Summary

The 8th edition of the EAPC Sports Cardiology Course is going to be performed the 25th August and it is going to be accessible both onsite in Barcelona and online. It will provided and up-to-date of how to manage elite and amateur athletes with cardiovascular diseases. The programme will cover the full spectrum of sports cardiologist and will be very interactive including case discussions presented by the top experts from around the world.

Learning objectives

After the course the participants will be able to:

- Differentiate between the physiological and the pathological remodelling induced by exercise training.
- Understand the impact on gender, age, and ethnicity on the exercise-induced cardiac remodelling.
- Evaluate and manage elite and amateur athletes with different cardiovascular diseases (both acquired and genetic) and provide them with tailored exercise advice.
- Know how to manage elite and amateur athletes after Covid-19 infections
- Recognize the potential consequences of exercising in extreme environments in athletes with cardiovascular diseases.

Target audience

General cardiologists / Sports cardiologists / Cardiologists in training • Sports medicine physicians • Imaging specialists • Other clinicians • Physiotherapists • Nurses
## Fees

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<td><strong>Live event</strong></td>
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<td>Non EAPC members</td>
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## Course Directors

**Dr. Marta Sitges**  
Director of the Cardiovascular Institute, Hospital Clínic de Barcelona. •  
Associate professor, Universitat de Barcelona. • Board Director, Heart Valve Society

**Dr. Maria Sanz de la Garza**  
Consultant cardiologist, Cardiovascular Institute, Hospital Clínic de Barcelona.  
Nuclei member of the EAPC Sports Cardiology and Exercise section
08.15 – 08.30  
**Welcome**

08.30 – 09.00  
**Keynote lecture 1**  
Exercising in extreme environments in athletes with cardiovascular diseases.

09.00 – 10.15  
**Session 1**  
Evaluation and management of elite and amateur athletes with inherited cardiomyopathies. Challenging cases.

  - 09.00 – 09.25  
    Case 1  
    Hypertrophic cardiomyopathy.

  - 09.25 – 09.50  
    Case 2  
    Arrhythmogenic cardiomyopathy.

  - 09.50 – 10.15  
    Case 3  
    Aortopathy.

10.15 – 10.45  
**Networking break**

10.45 – 11.15  
**Keynote lecture 2**  
How to manage arrhythmias in adolescents and child athletes.
Session 2
Evaluation and management of elite and amateur athletes with arrhythmias. Challenging cases.

11.15 – 11.40 Case 1 Long QT syndrome.
11.40 – 12.05 Case 2 Atrial fibrillation.
12.05 – 12.30 Case 3 Ventricular arrhythmias.

12.30 – 13.00 Keynote lecture 3
Detecting cardiac inflammation in athletes.

13.00 – 14.00 Lunch break

Session 3
Evaluation and management of elite and amateur athletes with acquired cardiovascular diseases. Challenging cases.

14.00 – 14.25 Case 1 Myocarditis after Covid-19 infection.
14.50 – 15.15 Case 3 Ischemic cardiomyopathy.
15.15 – 15.45
Keynote lecture 4
Cardiovascular complications of Covid-19 infection. Implications for exercise recommendations in athletes and exercisers.

15.45 – 16.15
Networking break

16.15 – 17.30
Session 4
Common clinical scenarios in sports cardiology. Challenging cases.

16.15 – 16.40
Case 1 The master athlete with high a risk cardiovascular profile.

16.40 – 17.05
Case 2 The young athlete with a congenital heart disease.

17.05 – 17.30
Case 3 The athlete with a cardiac implantable electronic device.

17.30 – 17.45
Close