

Chapter 21 Study Questions
Concerns for Children during Exercise

1. Name one special concern coaches should have about young children performing prolonged exercise on a hot day.
2. What are the special concerns about having children perform high intensity or ballistic type weight training? Should children do weight training and if so, what type?
3. Describe a protocol you might use to test the exercise capacity of an 8-year old.
4. Name at least 3 types of congenital heart disease that usually are discovered during the first few years of life.
5. Which two of these diseases are the result of openings in the fetal heart to divert blood flow away from the lungs that fail to close after birth?
6. Which of the openings is between the atria and usually closes after birth in response to increasing oxygen levels?
7. Which of the openings is between the pulmonary artery and the aorta?
8. What side effects would you expect to find if there are large left to right shunts in the heart (either atrial or ventricular)?
9. What's another name for the "blue baby" syndrome and what causes it?
10. What types of exercise symptoms would lead you to suspect that a child (or adult) may have an unknown congenital heart defect?