

PARADISE HIGH SCHOOL

SPORTS PHYSICAL EXAMINATION FORM

PART 1 (TO BE COMPLETED BY A PARENT OR LEGAL GUARDIAN)																																																																																																																																																									
LAST NAME				FIRST NAME				GRADE																																																																																																																																																	
BIRTHDATE		FALL SPORT		WINTER SPORT		SPRING SPORT		STUDENT ID NUMBER																																																																																																																																																	
HEALTH HISTORY (Must be Completed Prior to the Examination)																																																																																																																																																									
<table style="width: 100%; border: none;"> <tr> <td style="width: 10%;"></td> <td style="width: 5%; text-align: center;">Yes</td> <td style="width: 5%; text-align: center;">No</td> <td style="width: 45%;">Has this student had any:</td> <td style="width: 5%;"></td> <td style="width: 5%; text-align: center;">Yes</td> <td style="width: 5%; text-align: center;">No</td> <td style="width: 40%;">Does this student:</td> </tr> <tr> <td>1.</td> <td>☐</td> <td>☐</td> <td>Chronic or recurrent illness?</td> <td>16.</td> <td>☐</td> <td>☐</td> <td>Wear eyeglasses or contact lenses?</td> </tr> <tr> <td>2.</td> <td>☐</td> <td>☐</td> <td>Illness lasting over 1 week?</td> <td>17.</td> <td>☐</td> <td>☐</td> <td>Wear dental bridges, braces or plates?</td> </tr> <tr> <td>3.</td> <td>☐</td> <td>☐</td> <td>Hospitalizations or Surgery?</td> <td>18.</td> <td>☐</td> <td>☐</td> <td>Take any medications? (List below):</td> </tr> <tr> <td>4.</td> <td>☐</td> <td>☐</td> <td>Nervous, psychiatric, or neurologic condition?</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>5.</td> <td>☐</td> <td>☐</td> <td>Loss or nonfunctioning of organs (eye, kidney, liver, testicle) or glands?</td> <td></td> <td style="text-align: center;">Yes</td> <td style="text-align: center;">No</td> <td>Is there any history of:</td> </tr> <tr> <td>6.</td> <td>☐</td> <td>☐</td> <td>Allergies (medicines, insect bites, food)?</td> <td>19.</td> <td>☐</td> <td>☐</td> <td>Injuries requiring medical care or treatment?</td> </tr> <tr> <td>7.</td> <td>☐</td> <td>☐</td> <td>Problems with heart or blood pressure?</td> <td>20.</td> <td>☐</td> <td>☐</td> <td>Neck or back pain or injury?</td> </tr> <tr> <td>8.</td> <td>☐</td> <td>☐</td> <td>Chest pain or severe shortness of breath with exercise?</td> <td>21.</td> <td>☐</td> <td>☐</td> <td>Knee pain or injury?</td> </tr> <tr> <td>9.</td> <td>☐</td> <td>☐</td> <td>Dizziness or fainting with exercise?</td> <td>22.</td> <td>☐</td> <td>☐</td> <td>Shoulder or elbow pain or injury?</td> </tr> <tr> <td>10.</td> <td>☐</td> <td>☐</td> <td>Fainting, bad headaches or convulsions?</td> <td>23.</td> <td>☐</td> <td>☐</td> <td>Ankle pain or injury?</td> </tr> <tr> <td>11.</td> <td>☐</td> <td>☐</td> <td>Concussion or loss of consciousness?</td> <td>24.</td> <td>☐</td> <td>☐</td> <td>Other joint pain or injury?</td> </tr> <tr> <td>12.</td> <td>☐</td> <td>☐</td> <td>Heat exhaustion, heatstroke, or other problems with heat?</td> <td>25.</td> <td>☐</td> <td>☐</td> <td>Broken bones (fractures)?</td> </tr> <tr> <td>13.</td> <td>☐</td> <td>☐</td> <td>Racing heart, skipped, irregular heartbeats, or heart murmur?</td> <td></td> <td style="text-align: center;">Yes</td> <td style="text-align: center;">No</td> <td>Further history:</td> </tr> <tr> <td>14.</td> <td>☐</td> <td>☐</td> <td>Seizures?</td> <td>26.</td> <td>☐</td> <td>☐</td> <td>Birth defects (corrected or not)?</td> </tr> <tr> <td>15.</td> <td>☐</td> <td>☐</td> <td>Severe or repeated instances of muscle cramps?</td> <td>27.</td> <td>☐</td> <td>☐</td> <td>Death of parent or grandparent less than 40 years of age due to medical cause or condition?</td> </tr> <tr> <td colspan="4">Date of last known tetanus (lockjaw) shot: _____</td> <td>28.</td> <td>☐</td> <td>☐</td> <td>Parent or grandparent requiring treatment for heart condition less than 50 years of age</td> </tr> <tr> <td colspan="4">Date of last complete physical examination: _____</td> <td>29.</td> <td>☐</td> <td>☐</td> <td>Been seen by a physician on an emergency or urgent basis in the last 12-months?</td> </tr> </table>											Yes	No	Has this student had any:		Yes	No	Does this student:	1.	☐	☐	Chronic or recurrent illness?	16.	☐	☐	Wear eyeglasses or contact lenses?	2.	☐	☐	Illness lasting over 1 week?	17.	☐	☐	Wear dental bridges, braces or plates?	3.	☐	☐	Hospitalizations or Surgery?	18.	☐	☐	Take any medications? 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PARENT/GUARDIAN'S AUTHORIZATION: I authorize a physician or duly authorized and supervised physician's assistant or nurse practitioner to perform a Sports Physical Evaluation on the student. The information set forth above is complete and accurate and I know of no reason why the student cannot fully and safely participate in the listed sports. I understand that this is solely a screening examination and that the absence of any health conditions or concerns listed below does not mean that student is free from actual or potential harmful health conditions that may cause the student injury or death while participating in sports. Any question or concern I may have regarding the student's health or safety will be referred to our personal physician or health care provider for review and evaluation.																																																																																																																																																									
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REGULAR PHYSICIAN'S NAME				OFFICE PHONE																																																																																																																																																					

PART 2 (TO BE COMPLETED BY THE EXAMINING

PHYSICIAN/PHYSICIAN'S ASSISTANT/NURSE PRACTITIONER)			
	NORMAL	ABNORMAL (Describe)	
Eyes/Ears/Nose/Throat			Height:
Skin			Weight:
Heart			Pulse: After Ex:
Abdomen			BP:
Genital/hernia (males)			<u>Recommendation:</u> ☐ Unlimited participation ☐ Limited participation/specific sports, events or activities ☐ Clearance withheld pending further testing/evaluation ☐ No athletic participation <i>One of the above <u>MUST</u> be checked.</i>
Musculoskeletal:			
a. Neck/Spine/Shoulders/Back			
b. Arms/Hands/Fingers			
c. Hips/Thighs/Knees/Legs			
d. Feet/Ankles			
Neurologic Screening Exam (NSE)			
Comments:			
PRINT NAME OF PHYSICIAN (M.D., D.O., P.A. or N.P. only)		PHYSICIAN'S SIGNATURE	DATE