)



### DR. ALI ATTIQ

Dr. Ali Attiq is the Head of Department of Scientific Basis of Therapeutics, Faculty of Pharmacy, MAHSA University Malaysia. He completed his Doctor of Pharmacy (Pharm-D) in 2012 and completed his Master (MPhil) in Pharmacology and Toxicology with distinction in 2014. He earned his PhD in Pharmacy from Universiti Kebangsaan Malaysia (UKM). His research work exhibited novel and significant insights on the genotoxic and mutagenic potential of drugs combination. He carried out his first detailed phytochemical evaluation of Cyathocalyx pruniferus and Alphonsea elliptica, which resulted in the discovery of two (2) new secondary metabolites from the plant species. He is specialised in cell signaling pathways involved in inflammation and inflammation derived mutagenesis (cancers). Medicinal and bioorganic chemistry of marine and plant based natural products are also his forte.

Email: [aliattiq@mahsa.edu.my](mailto:aliattiq@mahsa.edu.my)

### Mode of Delivery

100% Online

### Duration

9 Hours

(3 hours in 3 days)

### Language

English

### Course Fee

RM500