



2025-2026 MINNESOTA STATE HIGH SCHOOL LEAGUE

SU'AALO WEYDIINTA CAAFIMAADKA CIYAARO SANADEEDKA MSHSL EE 2025-2026

Magaca _____ Taariikhda Dhalashada / / Taariikhda Maanta / /
Fasalka _____ Dugsiga _____ Ciyaar(o) _____
Ciwaanka meesha aad dagan tahay _____
Taleefan _____ Taariikhdi ugu Dambaysay ee Sports Qualifying Physical Exam (Baaritaanka Jirka ee Uqalmitaanka Ciyaaraha, SQPE) _____

Sax saar sanduuqyada ku qoran Haa ama Maya ee su'aal kasta ama Goobo geli nambarada su'alaha aadan ka jawaabi karin.

SANADKI LASOO DHAAFAY, laga soo bilaabo tan iyo marki aad martay Baaritaanka Jirka ee Uqalmitaanka Ciyaaraha ee dhakhtarkaaga ama **Su'aalo Weydiinta Caafimaadka Sannadlaho ah ee Sanadkaaga 2-aad, MA LAHAYD WAX ISBEDELLO AH OO KU YIMID SU'AALAH SOO SOCDO: Su'aalo Weydiinta Caafimaadka Ciyaartoyga**

- | HAA MAYA | |
|---|---|
| 1. Sanadki lasoo dhaafay, dhakhtar ma kaa reebay kaqeybqaadashada ciyaaraha sababti kasta ee ay noqotaba isaga oo aan kuu caddeyn inaad ku noqoto ciyaaraha? | <input type="checkbox"/> <input type="checkbox"/> |
| SU'AALAH CAAFIMAADKA WADNAHA MUHIIMKA AH EE KU SAABSAN ADIGA SANADKI LASOO DHAAFAY | |
| 2. Sanadki la soo dhaafay, miyaad suuxday ama suuxi gaartay <i>inti aad ku jirtay</i> ama <i>kadib</i> jimcs? | <input type="checkbox"/> <input type="checkbox"/> |
| 3. Sanadki la soo dhaafay, maka dareentay culeys, xanuun, ciriiri, ama cadaadis saaran xabadkaaga inti lagu jiray jimcsiga? | <input type="checkbox"/> <input type="checkbox"/> |
| 4. Sanadki la soo dhaafay, miyuu kordhay ama bood-booday wadna garaacaagu (garaac aan joogto ahayn) inti lagu jiray jimcsiga? | <input type="checkbox"/> <input type="checkbox"/> |
| 5. Sanadki la soo dhaafay, ma dareentay xoogaa fudeyd madaxa ah ama neefsasho gaagaan oo ka badan intii la filayey inti lagu jiray jimcsiga? | <input type="checkbox"/> <input type="checkbox"/> |
| 6. Sanadki la soo dhaafay, ma ku qabtay qallal aanan la sharraxin? | <input type="checkbox"/> <input type="checkbox"/> |
| 7. Sanadki la soo dhaafay, dhakhtar ma kuu sheegay inaad qabto wax xanuuno wadnaha ah? | <input type="checkbox"/> <input type="checkbox"/> |
| 8. Sanadki la soo dhaafay, dhakhtar ma kaa codsaday in wadnahaaga baaritaan lagu sameeyo? Tusaale ahaan, tijaabada qaabka socodka korontada (ECG) ama dhawaqa (ECHO) ee wadnaha? | <input type="checkbox"/> <input type="checkbox"/> |
| SU'AALAH CAAFIMAADKA WADNAHA MUHIIMKA AH EE KU SAABSAN QOYSKAAGA SANADKI LASOO DHAAFAY | |
| 9. Sanadki la soo dhaafay, qof ka mid ah qoyskaaga soke si kadis ah ma u dhintay oo aan la fileynin iyada oo aysan jirin sabab cad? | <input type="checkbox"/> <input type="checkbox"/> |
| 10. Sanadki la soo dhaafay, qof katirsan qoyska ama qaraabo kula ah ma u dhintay xanuun xagga wadnaha ah ama ma u dhintay si kadis ah oo aan la fileynin ama aanan la sharraxin kahor da'da 35 sano (oo ay ku jiraan ku qarqashada biyaha ee aan la sharraxin ama shil gaari oo aan la sharraxin)? | <input type="checkbox"/> <input type="checkbox"/> |
| 11. Sanadki la soo dhaafay, qof kamid ah qoyskaaga soke ma lahaa xanuuno aanan la sharraxin ee ah suuxdin, qallal, ama ku qarqashada biyaha? | <input type="checkbox"/> <input type="checkbox"/> |
| 12. Sanadki la soo dhaafay, qof kamid ah qoyskaaga soke malaga helay xannuunka murqaha wadnaha adeyga noqda, Cillada la iska dhaxlo ee Isbaddalka kuyimaada Sameyska Jirka,cillada xirmashada qeybta midig ee wadnaha, xanuunka qabatinka dheer ama gaaban ee QT, Xanuunka Wadna Garaaca ee Aadka u duran, ama xanuunka khalkhalka wadnaha? | <input type="checkbox"/> <input type="checkbox"/> |
| 13. Sanadki la soo dhaafay, qof kamid ah qoyskaaga soke oo kayar da'da 35 sano ma lahaa xanuun xagga wadnaha ah, qalabka macmalka ee soo saara garaaca wadnaha, ama qalabka macmalka ah ee la socda garaaca wadnaha oo la galley? | <input type="checkbox"/> <input type="checkbox"/> |
| SU'AALAH HALISTA CAAFIMAAD EE SANADKII LASOO DHAAFAY | |
| 14. Sanadki lasoo dhaafay, ma kugu dhacay dhaawac madaxa ah ama miyir dabool oo weli leh astaamaha sida madax xanuun joogta ah, dhibaatooyin xagga xoog-saaridda ama dhibaatooyinka xusuusta? | <input type="checkbox"/> <input type="checkbox"/> |
| 15. Sanadki lasoo dhaafay ma ku xanuunsatay adigoo ku jimicsanaya kulaylka? | <input type="checkbox"/> <input type="checkbox"/> |
| 16. Sanadki lasoo dhaafay, ma ogaatay in qof ka tirsan qoyskaaga uu qabo sillada ama cudurka dhiigga cas (sickle cell)? | <input type="checkbox"/> <input type="checkbox"/> |
| 17. Sanadki lasoo dhaafay, ma yeelatay kabuubyo, jirririco, tabar darri gacmaahaaga ama lugahaaga ah, ama in aadan awoodin inaad dhaq-dhaqaajiso gacmaahaaga ama lugahaaga kadib marka ay wax kugu dhecean ama aad dhacday? | <input type="checkbox"/> <input type="checkbox"/> |

