

**Sports Cardiology**  
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- I. Benefits of physical activity for general health
- II. Epidemiology of cardiac disease in sports:
  - a. Differentiating from older and younger athletes
  - b. Benign vs life threatening conditions
  - c. Sudden cardiac death in sports
  - d. Testing to assess athletes/assess risk
  - e. Differentiating sports in regards to cardiac conditions
    - i. Review Bethesda Charts
- III. Prevention
  - a. AEDs
  - b. Screening ECG,s and the controversy surrounding its use
- IV. Wrap-Up