

Sports Physical for Student Athlete

A. Name _____ Grade this Year _____ Birth Date _____ Age _____

B. Parent's Names: Father _____ Mother _____ Father's Ht: _____ Mother's Ht: _____

C. Home Phone: _____ Parent/Guardian Currently Living with _____

D. Mailing Address: _____
PO Box/Other City Zip Code

E. Daytime Phone Both Parents/Guardians: #1 _____ #2 _____

F. What sports do you plan to participate in this coming year?
 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

G. List all medications used on a regular basis (include vitamins, allergy medications, minor pain medications, etc.)
 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

H. List all previous surgeries:
 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

I. List the illness that caused all previous hospitalizations—other than the surgeries listed above:
 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

J. Have you had a condition that required medical attention to a: MUSCLE () YES () NO; JOINT () YES () NO; TENDON () YES () NO; BONE () YES () NO: EXPLAIN _____

K. List all medication allergies:
 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
 Do you get a rash from tape? () YES () NO Do you get a rash from liniment? () YES () NO

L. Has a blood relative ever suffered a heart attack, stroke, or sudden death during sports, or at a young age (less than 45 years)? () YES () NO
 If yes list: Relation _____ Age _____ Illness _____

M. Have you ever had or been diagnosed with:	YES	NO
1. Seizure or epilepsy	()	()
2. Asthma	()	()
3. Collapsed lung	()	()
4. Frequent or severe headaches	()	()
5. Concussion or loss of consciousness (other than simple fainting)	()	()
6. Heart murmur	()	()
7. Rheumatic heart disease	()	()
8. High blood pressure	()	()
9. Bleeding disorder	()	()
10. Anemia not corrected with iron therapy	()	()
11. Loss of/or impaired vision in one or both eyes (other than simple eye glasses)	()	()
12. Loss of/or impaired function in one or both kidneys	()	()
13. Loss of/or injury to one or both testicles	()	()
14. Hepatitis or enlarged liver	()	()
15. An injury to arms or legs that required casting, surgery or crutches for more than a few days	()	()
16. Head or neck injury that caused numbness or burning pain in the arms or hands	()	()
17. Do you wear eye glasses or contact lenses? () YES () NO During practice or competition?	()	()
18. Scoliosis or other back problems	()	()
19. Arm or leg deformity	()	()
20. Became weak or ill when exposed to high temperature	()	()

STUDENT ATHLETE SIGNATURE _____ DATE _____

I hereby give permission to _____ to perform a sports physical on the above mentioned student.

PARENT/GUARDIAN SIGNATURE _____ DATE _____

PHYSICAL EXAMINATION

Optional

Age: _____ Pulse: _____

Height: _____ Blood Pressure: _____

Weight: _____ Visual Acuity: Left 20/____ Right 20/____

Urinalysis:

Body Fat %

HCT:

EST VO2 Max:

Audiometry:

Normal

Abnormal

- | | | | | |
|--------------------------|-----|------------------------------|--------------------------|-------|
| <input type="checkbox"/> | 1. | Head | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 2. | Eyes (pupils), ENT | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 3. | Teeth | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 4. | Chest | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 5. | Lungs | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 6. | Heart | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 7. | Abdomen | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 8. | Genitalia | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 9. | Neurologic | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 10. | Skin | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 11. | Physical Maturity | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 12. | Spine, Back | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 13. | Shoulders, Upper Extremities | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | 14. | Lower Extremities | <input type="checkbox"/> | _____ |

Assessment: Full Participation
 Limited Participation (describe limitations, restrictions):

Participation Contraindicated (list reasons):

Recommendations (equipment, taping, rehabilitation, etc.):

DATE: _____ Examiner's Signature: _____

Examiner's Phone: () _____ PRINT EXAMINER'S NAME: _____