STATE OF NEW JERSEY
DEPARTMENT OF EDUCATION
A Memo from the New Jersey Department of Education

Date: May

o: Local Educational Agency Leads Administrators of Approved Private chools for tudents with Disabilities Administrators of Nonpublic chools

Route o: Principals chool Nurses chool Physicians Athletic Directors Athletic rainers

From: Kathy Ehling Assistant Commissioner
Division of Educational ervices

Updated Preparticipation Physical Evaluation

he Preparticipation Physical Evaluation (PPE) commonly referred to as the "sports physical form," has been updated. he PPE was updated jointly by the American Academy of Family Physicians American Academy of Pediatrics American College of ports Medicine American Medical ociety for ports Medicine American Orthopaedic ociety for ports Medicine and American Osteopathic Academy of ports Medicine in 19 and 3. he sports physical form has been tailored to comply with New Jersey law and has been adopted by the New Jersey Department of Education (NJDOE).

here has been a change in the requirements for submission of the updated PPE. he History Form and the Physical Examination Form within the packet do not need to be submitted to the student's school. The History Form and the Physical Examination Form should be kept by the healthcare provider who completes the PPE. Only the completed Medical Eligibility Form should be submitted to the school. he Medical Eligibility Form provides space for the healthcare provider to share relevant health information with the school if necessary and includes a recommendation regarding the student's ability to participate in athletics. It is important to note that the PPE must be conducted by a licensed physician advanced practice nurse or physician assistant who has completed the student athlete cardiac assessment professional development module developed by the NJDOE.

Once submitted to the school the Medical Eligibility Form should be kept in the student's health file and recorded on the A- 5. Pursuant to N.J.A.C. 6A:16- . . (h)1iv and .3(a) iv each school district is required to "provide to the parent written notification **signed** by the school physician stating approval of the student's participation in athletics based upon the medical report or the reasons for the school physician's disapproval of the student's participation." Districts will develop and implement their own procedures to notify parents of their student's approval or disapproval from participating in athletics.

If a student's PPE was completed over 90 days prior to the first day of official practice in an athletic season a Health History Update Questionnaire (often called a 9 -day update form) is still required.

he updated forms and a frequently asked questions document are available on the NJDOE Information for tudent Athletes page.

he use of the new forms will be phased in. he previous forms will be accepted for any physical completed prior to July 1 . Districts should begin the implementation process of utilizing and distributing the new forms effective immediately.

Contact information
Questions may be directed to healthysch@doe.nj.gov.

c: Members tate Board of Education
NJDOE taff
NJ LEE Group
tatewide Parent Advocacy Network
Garden tate Coalition