

CARDIOVASCULAR TESTING SHOULD BE REQUIRED BEFORE PLAYING SPORTS

I. INTRODUCTION

- A. Cases relating to sudden cardiovascular deaths
- B. The function of the Heart
- C. Common cardiovascular diseases
- D. Thesis: High school students should be required to get tested for any cardiovascular problems before being allowed to participate in any sport in order to ensure their health and safety.

II. CARDIOVASCULAR DISEASES AND ATHLETES

- A. Determining factors of effects
- B. The most common cardiovascular diseases that cause deaths of athletes

III. CURRENT STANCE ON THE ISSUE

- A. The Michigan High School Athletic Association Regulations
- B. The flaws of medical checkups
- C. Cardiovascular Testing between States

IV. PROPOSED REGULATIONS

- A. Difference between competitive and non-competitive sports
- B. Effects each has on the heart
- C. Requirements for each type
 - 1. Non- competitive sports will require general testing signed off by health professional
 - 2. Competitive sports will require full heart screening, EKG
 - a) Cost of EKG and resources

V. HEALTH AND SPORTS IN ISLAM

VI. CONCLUSION