

EAPC Course on Diagnostics in Sports Cardiology

18 - 19 May 2026, Munich, Germany

I. Echocardiography in Sports Cardiology – 18 May, 2026

Time	Duration	Topic	Speakers
From 11:00		Arrival – Registration	P. Heim-Ohmayer
		Visit of the Department of Preventive Sports Medicine and Sports Cardiology	P. Heim-Ohmayer
From 12:00		Lunch in cafeteria	P. Heim-Ohmayer, (I. Fegers-Wustrow)
13:00 - 13:45	45 min	Welcome Introduction of all participants Introduction of 1.5-day programme Group interaction	M. Halle, I. Fegers-Wustrow, S. Wernhart, C. Lang, M. Schindler, F. D’Ascenzi, J. Niebauer
ECHOCARDIOGRAPHY - Lecturers and Case Presentations			
13:45 – 14:30	45 min	Echocardiography in sports cardiology - From basics to advanced diagnostics - Athlete’s heart vs. cardiomyopathies	F. D’Ascenzi
14:30 – 15:30	60 min	Case discussions: 7 min each, 5 min discussion - CAD - HCM - ACM/ARVC - Myocarditis	M. Halle F. D’Ascenzi I. Fegers-Wustrow S. Wernhart M. Schindler
	30 min	Coffee Break – Walk outside	
16:00 – 17:00	60 min	Case discussions: 7 min each, 5 min discussion - Coronary Anomalies - Valvular heart disease/Bicuspid aortic valve - Mitral stenosis - MV prolapse	M. Halle, F. D’Ascenzi J. Niebauer C. Lang F. Stegmüller M. Schindler
ECHOCARDIOGRAPHY - Practical Part (Training at Patients)			
17:00 – 18:30	90 min	Practical Echocardiography - Case 1: Athlete’s heart - Case 2: HCM - Case 3: ACM/ARVC	M. Halle, C. Lang, J. Niebauer I. Fegers-Wustrow, M. Schindler S. Wernhart, F. D’Ascenzi
From 19:30		Dinner	

II. Exercise Testing in Sports Cardiology – 19 May, 2026

Time	Duration	Topic	Speakers
08:30 – 08:35	5 min	Welcome and introduction of the day	M. Halle, I. Fegers-Wustrow
CPET - Lectures and Case Discussion			
08:35 – 10:00	85 min	- CPET Equipment (Set-Up and calibration) - Basic Exercise Physiology – CPET made easy - Plausibility and measurement errors - CPET protocols, criteria for maximal exhaustion, termination criteria	S. Mueller
10:00 – 10:20	20 min	Coffee Break	
10:20 – 10:45	25 min	Understanding pathological changes in the 9-panel plot	S. Mueller
10:45 – 11:45	60 min	Case discussion - Cardiac patient (30 min) - Exercise Prescription (30 min)	S. Wernhart F. D’Ascenzi
11:45 – 12:45	60 min	Lunch in Cafeteria	
CPET - Practical Part			
12:45 - 14:00	75 min	CPET (in groups): Treadmill and bicycle ergometry 1 treadmill and 2 bicycles	3-4 stations (Discussants): 1) S. Mueller 2) E. Adjei 3) S. Wernhart
14:00 - 14:15	15 min	Coffee Break	
LACTATE TESTING – Lecturers and Case Presentations			
14:15 – 15:00	30 min	Energy metabolism during exercise Theoretical basics of lactate metabolism and lactate threshold concepts Equipment and measurements Lactate diagnostics and exercise prescription	M. Weichenberger
	15 min	Discussion	
15:00 – 15:45	45 min	Case discussions - lactate curves - exercise recommendations e.g. from starting an exercise training to intending to run a marathon run	M. Weichenberger, E. Adjei
15:45 – 16:00	15 min	Coffee Break	
LACTATE TESTING - Practical Part			
16:00 – 17:30	90 min	Lactate diagnostics (in groups): Treadmill and bicycle ergometry	4 stations (Discussants): M. Weichenberger, E. Adjei, C. Lang, I. Fegers-Wustrow/F. Stegmüller
17:30- 17:45	15 min	Wrap-up	
End of Sports Cardiology Course			
May, 20 th 09:00 – 12:00		Optional (only for up to 10 participants): Visit of the outpatient clinic of Sports Cardiology with athletes and patients	I. Fegers-Wustrow M. Halle