

Preparticipation Physical Evaluation

Date of Exam _____

Name _____ Sex _____ Age _____ Birthdate _____ Sport _____
Last First MI

Year in School _____ SSN _____ Cell # _____

School Address _____

Parent's Name _____

**Explain "Yes" answers below.
 Circle questions you don't know the answers to.**

- | | Yes | No |
|--|--|--------------------------|
| 1. Has a doctor ever denied or restricted your participation in sports for any reason? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you have an ongoing medical condition? (like diabetes or asthma)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are you currently taking any prescription or nonprescription (over the counter) medicines or pills? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have allergies to medicines, pollens, foods or stinging insects? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you ever passed out or nearly passed out DURING exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you ever passed out or nearly passed out AFTER exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have you ever had discomfort, pain, or pressure in your chest during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Does your heart race or skip beats during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Has a doctor ever told you that you have (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 | |
| 10. Has a doctor ever ordered a test for your heart? (for example, ECG, echocardiogram) | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Has anyone in your family died for no apparent reason? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Does anyone in your family have a heart problem? | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Has any family member or relative died of heart problems or of sudden death before age 50? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Does anyone in your family have Marfan syndrome? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Have you ever spent the night in a hospital? | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> |

- | | | |
|---|--------------------------|--------------------------|
| 17. Have you ever had an injury, like a sprain, muscle or ligament tear, or tendinitis, that caused you to miss a practice or game? If yes, circle affected area below: | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below: | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: | <input type="checkbox"/> | <input type="checkbox"/> |

Ankle	Calf/shin	Chest	Elbow	Foot/toes	Forearm	Hand/fingers	Head
Hip	Knee	Lower back	Neck	Shoulder	Thigh	Upper arm	Upper back

- | | | |
|--|--------------------------|--------------------------|
| 20. Have you ever had a stress fracture? | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Do you regularly use a brace or assistive device? | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Has a doctor ever told you that you have asthma or allergies? | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Do you cough, wheeze, or have difficulty breathing during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Is there anyone in your family who has asthma? | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Have you ever used an inhaler or taken asthma medicine? | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ? | <input type="checkbox"/> | <input type="checkbox"/> |

- | | Yes | No |
|--|--------------------------|--------------------------|
| 27. Have you had infectious mononucleosis (mono) within the last month? | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. Do you have any rashes, pressure sores, or other skin problems? | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Have you had a herpes skin infection or cold sore? | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. Have you ever had a head injury or concussion? | <input type="checkbox"/> | <input type="checkbox"/> |
| 31. Have you been hit in the head and been confused or lost your memory? | <input type="checkbox"/> | <input type="checkbox"/> |
| 32. Have you ever had a seizure? | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. Do you have headaches with exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 34. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? | <input type="checkbox"/> | <input type="checkbox"/> |
| 35. Have you ever been unable to move your arms or legs after being hit or falling? | <input type="checkbox"/> | <input type="checkbox"/> |
| 36. When exercising in the heat, do you have severe muscle cramps or become ill? | <input type="checkbox"/> | <input type="checkbox"/> |
| 37. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease? | <input type="checkbox"/> | <input type="checkbox"/> |
| 38. Have you had any problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| 39. Do you wear glasses or contact lenses? | <input type="checkbox"/> | <input type="checkbox"/> |
| 40. Do you wear protective eyewear, such as goggles or a face shield? | <input type="checkbox"/> | <input type="checkbox"/> |
| 41. Are you happy with your weight? | <input type="checkbox"/> | <input type="checkbox"/> |
| 42. Are you trying to gain or lose weight? | <input type="checkbox"/> | <input type="checkbox"/> |
| 43. Has anyone recommended you change your weight or eating habits? | <input type="checkbox"/> | <input type="checkbox"/> |
| 44. Do you limit or carefully control what you eat? | <input type="checkbox"/> | <input type="checkbox"/> |
| 45. Do you have any concerns that you would like to discuss with a doctor? | <input type="checkbox"/> | <input type="checkbox"/> |
| 46. Have you ever been diagnosed with ADD or ADHD? | <input type="checkbox"/> | <input type="checkbox"/> |
| 47. Are you currently taking medication for ADD or ADHD and if so please list? _____ | <input type="checkbox"/> | <input type="checkbox"/> |

- FEMALES ONLY**
- | | | |
|--|--------------------------|--------------------------|
| 48. Have you ever had a menstrual period? | <input type="checkbox"/> | <input type="checkbox"/> |
| 49. How old were you when you had your first menstrual period? _____ | | |
| 50. How many periods have you had in the last 12 months? _____ | | |

Explain "Yes" answers here: _____

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

Signature of the athlete _____ Signature of the parent/guardian _____ Date _____

Minnesota State University, Mankato Preparticipation Physical Evaluation

PHYSICAL EXAMINATION FORM

Name _____ Birthdate _____ SSN# _____
Last First MI

Ht _____ Wt _____ Sport(s) _____ Pulse _____ B/P ____ / ____ (____ / ____ , ____ / ____)

Vision R 20/ _____ L 20/ _____ Corrected Yes No Pupils: Equal _____ Unequal _____

Follow-Up Questions on More Sensitive Issues

Yes No

1. Do you feel stressed out or under a lot of pressure? Yes No
2. Do you ever feel so sad or hopeless that you stop doing some of your usual activities for more than a few days? Yes No
3. Do you feel safe? Yes No
4. Have you ever tried cigarette smoking, even 1 or 2 puffs? Do you currently smoke? Yes No
5. During the past 30 days, did you use chewing tobacco, snuff, or dip? Yes No
6. During the past 30 days, have you had at least 1 drink of alcohol? Yes No
7. Have you ever taken steroid pills or shots without a doctor's prescription? Yes No
8. Have you ever taken any supplements to help you gain or lose weight or improve your performance? Yes No

Notes: _____

	Normal	Abnormal Findings/Notes
MEDICAL		
Appearance		
Eyes/Ears/Nose/Throat		
Lymph Nodes		
Heart		
Pulses		
Lungs		
Abdomen		
Genitalia (males only)		
Skin		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		
LABS/TESTS		
Hgb/Hct		
Ferritin		
Sickle cell REQUIRED		

Name of Physician (print/type): _____ Date: _____

Address: _____ Phone: _____

Signature of Physician _____, MD or DO

Adapted from ©2004 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine.

Minnesota State University, Mankato Preparticipation Physical Evaluation

CLEARANCE FORM

Name _____ Sex _____ Age _____ Date of birth _____

Cleared without restriction

Cleared, with recommendation for further evaluation or treatment for: _____

Not cleared for: All sports Certain sports: _____ Reason: _____

Recommendations: _____

EMERGENCY INFORMATION

Allergies _____

Other information _____

IMMUNIZATIONS (eg, tetanus/diphtheria/pertussis; measles, mumps, rubella; hepatitis A, B; influenza; poliomyelitis; pneumococcal; meningococcal; varicella)

Up to date (see attached documentation) Not up to date Specify _____

Name of Physician (print/type): _____ Date: _____

Address: _____ Phone: _____

Signature of Physician _____, MD or DO