

Pre-participation Physical Evaluation

HISTORY _____

DATE OF EXAM _____

Name _____ Sex _____ Age _____ Date of birth _____

Grade _____ School _____ Sport(s) _____

Address _____ Phone _____

Personal physician _____

In case of emergency, contact

Name _____ Relationship _____ Phone (H) _____ (W) _____

**Explain "yes" answers below.
Circle questions you don't know the answer to.**

- | | Yes | No |
|--|-----|-----|
| 1. Have you had a medical illness or injury since your last check up or sports physical? | [] | [] |
| Do you have an ongoing or chronic illness? | [] | [] |
| 2. Have you ever been hospitalized overnight? | [] | [] |
| Have you ever had surgery? | [] | [] |
| 3. Are you currently taking any prescription or nonprescription (over the counter) medications or pills or using an inhaler? | [] | [] |
| Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance? | [] | [] |
| 4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? | [] | [] |
| Have you ever had a rash or hives develop during or after exercise? | [] | [] |
| 5. Have you ever passed out during or after exercise? | [] | [] |
| Have you ever been dizzy during or after exercise? | [] | [] |
| Have you ever had chest pain during or after exercise? | [] | [] |
| Do you get tired more quickly than your friends do during exercise? | [] | [] |
| Have you ever had racing of your heart or skipped heartbeats? | [] | [] |
| Have you had high blood pressure or high cholesterol? | [] | [] |
| Have you ever been told you have a heart murmur? | [] | [] |
| Has any family member or relative died of heart problems or of sudden death before age 50? | [] | [] |
| Have you had a severe viral infection (for example, myocarditis or mononucleosis), within the last month? | [] | [] |
| Has a physician ever denied or restricted your participation in sports for any heart problems? | [] | [] |
| 6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? | [] | [] |
| 7. Have you ever had a head injury or concussion? | [] | [] |
| Have you ever been knocked out, become unconscious, or lost your memory? | [] | [] |
| Have you ever had a seizure? | [] | [] |
| Do you have frequent or severe headaches? | [] | [] |
| Have you ever had numbness or tingling in your arms, hands, legs, or feet? | [] | [] |
| Have you ever had a stinger, burner, or pinched nerve? | [] | [] |
| 8. Have you ever become ill from exercising in the heat? | [] | [] |
| 9. Do you cough, wheeze, or have trouble breathing during or after activity? | [] | [] |
| Do you have asthma? | [] | [] |
| Do you have seasonal allergies that require medical treatment? | [] | [] |

- | | Yes | No |
|---|------------------|---------------|
| 10. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or opposition (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? | [] | [] |
| 11. Have you had any problems with your eyes or vision? | [] | [] |
| Do you wear glasses, contacts, or protective eyewear? | [] | [] |
| 12. Have you ever had a sprain, strain, or swelling after injury? | [] | [] |
| Have you broken or fractured any bones or dislocated any joints? | [] | [] |
| Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? | [] | [] |
| <i>If yes, check appropriate box and explain below.</i> | | |
| [] Head | [] Elbow | [] Hip |
| [] Neck | [] Forearm | [] Thigh |
| [] Back | [] Wrist | [] Knee |
| [] Chest | [] Hand | [] Shin/calf |
| [] Shoulder | [] Finger | [] Ankle |
| [] Upper arm | | [] Foot |
| 13. Do you want to weigh more or less than you do now? | [] | [] |
| Do you lose weight regularly to meet weight requirements for your sport? | [] | [] |
| 14. Do you feel stressed out? | [] | [] |
| 15. Record the dates of your most recent immunizations (shots) for: | | |
| Tetanus _____ | Measles _____ | |
| Hepatitis B _____ | Chickenpox _____ | |

FEMALES ONLY

16. When was your first menstrual period? _____
 When was your most recent menstrual period? _____
 How much time do you usually have from the start of one period to the start of another? _____
 How many periods have you had in the last year? _____
 What was the longest time between periods in the last year? _____

Explain "Yes" answers here: _____

I hereby stat that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

Preparticipation Physical Evaluation

PHYSICAL EXAMINATION _____ DATE OF EXAM _____

Name _____		Date of birth _____	
Height _____	Weight _____	% Body fat (optional) _____	Pulse _____ BP ____/____ (____/____, ____/____)
Vision: R 20/____ L 20/____		Corrected: Y N	Pupils: Equal ____ Unequal ____

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand			
Hip/thigh			
Knee			
Leg/ankle			
Foot			

*Station-based examination only

CLEARANCE _____

Cleared
 Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____

Recommendations: _____

Name of physician (print/type) _____ Date _____

Address _____

Signature of physician _____, MD or DO