

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	M. Halle I. Fegers-Wustrow S. Wernhart C. Lang
From 12:00		Lunch in cafeteria	
13:00 - 13:45	45 min	Welcome Introduction of all participants Introduction of 1.5-day programme Group interaction	M. Halle, F. D’Ascenzi, J. Niebauer, I. Fegers-Wustrow, S. Wernhart, C. Lang, M. Schindler
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: - CAD - HCM/HOCM - ACM/ARVC - Myocarditis	M. Halle F. D’Ascenzi F. Stegmüller// IFW M. Eckmann // SW M. Schindler
	30 min	Coffee Break – Walk outside	
16:00 – 17:00	60 min	Case discussions: - Coronary Anomalies - Valvular heart disease - Bicuspid valve - MV prolapse	M. Halle, F. D’Ascenzi J. Niebauer J. Dinter // CL M. Eckmann // IFW 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, F. D’Ascenzi, J. Niebauer, I. Fegers-Wustrow, S. Wernhart, C. Lang, M. Schindler
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 – 10:05	90 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, E. Adjei
10:05 – 10:25	20 min	Coffee Break	
10:25 – 11:55	90 min	Understanding pathological changes in the 9-panel plot Case discussion - Athlete - Cardiac patient - Exercise Prescription	S. Mueller, E. Adjei, S. Wernhart, F. D’Ascenzi
11:55 – 13:00	60 min	Lunch in Cafeteria	
CPET - Practical Part			
13:00 - 14:00	60 min	CPET (in groups): Treadmill and bicycle ergometry	S. Mueller, E. Adjei, I. Fegers-Wustrow, J. Niebauer, S. Wernhart, M. Weichenberger
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, E. Adjei
	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 M. Halle
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	M. Weichenberger, E. Adjei, M. Halle, J. Niebauer
17:30- 17:45	15 min	Wrap-up	
End of Sports Cardiology Course			
May, 20th 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