

Athletes and Stress Testing

1. Was exercise always considered good for the heart?
2. Name 3 physical characteristics of an athlete's heart
3. What are some common differences in the EKG of an athlete compared to a non-athlete?
4. True or false. An endurance athlete's heart is often twice as large as a normal person.
5. True or false. The dilating capacity of the coronary arteries of an athlete greatly exceeds that of a non-athlete.
6. Discuss whether you agree with the thought that athletes are simply born with larger hearts and therefore that's why they become athletes.
7. Which type of exercise training increases wall thickness and which type increases ventricular volume?
8. True or false. Ventricular hypertrophy caused by exercise is readily reversible when a person stops training.
9. What is commotio cordis and how is it treated?
10. Which cardiac disease is most commonly confused with an athlete's heart?
11. Which testing method is used to distinguish athlete's heart from disease? Give some ways in which athlete's heart might differ from a diseased heart.