

SOUTH CAROLINA INDEPENDENT SCHOOL ASSOCIATION

Please Print

Physical Examination Form

 Last Name First Name Middle Initial Date of Birth

Gender: ___ M ___ F Age: _____ Grade: _____

PHYSICAL EXAM - To Be Completed By Physician or trained medical personnel under the supervision of a physician.

Height _____ Weight _____ Pulse _____ Blood Pressure _____

Medical	Normal	Abnormal Findings	Initials
1. Eyes (vision)			
2. Ears, Nose, Throat			
3. Mouth & Teeth			
4. Neck / Lymph Nodes			
5. Cardiovascular			
6. Abdomen			
7. Chest & Lungs			
8. Skin			
9. Genitalia-Hernia (male)			
10. Heart (squatting to standing & supine)			
Musculoskeletal: ROM, strength, etc.			
• Neck			
• Spine/Back			
• Shoulders/Arm			
• Elbow/Forearm			
• Wrist/Hand			
• Hip/Thighs			
• Knees			
• Leg/Ankles			

___ Cleared without restriction

___ Cleared, with recommendations for further evaluation or treatment for: _____

___ Not Cleared: ___ All Sports ___ Certain Sports: _____

I certify that I have examined this athlete on this date and found him/her medically qualified to participate in sports. I also certify that I am a licensed physician or work directly with a licensed physician.

Physician's Signature: _____ Date: _____

Physician's Address: _____

Pre-Participation Physical Evaluation Medical History Questionnaire

Note: This form is to be filled out by the parent(s) and student prior to seeing the physician.

Student's Name _____ Today's Date _____

Attention parent or guardian and athlete: answers to the following questions are very important! Please take the time to answer each question to the best of your knowledge. Explain "Yes" answers below. Circle question if you do not know the answer.

General Questions	Yes	No	25. Do you have any history of juvenile arthritis or connective tissue disease?	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?					
2. Do you have any ongoing medical conditions, If so Identify: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____					
3. Have you ever spent the night in the hospital?					
4. Have you ever had surgery?					
Heart Health Questions About You	Yes	No	Medical Questions	Yes	No
5. Have you ever passed out or nearly passed out during or after exercise?			26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
6. Have you ever had pain, discomfort, tightness, or pressure in your chest during exercise?			27. Have you ever used an inhaler or taken asthma medicine?		
7. Does your heart ever race or skip a beat (irregular beats) during exercise?			28. Is there anyone in your family who has asthma?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____			29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
9. Has a doctor ever ordered a test for your heart?			30. Do you have groin pain or a painful bulge or hernia in the groin area?		
10. Do you get lightheaded or feel more short of breath more than expected during exercise?			31. Have you had infectious mononucleosis (mono) in the last month?		
11. Have you ever had an unexplained seizure?			32. Do you have any rashes, pressure sores, or other skin problems?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?			33. Have you had a herpes or MRSA skin infection?		
Health Questions About Your Family	Yes	No	34. Do you have a history of seizure disorder?		
13. Has any family member or relative died of heart problems or had an unexpected sudden death before age 50 (including drowning, unexplained car accident, sudden death syndrome)?			35. Do you have headaches with exercise?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic, polymorphic ventricular tachycardia?			36. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?			37. Have you ever been unable to move your arms or legs after being hit or falling?		
16. Has anyone in your family had unexplained fainting, unexplained seizures or near drowning?			38. Have you ever become ill while exercising in the heat?		
Bone and Joint Questions	Yes	No	39. Do you get frequent muscle cramps when exercising?		
17. Have you ever had an injury to a bone, muscle, ligament or tendon that caused you to miss a game or practice?			40. Do you or someone in your family have sickle cell trait or disease?		
18. Have you ever had any broken or fractured bones or dislocated joints?			41. Have you had any problems with your eyes or vision?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, cast, or crutches?			42. Have you had any eye injuries?		
20. Have you ever had a stress fracture?			43. Do you wear glasses or contact lenses?		
21. Do you regularly use a brace, orthotics, or other assistive device?			44. Do you wear protective eyewear, such as goggles or a face shield?		
22. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)			45. Do you worry about your weight?		
23. Do you have a bone, muscle, or joint injury that bothers you?			46. Are you trying or has anyone recommended that you gain or lose weight?		
24. Do any of your joints become painful, swollen, feel warm, or look red?			47. Are you on a special Diet or do you avoid certain types of foods?		
			48. Have you ever had an eating disorder?		
			49. Do you have any concerns that you would like to discuss with a doctor?		
			Females Only	Yes	No
			50. Have you ever had a menstrual period?		
			51. How old were you when you had your first menstrual period?		
			52. How many periods have you had in the past 12 months?		
<p>Explain any "YES" answers on an additional page and attach to this questionnaire.</p> <p>I hereby state that, to best of my knowledge, my answers to the above questions are complete and correct.</p> <p>Athlete's Signature _____</p> <p>Parent/Guardian Signature _____</p> <p>Date _____</p>					