

Interview 1:

Interviewed: Br. Mohammad

Questions asked:

1. Are you a professional athlete?
2. What sport did you play?
3. Were there any required health tests or screenings you needed to take before playing?
4. What were they?

Response:

Br. Mohammad was a professional soccer player in Jordan. They only had physical exams when the athletes make the professional team. They do not test young athletes. Besides that, there were no mandatory health requirements that needed to be fulfilled before playing. Lastly, a simple exam is done in the main soccer facility.

Contribution to my project:

This interview showed that the lack of cardiovascular screening for young athletes, and in fact all athletes, is not just a problem in Michigan, it is a valid issue everywhere. Moreover, there is a constant misconception that these issues are only faced by adults. However, the Middle-East is not the focus of my topic.

Interview 2:

Interviewed: Nate Theaker

Questions asked:

1. What sport do you play?
2. How long have you been playing?
3. What types of physicals do you need to complete to be considered on the team?
4. What requirements are there regarding cardiovascular health?
5. Do you feel the requirements for professional sports have changed?
6. Do you think they should change?

Response:

Nate has been playing professional football for 4 years, 15 years total of playing. The athlete must pass a physical exam from both an internalist and an orthopedic doctor in order to be medically cleared to play. Most teams also do an EKG screening and a conditioning test. According to Nate, the regulations for NFL football is pretty thorough and necessary.

Contribution to my project:

There are many steps taken before a professional athlete is qualified to participate. Having an EKG requirement for competitive sports, in this case, football, for competitive athletes shows the importance of it. Not just an EKG, but also, many other tests to ensure the athlete's health. This interview yet again shows the misconception that only older athletes face cardiovascular problems that can affect their athletic performances.

Survey:

The final thing I did for my primary research was a survey. I have not received all the answers I need yet, but from what I have seen already lack of awareness is one of the main issues reported. It is not fair to conclude anything yet from this research until I get a sufficient number of entries. Nonetheless, this survey will give me insight into what exactly the student body thinks and how this issue is perceived. This would help strengthen my presentation by giving legitimate statistics gathered.

Questions asked:

1. What grade are you in?
2. Do you think this is an important issue?
3. Do you think participating in sports is important? Why?
4. Have you been participating in sports within the past 6 months?
5. Have you or anyone you know had any issues with cardiovascular diseases?
6. Have you ever gotten tested for cardiovascular diseases?
7. If so when?
8. What barriers prevent you from getting tested?
9. Do you think cardiovascular testing should be a requirement before participating in sports?
10. If cardiovascular testing was made available would you be interested in participating?

Survey link: <https://forms.gle/jgKw6VEip97Szpvq9>