



GOVERNMENT OF THE VIRGIN ISLANDS
 DEPARTMENT OF
EDUCATION
Office of the Insular Superintendent
St. Thomas-St. John School District

St. Thomas: 1834 Kongens Gade, Charlotte Amalie
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Desha S. Powell, Ph.D.
 Deputy Superintendent

Stefan V. Jürgen, Ph.D.
 Insular Superintendent

Symra Dee Brown, Ph.D.
 Deputy Superintendent

PREPARTICIPATION PHYSICAL EVALUATION

Student's Name: _____

DOB: _____

Physician reminders

1. Consider additional questions on more sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Have you ever taken performance enhancing supplements?
 - Have you ever taken any supplements to help you gain or lose weight?

EXAMINATION		
Height:	Weight:	
BP: /	Pulse:	
MEDICAL	NORMAL	ABNORMAL FINDINGS
Eyes, ears, nose, throat <ul style="list-style-type: none"> • Pupils equal • Hearing 		
Lymph nodes		
Heart Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)		
Lungs		
Abdomen		
Skin <ul style="list-style-type: none"> • Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant (Staphylococcus aureus (MRSA), or tinea corporis 		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		



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Leg and ankle		
Foot and toes		
Functional <ul style="list-style-type: none"> • Double-leg squat test, single leg squat test, and box drop or step drop test 		

o Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____