

**Учебный курс по
антидопинговым
правилам для
спортсменов
международного
уровня**

Отдел образовательной программы **УЗНАДА**

Для входа в
программу ADEL
WADA необходимо
зарегистрироваться !

<https://adel.wada-ama.org/learn>

The screenshot shows a web browser window with the URL adel.wada-ama.org/learn/signin. The browser's address bar and tabs are visible at the top. The website header features the ADEL WADA logo on the left, a language dropdown menu set to "ENGLISH" in the center, and "REGISTER" and "SIGN IN" buttons on the right. The "REGISTER" button is highlighted with a red circle. Below the header is a navigation menu with links for "WELCOME", "WHO IS ADEL FOR?", "WHAT'S ON ADEL?", "SUPPORT AND FAQ", and "ABOUT WADA". The main content area has a purple background with a photograph of several hands stacked together. The text reads: "Welcome to ADEL! The global Anti-Doping Education and Learning platform. ADEL welcomes anyone who wants to learn about clean sport. Register and join ADEL to discover how we can support you. Together we can protect clean sport." At the bottom of the page, there is a search bar with "CATEGORIES" and "FILTERS" options, a search input field, and "CARDS" and "CODE A-Z" dropdown menus. The browser's taskbar at the very bottom shows a document titled "Ўзбекистон Ре...docx" and a "Show All" button.

Как правильно Зарегистрироваться

1. Введите имя пользователя (Логин)
2. Введите адрес электронной почты
3. Имя (First name)
4. Фамилия (Last name)
5. Введите пароль состоящий из 8 символов и номеров
6. Выберите язык (English)
7. Выберите категорию Спортсмен (Athlete)
8. Подтвердите что вы ознакомлены и нажмите на иконку Next

Register here

IMPORTANT: *The account of athletes under 16 must use a valid parent or guardian's email address. **For access to the CISP resources, please select the role: 05 - Anti-Doping Practitioners

1 User Profile — 2 Additional Fields

Username (Required) Email (Required)

First Name (Required) Last Name (Required)

Password (Required) Retype Password (Required)

Language (Required) Time Zone (GMT +08:00) Asia/Kuala_Lumpur

Role 01 - Athletes

I read and understood the ADEL Privacy Policy and accept its terms. [View Privacy Policy](#) (Required)

I read and understood the ADEL Terms of Use and accept them. [View Terms & Conditions](#) (Required)

Already registered? [Sign In](#)

CANCEL NEXT

Register here

IMPORTANT: *The account of athletes under 16 must use a valid parent or guardian's email address. **For access to the CISP resources, please select the role: 05 - Anti-Doping Practitioners

1 User Profile — 2 Additional Fields

Sport (Required)
Athletics (WA)*

Level in sport (Athlete) (Required)
International-level athlete (competing internationally - Major Games)

