

Instructions for completing the NCHSAA Student-Athlete
Pre-Participation Physical Evaluation (PPE)

In order to be medically eligible for participation in practice or in interscholastic athletic contests, a student must complete a pre-participation physical evaluation (PPE) and provide medical eligibility documentation to the school.

There are three sections that need to be completed:

1. History Form (Pages 1-2)
 - a. This form is completed by the student-athlete and his / her parent or guardian.
 - b. Both the athlete and a parent or guardian shall sign this form.
2. Physical Examination Form (Page 3)
 - a. This section is completed by and signed by a licensed medical professional (MD, DO, NP, or PA-C).
 - b. The physical exam should include a thorough review of the history form. The licensed medical professional should ask any clarifying questions or discuss any areas left blank on the medical history during the physical exam.
 - c. This form should be signed on the date that the physical examination was completed.
3. Medical Eligibility (Page 4)
 - a. This section is completed by and signed by the licensed medical professional who reviewed the history form and completed the physical exam.
 - b. The licensed medical provider should complete the Shared Emergency Information based on findings from the history form and the physical examination.
 - c. This form should also be signed on the date that the physical examination was completed.