Pre-participation Physical Examination

(Please Print except for signatures)

Student's Name_____ **Sex:**_____ **Age:**_____**Date of Birth:**_____

Personal Physician:_____ **Physicians Phone:**_____**Personal Dentist:**_____

Height_____ **Weight:**_____ **Blood Pressure:**_____/_____ **Pulse:**_____

Vision: (R) 20 /_____ **(L) 20 /** _____ **Corrected Vision: Yes / No** **Contacts: Yes / No**

	NORMAL	ABNORMAL		NORMAL	ABNORMAL
Skin	☐	☐	**Ears**	☐	☐
Heart	☐	☐	**Nose**	☐	☐
Lungs	☐	☐	**Mouth**	☐	☐
Chest	☐	☐	**Throat**	☐	☐
Liver	☐	☐	**Eyes**	☐	☐
Spleen	☐	☐	**Spine**	☐	☐
Neurological	☐	☐	**Genitalia**	☐	☐

Hernia: _____

Description of abnormal findings: _____

_____

Orthopedic

	NORMAL	ABNORMAL		NORMAL	ABNORMAL
Neck	☐	☐	**Shoulders**	☐	☐
Elbows	☐	☐	**Wrists**	☐	☐
Hands	☐	☐	**Back**	☐	☐
Hips	☐	☐	**Knees**	☐	☐
Ankles	☐	☐	**Feet**	☐	☐

Description of abnormal findings: _____

_____

☐ **No Restrictions – May Participate in all activities.**

☐ **Cleared after completing evaluation / rehabilitation for:**_____

☐ **Not Cleared for:** ☐ **Collision** ☐ **Contact**

☐ **Non-Contact:**_____**Strenuous**_____**Moderately Strenuous**_____**Non Strenuous**_____

I certify that I have on this date examined this student and that, on the basis of the examination and the student's medical history furnished to me, I have found no reason which would make it medically inadvisable for this student to compete in supervised athletic activities. (Note exceptions above)

Stamp or Print Name & Address of Physician:

Date of Examination:_____

Physician's Signature:_____

Physcian Lic. # _____

This form must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, or a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners.

PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY

The medical history form must be completed **annually** by parent or guardian **and** student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition, which would make it hazardous to participate in an athletic event as well as assist Medical personnel in the event of injury or illness.

Student's Name: _____ Sex _____ Age _____ Student ID _____

School _____ Grade _____ Date of Birth _____

Explain "Yes" answers in the box below. Circle questions you don't know the answers to.** ***Any Yes answer to questions 1, 2, 5, 7, 11, or 16 may require further written medical clearance from a specialist specific to the problem in question. This must occur prior to any conditioning, practices, games, or matches.***

		Yes	No
1.	Have you had a medical illness or injury since your last check up or sports physical?	☐	☐
2.	Have you been hospitalized overnight in the past year?	☐	☐
	Have you ever had surgery?	☐	☐
3.	Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	☐	☐
4.	Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	☐	☐
	Do you have any allergies that would require an EpiPen?	☐	☐
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 unexpected death before age 50?	☐	☐
	Has any family member been diagnosed with enlarged heart, hypertrophic cardiomyopathy, long QT syndrome, Marfan's syndrome, or abnormal heart rhythm)?	☐	☐
	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?	☐	☐
	Has a physician ever diagnosed you with Rhabdomyolysis or Sickle cell trait?	☐	☐
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?	☐	☐
	If yes, How many? _____ When was the last concussion? _____		
	How severe was each one? (Explain below)		
	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?	☐	☐

		Yes	No
8.	Have you ever become ill from exercising in the heat?	☐	☐
9.	Have you ever gotten unexpectedly short of breath with exercise?	☐	☐
	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?	☐	☐
10.	Have you had any problems with your eyes or vision?	☐	☐
11.	Do you have any missing or non-functioning paired organs?	☐	☐
12.	Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	☐	☐
13.	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?	☐	☐

If yes, check appropriate box and explain below.

☐ Head	☐ Elbow	☐ Hip
☐ Neck	☐ Forearm	☐ Thigh
☐ Back	☐ Wrist	☐ Knee
☐ Chest	☐ Hand	☐ Shin/Calf
☐ Shoulder	☐ Finger	☐ Ankle
☐ Upper Arm		☐ Foot

		Yes	No
14.	Do you want to weigh more or less than you do now?	☐	☐
	Do you lose weight regularly to meet weight requirements for your sport?	☐	☐
15.	Do you feel stressed out?	☐	☐
16.	Are you under a doctor's care for a current condition?	☐	☐

Females Only

17.	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 All Yes Answers in the Box Below:

_____

_____

_____

_____

If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the VVUHSD and CIF.

Student Signature: _____ Parent/Guardian Signature: _____ Date: _____

THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.

NOTE: History and Consent Must be Completed Prior to Physical Examination