

Abstract

Sports are a necessity when it comes to physical fitness. Likewise, physical health is also important for maintaining the body. There are some cases in which physical health and physical fitness clash leading to tragic injuries and accidents. Sudden injuries and cases of death in sports due to underlying cardiovascular problems is something that is beginning to become more noticeable. However, many of these incidents can be prevented from the root and can go as far as directing the student athlete to the resources needed to get help if athletes are to abide by specific requirements. These requirements are not met by filling out a normal form. Instead, they would include heart screening specifically with the goal of uncovering any unknown cardiovascular problems the athlete might be unaware of.