Country (Required)
UZBEKISTAN

Discipline
DIVING

Gender
Male

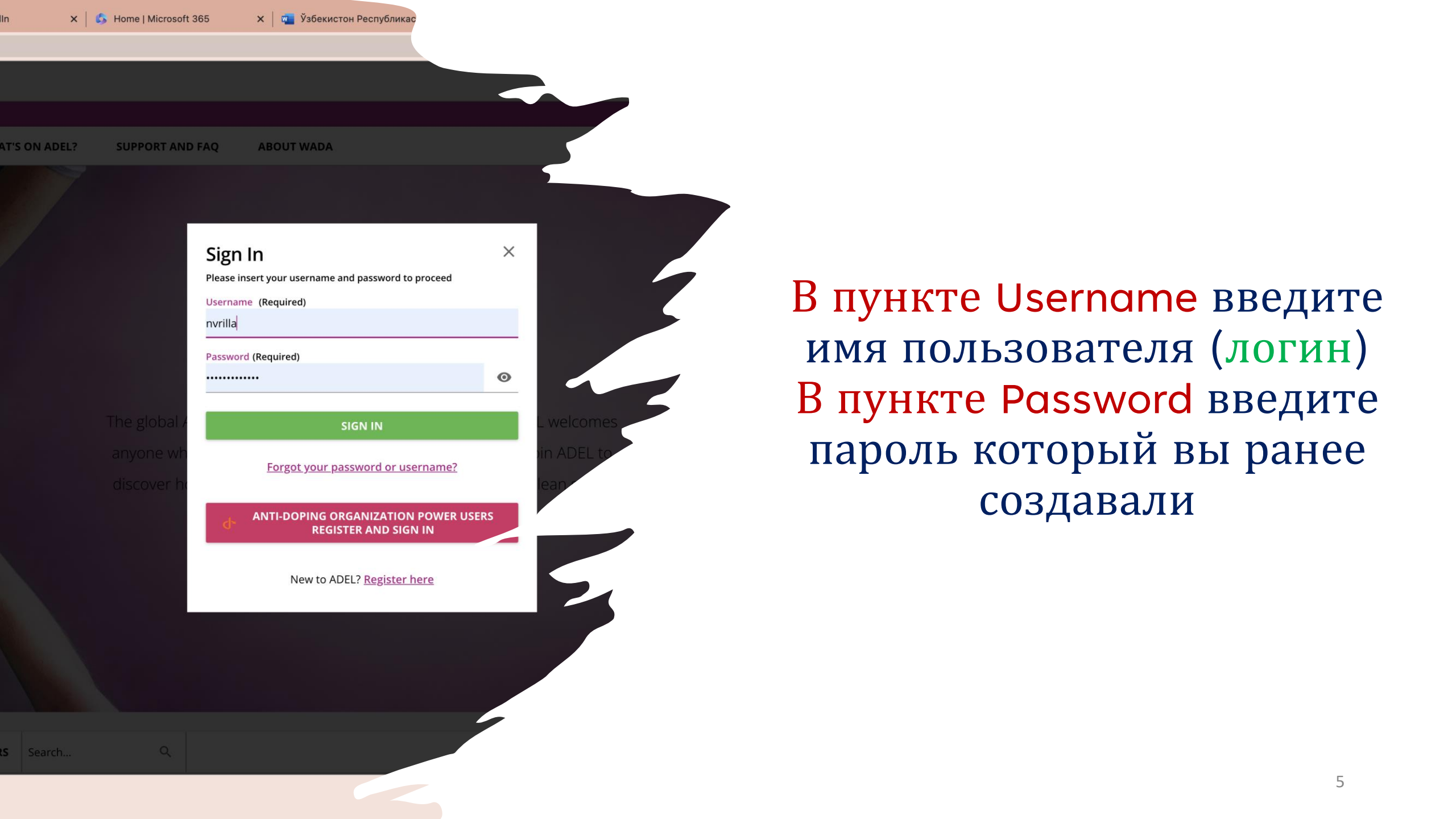
Age range (Required)
21-30

Course/Resource Language (Required)
Russian

Already registered? [Sign In](#)

PREVIOUS CANCEL REGISTER HERE

1. Выберите вид спорта
2. Выберите свой спортивный уровень
3. Выберите свою страну
4. Выберите дисциплину на которой вы выступаете
5. Выберите пол: для мужчин (**male**), для женщин (**female**)
6. Выберите свой возраст
7. Выберите язык, на котором вы хотите начать курс обучения
8. Нажмите на иконку Register here и нажмите подтвердить через письмо которое выслано на ваш эл. адрес



