INTERNATIONAL HIGH SCHOOL

High School Pre-Participation Physical Exam - (2024-25)

Name: _____ Gender: _____ Birth date: _____ Age: _____

Incoming Grade (Circle one): 9 10 11 12

To be completed by participant (must be completed each year):

Head Injury / Concussion?	Yes No	Allergies / Skin Problems?	Yes No
Bone / Joint Disorder?	Yes No	Allergic to bee stings?	Yes No
Broken Bones / Fractures?	Yes No	Epi-Pen Needed?	Yes No
Dislocations?	Yes No	Stinger / Burner?	Yes No
Eye or Ear Problems?	Yes No	Heat or Muscle Cramps?	Yes No
Fainting or Convulsions?	Yes No	Heat Exhaustion or Stroke?	Yes No
High or Low Blood Pressure?	Yes No	Mental Illness?	Yes No
Anemia, Leukemia or Bleeding	Yes No	Surgery?	Yes No
Disorder?	Yes No	Please Explain: _____	
Diabetes?	Yes No	_____	
Insulin Needed?	Yes No	_____	
Ulcers, colitis, or other stomach	Yes No	_____	
problems?	Yes No	Other Illness? _____	
Kidney or bladder problems?	Yes No	_____	
Hernia?	Yes No	Tetanus Booster Date: _____	

Have you had any new injuries since your last physical? (Please explain)

_____

_____

Are you currently taking **any** medications? (Please name any medications and their purpose)

_____

_____

Are you allergic to any medications, insect stings, etc? (Please explain)

_____

_____

To be completed by a physician:

Height: _____ Weight: _____

Vision: R 20/ _____ L 20/_____

Blood Pressure: _____/_____ Pulse: _____

Vision Corrected: N/A R 20/_____ L 20/_____

Cleared For Sport Participation? Yes____ No____

Heart	Normal Abnormal	Lungs	Normal Abnormal
Skin	Normal Abnormal		
Abdomen	Normal Abnormal		
Genitalia	Normal Abnormal		
Neurologic	Normal Abnormal		
Musculoskeletal	Normal Abnormal		
Neck	Normal Abnormal		
Shoulder	Normal Abnormal	Elbow	Normal Abnormal
Wrist / Hand	Normal Abnormal		
Back	Normal Abnormal		
Knee	Normal Abnormal		
Ankle / Foot	Normal Abnormal		

Limitations: _____

_____

_____

Further Evaluation Required: _____

_____

_____

Physician Signature: _____

Physician Name: _____

Physician ID #: _____

Date: _____

Please go to https://www.internationalsf.org/school-life/athletics/high-school/new-athletes for more information.