

2026-2027 SPORTS QUALIFYING PHYSICAL EXAMINATION MEDICAL ELIGIBILITY FORM

Minnesota State High School League

☐ (1) Participate in all school interscholastic activities without restrictions.

☐ (2) Participate in any activity not crossed out below.

Reference: Preparticipation Physical Evaluation (5th Edition): AAFP, AAP, ACSM, AMSSM, AOSSM, AOASM: 2019.

2026-2027 SPORTS QUALIFYING PHYSICAL HISTORY FORM (Z02.5)**Minnesota State High School League****Pages 2-5 of this document should be KEPT on file by the medical provider issuing the physical examination.**

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s): _____

Sex assigned at birth - F, M, or intersex (circle) How do you identify your gender? (F, M, non-binary, or another gender)

Have you had a COVID-19/Influenza/RSV vaccinations? Y / N

Past and current medical conditions: _____

Have you ever had surgery? If yes, list all past surgeries. _____

List current medicines and supplements: prescriptions, over-the-counter, and herbal or nutritional supplements. _____

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the past 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(If the sum of responses to questions 1 & 2 or 3 & 4 are ≥ 3 , evaluate.)

Circle Y for Yes, N for No, or the question number if you do not know the answer.

GENERAL QUESTIONS

1. Do you have any concerns that you would like to discuss with your provider? Y / N
2. Has a provider ever denied or restricted your participation in sports for any reason? Y / N
3. Do you have any ongoing medical issues or recent illness? Y / N

HEART HEALTH QUESTIONS ABOUT YOU^a

4. Have you ever passed out or nearly passed out during or after exercise? Y / N
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? Y / N
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise? Y / N
7. Has a doctor ever told you that you have any heart problems? Y / N
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography. Y / N
9. Do you get light-headed or feel shorter of breath than your friends during exercise? Y / N
10. Have you ever had a seizure? Y / N

HEART HEALTH QUESTIONS ABOUT YOUR FAMILY^a

11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)? Y / N
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)? Y / N
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35? Y / N

BONE AND JOINT QUESTIONS

14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game? Y / N
15. Do you have a bone, muscle, ligament, or joint injury that bothers you? Y / N

MEDICAL QUESTIONS

16. Do you cough, wheeze, or have difficulty breathing during or after exercise? Y / N
17. Are you missing a kidney, an eye, a testicle, your spleen, or any other organ? Y / N
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area? Y / N
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)? Y / N
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems? Y / N
21. Have you ever had numbness, tingling, weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling? Y / N
22. Have you ever become ill while exercising in the heat? Y / N
23. Do you or does someone in your family have sickle cell trait or disease? Y / N
24. Have you ever had or do you have any problems with your eyes or vision? Y / N
25. Do you worry about your weight? Y / N
26. Are you trying to or has anyone recommended that you gain or lose weight? Y / N
27. Are you on a special diet or do you avoid certain types of foods or food groups? Y / N
28. Have you ever had an eating disorder? Y / N

MENSTRUAL QUESTIONS

29. Have you ever had a menstrual period? Y / N
30. How old were you when you had your first menstrual period? _____
31. When was your most recent menstrual period? _____
32. How many periods have you had in the past 12 months? _____

Notes: _____

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date: ____/____/____

2026-2027 SPORTS QUALIFYING PHYSICAL EXAMINATION FORM (Z02.5)

Minnesota State High School League

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Student Name: _____ Birth Date: _____

Follow-Up Questions About More Sensitive Issues:

1. Do you feel stressed out or under a lot of pressure?
2. Do you ever feel so sad or hopeless that you stop doing some of your usual activities for more than a few days?
3. Do you feel safe?
4. Have you been hit, kicked, slapped, punched, sexually abused, inappropriately touched, or threatened with harm by anyone close to you?
5. Have you ever tried cigarette, cigar, pipe, e-cigarette smoking, or vaping, even 1 or 2 puffs? Do you currently smoke?
6. During the past 30 days, did you use chewing tobacco, snuff, or dip?
7. During the past 30 days, have you had any alcohol drinks, even just one?
8. Have you ever taken steroid pills or shots without a doctor's prescription?
9. Have you ever taken any medications or supplements to help you gain or lose weight or improve your performance?
10. Question "Risk Behaviors" like guns, seatbelts, unprotected sex, domestic violence, drugs, and others.
11. Would you like to have a COVID-19 vaccination?

Notes About Follow-Up Questions:**MEDICAL EXAM**

Height _____ Weight _____ BMI (optional) _____ % Body fat (optional) _____ Arm Span _____
 Pulse _____ BP in both arms R _____ / _____ (_____/_____) L _____ / _____ (_____/_____)
 Vision: R 20/____ L 20/____ Corrected: Y / N Contacts: Y / N Hearing: R _____ L _____ (Audiogram or confrontation)

Exam	Normal	Abnormal Findings	Initials**
Appearance			
Circle any Marfan stigmata present	→	Kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency	
HEENT			
Eyes			
Fundoscopic			
Pupils			
Hearing			
Cardiovascular*			
Describe any murmurs present (standing, supine, +/- Valsalva)	→		
Pulses (simultaneous femoral & radial)			
Lungs			
Abdomen			
Tanner Staging (optional)	Circle	I II III IV V	
Skin (No HSV, MRSA, Tinea corporis)			
Musculoskeletal			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot/Toes			
Functional (Double-leg squat test, single-leg squat test, and box drop, or step drop test)			

*Consider ECG, echocardiogram, and/or referral to cardiology for abnormal cardiac history or examination findings

** For Multiple Examiners

Additional Notes: _____

Health Maintenance: ☐ Lifestyle, health, immunizations, & safety counseling ☐ Discussed dental care & mouthguard use
☐ Discussed Lead and TB exposure – (Testing indicated / not indicated) ☐ Eye Refraction if indicated

Provider Signature: _____ Date: _____