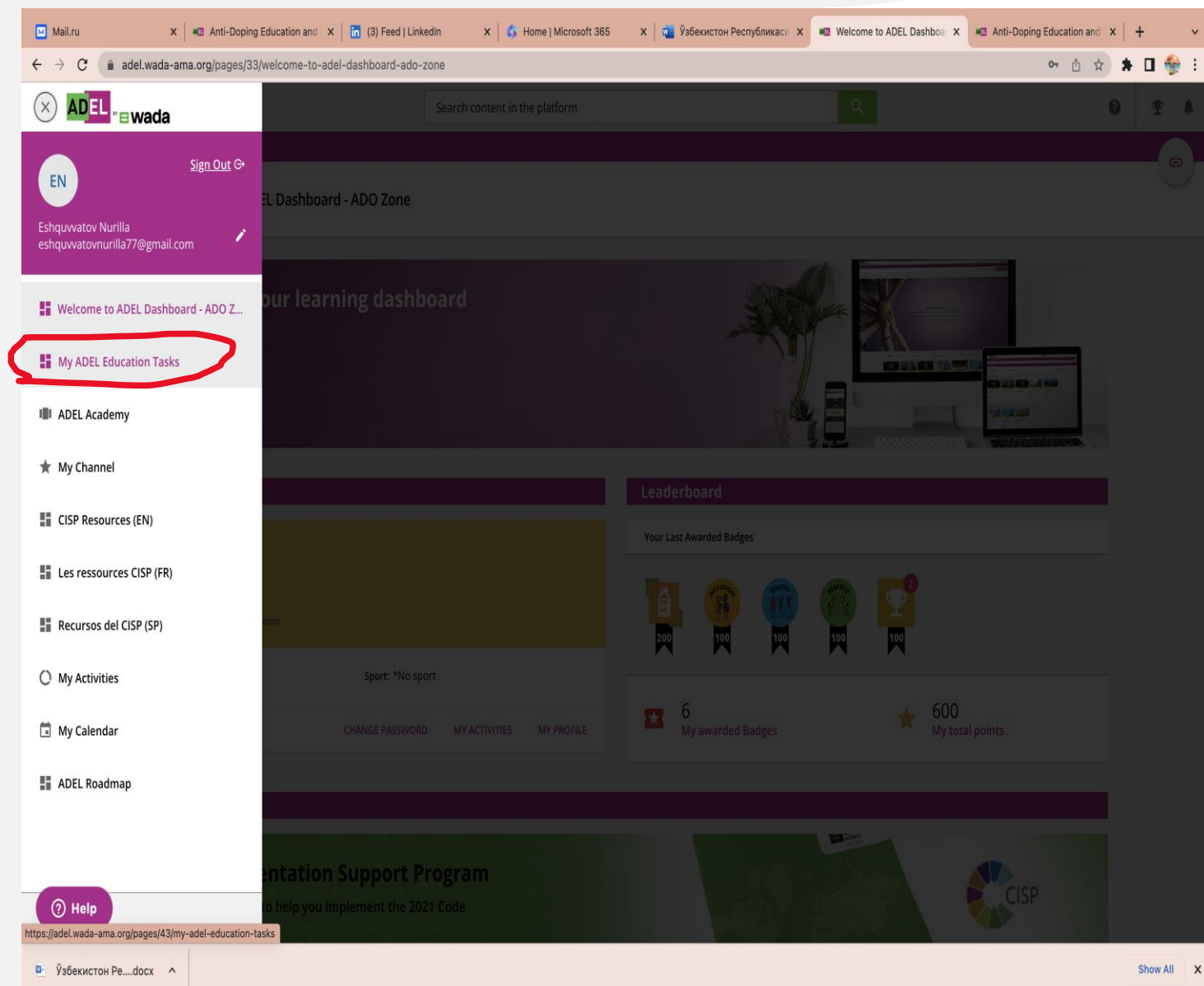
В пункте **Username** введите
ИМЯ ПОЛЬЗОВАТЕЛЯ (**ЛОГИН**)
В пункте **Password** введите
пароль который вы ранее
создавали

Из ниже приведенного выберите программу обучения спортсменов “Международного уровня” (International-Level Athletes) и начните курс

The screenshot displays the ADEL WADA dashboard for user Eshquvatov Nurilla. The interface includes a search bar, a navigation menu, and several key sections:

- My Profile:** Shows the user's name, email (nurilla0101@gmail.com), country (UZBEKISTAN), and sport (Football (FIFA)*). It also includes links for 'CHANGE PASSWORD', 'MY ACTIVITIES', and 'MY PROFILE'.
- Leaderboard:** Displays 'BADGES' (0 My awarded Badges) and 'LEADERBOARD' (0 My total points).
- My Education Program:** Lists two items, both marked 'Not Started':
 - International-Level Athletes Education Program (English):** This item is circled in red. It consists of 2 courses and is categorized as an 'Education Program'.
 - Athlete and Athlete Support Personnel Guide to the List 2023 (English):** A 5.0-rated 'E-Learning' course.
- Under the Spotlight:** Features a 'New Resource: Athlete and Athlete Support Personnel Guide to the List 2023' with a 'READ THE GUIDE' button.
- What's trending?:** Promotes 'New factsheets about tramadol for athletes and athlete support personnel'.

