

## NJROTC HEALTH RISK SCREENING QUESTIONNAIRE

Cadet Name: \_\_\_\_\_ (Printed Name)  
 NJROTC Unit: \_\_\_\_\_ High School  
 Date of your most recent pre-participation sports physical examination \_\_\_\_\_

### Part A – TO BE COMPLETED BY THE CADET AND PARENT/GUARDIAN

Directions: Please answer Yes or No to the following questions: (Do not leave any questions blank)

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|--|------------|-----------|
| 1. Do you have difficulty doing strenuous (great effort) exercise?   | <b>Yes</b> | <b>No</b> |
| 2. Have you been told <b>NOT</b> to participate in long distance runs, such as a 1-mile-run?                 | <b>Yes</b> | <b>No</b> |
| 3. Have you been told <b>NOT</b> to do curl-ups or push-ups by a physician or other medical professional?    | <b>Yes</b> | <b>No</b> |
| 4. Do you exercise less than three times per week for at least thirty minutes?                               | <b>Yes</b> | <b>No</b> |
| 5. Have you had any broken bones or a serious accident in the last three months?                             | <b>Yes</b> | <b>No</b> |
| 6. Do you use tobacco of any kind?   | <b>Yes</b> | <b>No</b> |
| 7. Have you experienced chest, neck, jaw or arm discomfort while doing physical activity?                    | <b>Yes</b> | <b>No</b> |
| 8. Do you have asthma or are you using an inhaler to aid in breathing?                                       | <b>Yes</b> | <b>No</b> |
| 9. Do you experience any shortness of breath with relatively low levels of exercise or exertion?             | <b>Yes</b> | <b>No</b> |
| 10. In the last month have you felt any chest pain at rest?  | <b>Yes</b> | <b>No</b> |
| 11. Do you have any known cardiac (heart) disease?   | <b>Yes</b> | <b>No</b> |
| 12. Do you think you are overweight?   | <b>Yes</b> | <b>No</b> |
| 13. Do you have dizzy/fainting spells, frequent headaches, or frequent back pains?                           | <b>Yes</b> | <b>No</b> |
| 14. Have you ever experienced dehydration after strenuous physical exercise?                                 | <b>Yes</b> | <b>No</b> |
| 15. Are you currently under treatment by a physician or other medical practitioner?                          | <b>Yes</b> | <b>No</b> |
| 16. Has your mother or sister died without any explanation or suffered a heart attack before the age of 55?  | <b>Yes</b> | <b>No</b> |
| 17. Has your father or brother died without any explanation or suffered a heart attack before the age of 45? | <b>Yes</b> | <b>No</b> |
| 18. Do you have high blood pressure or are you on blood pressure medication?                                 | <b>Yes</b> | <b>No</b> |
| 19. Has a doctor ever told you that you have high cholesterol or are you on cholesterol medication?          | <b>Yes</b> | <b>No</b> |
| 20. Do you have sugar diabetes?  | <b>Yes</b> | <b>No</b> |
| 21. Have you experienced episodes of rapid beating or fluttering of the heart?                               | <b>Yes</b> | <b>No</b> |
| 22. Do you suffer from lower leg swelling of both legs?  | <b>Yes</b> | <b>No</b> |
| 23. Do you have difficulty breathing or have sudden breathing problems at night?                             | <b>Yes</b> | <b>No</b> |
| 24. Do you have any personal history of metabolic disease (thyroid, renal, liver)?                           | <b>Yes</b> | <b>No</b> |
| 25. Do you have a bone, joint, or muscle problem that prevents you from doing strenuous exercises?           | <b>Yes</b> | <b>No</b> |
| 26. Have you unintentionally lost/gained more than 10 percent of your body weight since your last PFT?       | <b>Yes</b> | <b>No</b> |
| 27. Have you ever been diagnosed with Sickle Cell Trait?   | <b>Yes</b> | <b>No</b> |
| 28. Do you have a current prescription for epinephrine (or "epi" pen) for situational use?                   | <b>Yes</b> | <b>No</b> |

If you answered yes to any question please continue to the second page.

Cadet Signature	Date	Parent/Guardian Signature	Date
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Cadet Name:

**Part B – TO BE COMPLETED BY A LICENSED MEDICAL PRACTITIONER**

If any of the answers to the questions above were **YES**, request that the following section be completed and signed by a licensed medical doctor or registered school nurse:

Significant clinical history and/or current medication and treatment regimen of the above cadet: (Use below as necessary)

Recommended/released for participation in strenuous physical activities including the 1.0-mile-run?

**Yes    No**

Signature of Medical Practitioner

Date