

Dear Esteemed Judges,

First and foremost I would like to thank you for your interest and time in assessing my senior project. Your time is very much appreciated. My senior project is regarding cardiovascular testing in sports. Cardiovascular testing, in general, is very crucial, and even more so in sports. Many cardiovascular diseases go undetected due to the lack of testing. These diseases come to light when the athlete collapses on the field and in some instances passes away. This is further explained in my paper but to sum it up, during sports the body requires more oxygen, therefore, more blood. This adds more pressure on the heart to pump faster and more efficiently. In a healthy body with a healthy heart, this is not a problem. However, in a person that has cardiovascular disease, the heart begins to malfunction.

Aside from raising awareness in students, it is important to have people present that know how to react to such emergencies. Based on this thought, my product is the HEART Safe School Award. Through this award, we implemented a cardiac emergency response plan in MIA, as well as a cardiac emergency response team, among many other beneficial components. This award was applied for but is yet to be awarded. The award ceremony is scheduled in October 2020, however, we will be notified of receiving the award by email in June.

Reading about all the athletes and students that have collapsed and passed away on sports fields are what led me to choose this project. So much time and effort were put into making Michigan Islamic Academy a safer school for the students. This step is imperative for all schools, nevertheless, we should start with ourselves. Once again, I hope you enjoy going through and listening to my presentation. I will humbly take any suggestions, comments, and questions that would perhaps help expand my project further.

With warm regards,
Rama Moussa Aleech