PRE-PARTICIPATION PHYSICAL FORM - ***PHYSICIAN EXAM FORM***

Name: _____ Date of birth: _____

Height:_____ Weight: _____ % Body fat (*optional*): _____ Pulse: _____ BP: ____/____ (____/____)

Vision R 20/_____ L 20/_____ Corrected: ❑YES ❑NO Pupils: ❑Equal ❑Unequal

EMERGENCY INFORMATION:

Drug Allergies: _____

Other Information: _____

	NORMAL	SKIPPED	ABNORMAL FINDINGS	INITIALS*
MEDICAL				
Appearance	❑	❑		
Eyes/Ears/Nose/Throat	❑	❑		
Lymph Nodes	❑	❑		
Heart	❑	❑		
Pulses	❑	❑		
Lungs	❑	❑		
Abdomen	❑	❑		
Skin	❑	❑		
Genitalia (males only)**	❑	❑		
MUSCULOSKELETAL				
Neck	❑	❑		
Back	❑	❑		
Shoulder/arm	❑	❑		
Elbow/forearm	❑	❑		
Wrist/hand	❑	❑		
Hip/thigh	❑	❑		
Knee	❑	❑		
Leg/ankle	❑	❑		
Foot	❑	❑		

* Station-based or Multiple examiners only ** Having a third party present is recommended for the genitourinary exam

❑ **Cleared** without restriction

❑ **Cleared with recommendations** for further evaluation or treatment for: _____

_____

_____

❑ **Not cleared for:** ❑All Sports, ❑Certain Sports:_____ Reason: _____

_____

_____

Recommendations: _____

_____

_____

Name of Physician (Print / Type): _____ Date: _____

Address: _____ Phone: _____

Signature of physician: _____ MD/DO

pre-participation evaluation - Sports Care v1.odt

Commission on Athletics/California Community College Athletic Association

ONLY ACCEPTS PPE'S SIGNED BY LICENSED MEDICAL PHYSICIANS

(i.e. by MD's or DO's) *No Chiropractors, FNP's, NP's, PA-Cs, MA's*

PRE-PARTICIPATION PHYSICAL FORM - *MEDICAL HISTORY FORM*

DATE OF EXAM: ____/____/____

Name: _____ Sex: ☐ Male, ☐ Female Age: _____ Date of birth: ____/____/____

Grade: _____ School: _____ Sport(s): _____

Address: _____ Phone: _____

Personal physician: _____

In case of emergency, contact

Name: _____ Relationship: _____ Phone (H): _____ (W) : _____

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

	YES	NO
1. Has a doctor over denied or restricted your participation in sports for any reason?	☐	☐
2. Do you have an ongoing medical condition (like diabetes or asthma)?	☐	☐
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?	☐	☐
4. Do you have allergies to medicines, pollens, foods, or slinging insects?	☐	☐
5. Have you ever passed out or nearly passed out DURING exercise?	☐	☐
6. Have you ever passed out or nearly passed out AFTER exercise?	☐	☐
7. Have you ever had discomfort, pain, or pressure in your chest during exercise?	☐	☐
8. Does your heart race or skip beats during exercise?	☐	☐
9. Has a doctor ever told you that you have (check all that apply): ☐ High blood pressure ☐ Heart murmur ☐ High cholesterol ☐ Heart infection		
I0 Has a doctor ever ordered a test for your heart? (for example, ECG, echocardiogram)	☐	☐
11 Has anyone in your family died for no apparent reason?	☐	☐
12 Does anyone in your family have a heart problem?	☐	☐
13 Has any family member or relative died of heart problems or of sudden death before age 50?	☐	☐
14 Does anyone in you family have Marfan syndrome?	☐	☐
15 Have you ever spent the night in a hospital?	☐	☐
16 Have you ever had surgery?	☐	☐
17 Have you ever had an injury, like a sprain, muscle or ligament tear, or tendonitis, that caused you to miss a practice or game? If yes, circle affected area below:	☐	☐
18 Have you had any broken or fractured bones or dislocated joints? If yes, circle below:	☐	☐
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	☐	☐

Head	Neck	Shoulder	Upper arm	Elbow	Forearm	Hand/ Fingers	Chest
Upper back	Lower back	Hip	Thigh	Knee	Calf/ Shin	Ankle	Foot/ Toes

20 Have you ever had a stress fracture?	☐	☐
21 Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	☐	☐
22 Do you regularly use a brace or assistive device?	☐	☐
23 Has a doctor ever told you that you have asthma or allergies?	☐	☐
24 Do you cough, wheeze, or have difficulty breathing during or after exercise?	☐	☐
25 Is there anyone in your family who has asthma?	☐	☐
26 Have you ever used an inhaler or taken asthma medicine?	☐	☐
27 Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?	☐	☐
28 Have you had infectious mononucleosis (mono) within the last month?	☐	☐
29 Do you have any rashes, pressure sores, or other skin problems?	☐	☐
30 Have you had a herpes skin infection?	☐	☐
31 Have you ever had a head injury or concussion?	☐	☐
32 Have you been hit in the head and been confused or lost your memory?	☐	☐
33 Have you ever had a seizure?	☐	☐
34 Do you have headaches with exercise?	☐	☐
35 Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	☐	☐
36 Have you ever been unable to move your arms or legs after being hit or falling?	☐	☐
37 When exercising in the heat, do you have severe muscle cramps or become ill?	☐	☐
38 Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	☐	☐
39 Have you had any problems with your eyes or vision?	☐	☐
40 Do you wear glasses or contact lenses?	☐	☐
41 Do you wear protective eyewear, such as goggles or a face shield?	☐	☐
42 Are you happy with your weight?	☐	☐
43 Are you trying to gain or lose weight?	☐	☐
44 Has anyone recommended you change your weight or eating habits?	☐	☐
45 Do you limit or carefully control what you eat?	☐	☐
46 Do you have any concerns that you would like to discuss with a doctor?	☐	☐
FEMALES ONLY		
47 Have you ever had a menstrual period?	☐	☐
48. How old were you when you had your first menstrual period?	_____ y/o	
49 How many periods have you had in the last 12 months?	_____	

Explain any "Yes" answers here:

_____

_____

_____

_____

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