A 'Help' button is located at the bottom left of the dashboard.



Если вы зайдете на курс по ссылке ниже, то увидите окно, как на картинке. Затем нажмите следующее главное меню, а затем кнопку “Мои образовательные задачи ADEL”.

(https://e.mail.ru/search/inbox/0:16897770030901564551:0/16897770030901564551/?q_from=jay.ocean%40wada

**-
[ama.org#:~:text=Xalqaro%20darajadagi%20sportchilar%20dasturi%20\)\(ILA_Uzbek](https://e.mail.ru/search/inbox/0:16897770030901564551:0/16897770030901564551/?q_from=jay.ocean%40wada-ama.org#:~:text=Xalqaro%20darajadagi%20sportchilar%20dasturi%20)(ILA_Uzbek)**

Вам будет представлено следующее окно, в котором вы выберете Международный курс спортсменов, и должны пройти два курса в этой программе

The screenshot shows a web browser window with the URL adel.wada-ama.org/pages/43/my-adel-education-tasks. The page header includes the ADEL WADA logo and a search bar. Below the header, a purple banner displays a green checkmark icon and the text "Well Done! Nothing's happening here right now. Take a well-deserved break." Below this, a section titled "Education Programs" features a search bar and a dropdown menu set to "NEWEST TO OLDEST (ENROLLMENT)". Five program cards are listed, each with a status tag: "In Progress", "In Progress", "In Progress", "Completed", and "In Progress". The first card, "Xalqaro darajadagi sportchilar dasturi (ILA_Uzbek)", is circled in red. The second card is "Parents of High Performance Athletes Education Program (English)". The third is "Medical Professional's Education Program (English)". The fourth is "Sport Values Online for Adults". The fifth is "Factsheet - Dried Blood Spot (DBS) Testing - The Basics". Below the programs, a "Courses" section is partially visible with a search bar and a dropdown menu set to "NEWEST TO OLDEST (ENROLLMENT)". The browser's address bar shows the URL <https://adel.wada-ama.org/learn/lp/10/parents-of-high-performance-athletes-education-program-english>. The bottom of the browser shows a file named "Ўзбекистон Ре...docx" and a "Show All" button.

Нажмите
на иконку
“Начать
курс”

adel.wada-ama.org/learn/course/970/play;state=%5Bobject%20object%5D;lp=127;autoplay=0

Search content in the platform

Welcome to ADEL Dashboard - ADO Zone > My Courses and Education Programs > Xalqaro darajadagi sportchilar dasturi (ILA_Uzbek) > ADEL Xalqaro darajadagi sportchilar kursi (Uzbek)

ADEL Xalqaro darajadagi sportchilar kursi (Uzbek)
ID: E-VZOKG1

1 / 14 modules completed

START LEARNING NOW

RESUME WHERE YOU LEFT OFF

Here's where you left off: 1. Toza sportga xush kelibsiz!

RESUME WHERE YOU LEFT OFF START LEARNING NOW

Click Start Learning Now to begin your course

1. Toza sportga xush kelibsiz!
E-Learning Module

2. Dopingga qarshi tizimga kirish
E-Learning Module

3. Qoidalar
E-Learning Module

4. Taqiqlangan moddalar ro'yxati bo'yicha qo'llanma
E-Learning Module

5. Antidoping va sizning sog'lig'ingiz (TI)
E-Learning Module

Course Description

Kurs tavsifi
Bu xalqaro darajadagi sportchilar uchun muhim kursdir.

File Repository Area

Search All Folders...

