



# HISTORY

## PRE-PARTICIPATION PHYSICAL EVALUATION

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of birth \_\_\_\_\_

**TO BE COMPLETED ANNUALLY BY EVERY PARTICIPANT AND PARENT OR GUARDIAN**

Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

Address \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Personal physician \_\_\_\_\_ Parent Email \_\_\_\_\_

*In case of emergency, contact:*

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

**PPE shall not be taken earlier than May 1 preceding the school year for which it is applicable.**  
**STUDENT/PARENT/GUARDIAN - answer questions below PRIOR TO EXAMINATION by physician.**  
**Explain "YES" answers in space below. Circle the number of the questions you do not know.**

**YES NO**

1.   Have you had a medical illness or injury since your last check up or sports physical?  
  Do you have an ongoing or chronic illness?
2.   Have you ever been hospitalized overnight?  
  Have you ever had surgery?
3.   Are you currently taking any prescription or non-prescription (over-the-counter) medications or pills or using an inhaler?  
  Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?
4.   Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? Have you ever had a rash or hives develop during or after exercise?
5.   Have you ever passed out during or after exercise?  
  Have you ever been dizzy during or after exercise?  
  Have you ever had chest pain during or after exercise?  
  Do you get tired more quickly than your friends do during exercise?  
  Have you ever had racing of your heart or skipped heartbeats?  
  Have you had high blood pressure or high cholesterol?  
  Have you ever been told you have a heart murmur?  
  Has any family member or relative died of heart problems or of sudden death before age 50?  
  Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?  
  Has a physician ever denied or restricted your participation in sports for any heart problems?
6.   Do you have any current skin problems (for example itching, rashes, acne, warts, fungus, or blisters)?
7.   Have you ever had a head injury or concussion?  
When? \_\_\_\_\_ How many? \_\_\_\_\_  
  Have you ever been knocked out, become unconscious, or lost your memory?  
  Have you ever had a seizure?  
  Have you ever had numbness or tingling in your arms, hands, legs, or feet?  
  Have you ever had a stinger, burner, or pinched nerve?
8.   Have you ever become ill from exercising in the heat?
9.   Do you cough, wheeze, or have trouble breathing during or after activity?  
  Do you have asthma?  
  Do you use an inhaler before exercise?  
  Do you have seasonal allergies requiring medical treatment?

**YES NO**

10.   Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?
11.   Have you had any problems with your eyes or vision?  
  Do you wear glasses, contacts, or protective eyewear?
12.   Have you ever had a sprain, strain, fracture or dislocation of a muscle, tendon, bone or joint?  
*If yes, check appropriate box and explain below.*  
 Head  Elbow  Hip  
 Neck  Forearm  Thigh  
 Back  Wrist  Knee  
 Chest  Hand  Shin/calf  
 Shoulder  Finger  Ankle  
 Upper arm  Foot
13.   Do you want to weigh more or less than you do now?  
  Do you lose weight regularly to meet weight requirements for your sport?
14.   Has a doctor told you or a family member that you are at risk for blood disorders? Ex: Sickle Cell, etc...
15.   Were you born without or are you missing a kidney, testicle or any other organs?
16.   Do you feel that you have fatigue or increased shortness of breath with activity?
17.   Do you have any concerns that you would like to discuss with the doctor?

**FEMALES ONLY**

18.   Have you begun menstruation?  
  If yes, are you ever experiencing any problem (i.e., irregularity, pain, etc.)?

**IDENTIFY "YES" ANSWERS (by number)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# PHYSICAL EXAMINATION

## PRE-PARTICIPATION PHYSICAL EVALUATION

Name		Date of Birth	
Height	Weight	Pulse	Blood Pressure /
Vision	R 20/      L 20/	Corrected: Y N	Pupils: Equal      Unequal
Date of recent immunizations: Td		Tdap	Hep B
Varicella		HPV	Meningococcal

NORMAL	ABNORMAL FINDINGS	INITIALS*
<b>MEDICAL</b>		
Appearance		
Eyes/Ears/Nose/Throat		
Lymph Nodes		
Heart		
Pulses		
Lungs		
Abdomen		
Genitalia/Hernia		
Skin		
<b>MUSCULOSKELETAL</b>		
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot		

\*Station-based examination only

## CLEARANCE

Cleared for all activities

Not cleared for: \_\_\_\_\_

Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_

**I HEREBY CERTIFY THAT I AM QUALIFIED BY TRAINING AND EXPERIENCE TO PROPERLY PERFORM THE EXAMINATION AND MAKE THE EVALUATION REFLECTED ON THIS FORM**

Name of physician ( <i>print/type</i> )	Date
Address	Phone (      )
Signature of physician	, MD, DO, DC or PA <i>(please circle)</i>