

AN INSIDE LOOK AT THE EDUCATIONAL FIELD TRIP

to the Anti-Doping Agency of Malaysia (ADAMAS)

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To bridge classroom theory with real-world athletic integrity, students enrolled in the PHC660: Drug Abuse in Sports course embarked on an immersive educational field trip to Anti-Doping Agency of Malaysia (ADAMAS) in Putrajaya on 20 May 2026. This hands-on visit provided students with valuable exposure to anti-doping education, doping-control procedures and the complex regulations governing the use of prohibited substances and methods in modern sport.

The programme commenced with an introductory multimedia briefing on the doping-control process and the procedures that athletes encounter during anti-doping testing. Students were subsequently introduced to athletes' rights and responsibilities, including the specific circumstances under which an athlete may be permitted to delay reporting to a doping-control station.



Photo 1. Students attending an introductory multimedia briefing on the doping-control process and the procedures involved in anti-doping testing.



During the programme, students learned about the vital roles and functions of ADAMAS in promoting clean sport, coordinating national anti-doping activities, and educating athletes, athlete support personnel and key stakeholders. The session also highlighted the global principles and regulations established by the World Anti-Doping Agency (WADA) to protect athletes' health, preserve sporting integrity and promote fair competition.

Moving from theory to collaboration, students participated in facilitated small-group discussions focusing on prohibited substances, anti-doping regulations and testing protocols. This interactive activity enabled them to deeply examine the pharmacological, ethical and regulatory implications of drug abuse in sport.



Photo 2. Facilitated small-group discussion on prohibited substances, anti-doping regulations and doping-control procedures.

Following the discussion session, students presented a visual summary of the main stages involved in the doping-control process. They also delivered group presentations on selected prohibited substances and real-life cases involving athletes who had violated anti-doping regulations (Photo 3). These presentations strengthened the students' ability to apply complex pharmacological knowledge to actual sporting cases while developing their teamwork, critical-thinking and communication skills.

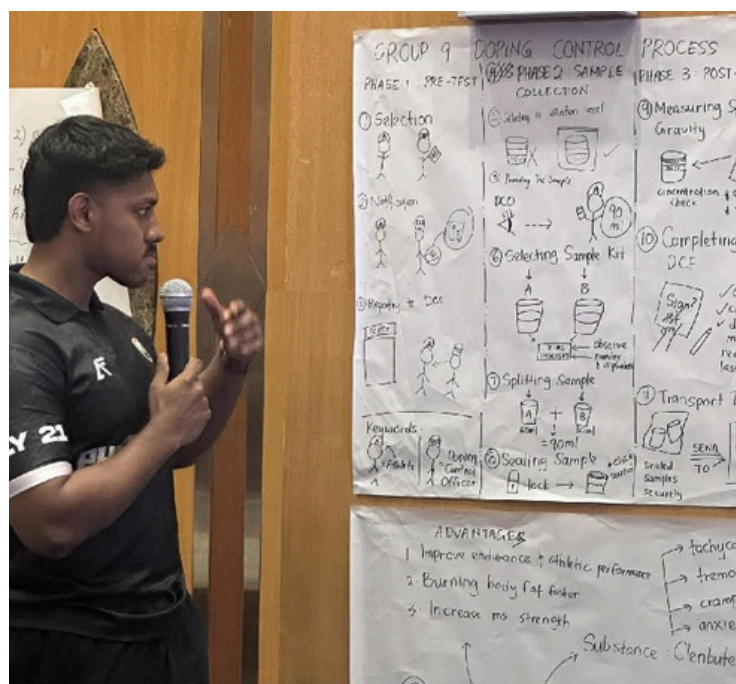


Photo 3: Group presentation on prohibited substances and a real-life case involving an athlete who had violated anti-doping regulations.

A major highlight of the field trip was the practical demonstration of the urine doping-control process. Students were familiarised with official urine sample collection kits, documentation forms, sample bottles and the specialised tamper-evident containers used during testing. They also gained valuable hands-on experience in handling the collection equipment and understanding the rigorous documentation required throughout the process.



Students familiarising themselves with urine sample collection kits, documentation forms and tamper-evident containers used during the doping-control process.



The students subsequently learned the correct method of securely sealing urine sample bottles using the tamper-evident mechanisms incorporated into the doping-control kits. The demonstration underscored the critical importance of accurate documentation, secure sample handling and maintaining a flawless chain-of-custody to prevent unauthorised access, contamination, substitution or manipulation.

At the conclusion of the programme, a token of appreciation was presented to the ADAMAS representative in recognition of the agency's valuable contribution to the students' learning experience. The educational visit concluded with a group photograph involving the PHC660 students, academic staff and programme representatives.

Overall, the field trip provided meaningful theoretical and practical exposure to contemporary anti-doping practices. It reinforced the core values of ethics, professional responsibility, regulatory compliance and sporting integrity among students preparing for careers in pharmacy, healthcare and sports-related professions. The experience successfully connected the learning outcomes of PHC660 with the practical responsibilities involved in preventing drug abuse, safeguarding athlete health and promoting clean and fair sport.