Help Education Program
Xalqaro darajadagi sportchilar dasturi (ILA_Uzbek)

0% progress 0h 25m / 0h 0m

Ўзбекистон Ре...docx Show All

1. Toza sportga xush kelibsiz!

KURSNI BOSHLASH

Toza sport - bu sportchilarning o'zini, sog'lig'ini, raqiblarini va sportini hurmat qilishdir. Bu, shuningdek, sport musobaqalarining yaxlitligini himoya qilishga yordam beradigan antidoping qoidalariga hurmat qilish demakdir. Toza sportning asosi esa sportchining qadriyatlarini va uning atrofidagilarning qadriyatlaridir. Yaxlitlik bu adolat, tenglik, quvonch, inklyuzivlik, chidamlilik va qat'iyat kabi qadriyatlar.

Help

Ўзбекистон Ре...docx Show All

Вам необходимо начать 1-й модуль курса и помнить, что после прохождения каждого раздела вы будете переходить на следующий уровень !

После завершения первого модуля вы пройдете ко второму модулю. После окончания обоих модулей вы пройдете итоговые тесты и получите сертификат. Сертификат выдается только в том случае, если вы набрали 80% и выше балла. Если вы не сдали тесты удовлетворительно, то у вас есть еще две попытки !

Mail.ru | Anti-Doping Education and | (3) Feed | LinkedIn | Home | Microsoft 365 | Ўзбекистон Республикаси | Anti-Doping Education and | Anti-Doping Education and

adel.wada-ama.org/learn/course/962/2021-yilgi-kodeks-boyicha-sportchilar-uchun-qollanma-uzbek|p=127

Search content in the platform

Back | Welcome to ADEL Dashboard - ADO Zone | My Courses and Education Programs | Xalqaro darajadagi sportchilar dasturi (ILA_Uzbek) | 2021 yilgi Kodeks bo'yicha sportchilar uchun qo'llanma (Uzbek)

START LEARNING NOW

2021 yilgi Kodeks bo'yicha sportchilar uchun qo'llanma
ID: E-07Y5OV
0 / 1 modules completed
START LEARNING NOW

Sportchi uchun qo'llanma. Muhim o'zgarishlar.
2021 yilgi Kodeksda.
Slides

Click Start Learning Now to begin your course

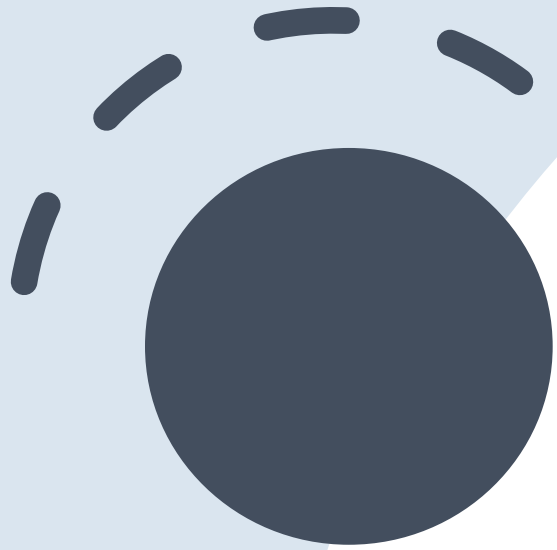
File Repository Area
Search All Folders...

Help | Education Program
Xalqaro darajadagi sportchilar dasturi (ILA_Uzbek) | 0% progress | 0h 25m / 0h 0m

Ўзбекистон Ре...docx | Show All X

Вывод!

- Обращаем ваше внимание, что спортсмены, не получившие сертификат по требованию Всемирного Антидопингового Агентства (ВАДА), будут лишены возможности участвовать в соревнованиях международного уровня.
- Поэтому мы просим вас относиться к этим курсам серьезно и быть внимательным !!
- Ссылка на курсы на узбекском языке: https://adel.wada-ama.org/lms/index.php?r=coursepath/deeplink&id_path=127&hash=d5c0fce532accbf1c2958172a00cfea452b26b68&generated_by=13028_ILA_Uzbek
- Ссылка на курсы на русском языке: https://adel.wada-ama.org/learn/learning_plan/view/125/programma-dla-sportsmenov-mezdunarodnogo-urovna-ila-russian



Спасибо за внимание!

Отдел антидопинговых образовательных программ УЗНАДА

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