Waalidiinta ama Masuuliyiinta Sharciga ah: Fadlan hoos ku xus walaac kasta oo caafimaad, daaweyn, ama alarji oo laga yaabo inuu muhiim yahay si macalimiinta tababarka ama agaasimaha ciyarta/hawlahaa uu u ogaado.

**Fiiarda Gaarka ah ee Agaasimaha Hawlaha: (jawaab HAA ah ee mid ka mid ah su'aalaha kore
Waxa ay ubaahan tahay qoraal caddeyn ah oo kasoddo dhakhtar kahor ka qaybgalka.)**

SQPE La Filayo ____/ ____/ ____

CAAFIMAAD AHAAN UQALMA KAQEYBGALKA CIYAARAHA: HAA MAYA

Su'aalaha Baaritaanka Caafimaadka Maskaxda ee Dheeraadka ah (waxaa laga jari karaa foomka ka hor inta aan la gudbin)

Labadi toddobaad ee lasoo dhaafay, ilaa intee in la'eg ayey ku dhibeen mid kasta oo kamid ah dhibaatooyinka soo socda? (Goobo geli jawaabta.)

dhawaad maalin kasta				
Dareemidda walwal, walaac, ama walbahaar	0	1	2	3
Aan awoodin inuu joojiyo ama xakameeyo welwelka	0	1	2	3
Xiiso ama ku raaxeysi yar marka wax la sameynayo	0	1	2	3
Dareemidda niyad-iab, murugo ama rajo-la'aan	0	1	2	3

(Haddii isugeynta jawaabaha aad kabixisay su'aalaha 1 & 2 ama 3 & 4 ay la'eg yihiin ama ka badan yihiin ≥ 3 , fadlan arag dhakhtarkaaga)

Tixraaca: KAOEYBGALKA BAARITAANKA JIRKA (Daabacaadha Shanaad): AAFP, AAP, AMSSM, AOSSM, AOASM, AAP, 2019.

Dib u eegis lagu sameeyey 4/4/2025