

MIDDLE AND HIGH SCHOOL PHYSICAL/ATHLETIC PHYSICAL EXAMINATION

ARTICLE VII 36.14 (1) PHYSICAL EXAMINATION. Every year each student shall present to the student's superintendent a certificate signed by a licensed physician and surgeon, osteopathic physician and surgeon, osteopath, advanced registered nurse practitioner (ARNP), physician assistant or qualified doctor of chiropractic, to the effect that the student has been examined and may safely engage in athletic competition or participate in physical education programs.

This certificate of physical examination is valid for the purposes of this rule for one (1) calendar year. A grace period, not to exceed thirty (30) days, is allowed for expired certifications of physical examination.

Name _____ Male _____ Female _____ Birth Date _____ Grade _____

School _____ Home Address _____ Zip Code _____ Phone # _____

HEALTH HISTORY:

| | YES | NO | Has this student had any? | | YES | NO | Has this student had any? |
|-----|-----|-----|---|-----|------------|-----------|--|
| 1. | ___ | ___ | Chronic or recurrent illness or injury? | 16. | ___ | ___ | Asthma? |
| 2. | ___ | ___ | Any illnesses lasting more than one week? | 17. | ___ | ___ | Epilepsy or other seizures? |
| 3. | ___ | ___ | Rheumatic fever, mononucleosis? | 18. | ___ | ___ | Diabetes? |
| 4. | ___ | ___ | Hospitalizations (overnight or longer)? | 19. | ___ | ___ | Eyeglasses or contact lenses? |
| 5. | ___ | ___ | Surgery, other than tonsillectomy? | 20. | ___ | ___ | Dental braces, bridges, plates? |
| 6. | ___ | ___ | Missing organs (eye, kidney, testicles)? | | | | |
| 7. | ___ | ___ | Allergy to medicine, insects, food? | | | | |
| 8. | ___ | ___ | Seasonal allergies (hay fever) | | YES | NO | Is there a history of? |
| 9. | ___ | ___ | Problems with heart, blood pressure, cholesterol? | 21. | ___ | ___ | Injuries requiring medical treatment? |
| 10. | ___ | ___ | Racing of your heart or skipped heart beats? | 22. | ___ | ___ | Neck injury? |
| 11. | ___ | ___ | Chest pain with exercise? | 23. | ___ | ___ | Knee injury? |
| 12. | ___ | ___ | Frequent headaches, convulsions, dizziness, fainting? | 24. | ___ | ___ | Knee surgery? |
| 13. | ___ | ___ | Dizziness or fainting with exercise? | 25. | ___ | ___ | Ankle injury? |
| 14. | ___ | ___ | Concussion, unconsciousness, extremity numbness? | 26. | ___ | ___ | Broken bones (fractures)? |
| 15. | ___ | ___ | Heat exhaustion, heat stroke, or other heat related problems? | 27. | ___ | ___ | Other serious joint injuries? |
| | | | | 28. | ___ | ___ | Use of protective equipment or braces? |

FURTHER HISTORY:

29. ___ ___ Is there a history of family or genetic disease?

30. ___ ___ Has any family member died suddenly at less than 40 years of age of causes other than an accident?

31. ___ ___ Has any family member had a heart attack at less than 55 years of age?

32. ___ ___ Are you uncomfortably short of breath after running 1/2 mile (2 times around a track) without stopping?

33. ___ ___ List all medications you are presently taking, including asthma inhalers, and the condition the medication is for:

34. What is the most and least you have weighed in the past year? Most _____ Least _____

FOR WOMEN ONLY:

How old were you when you had your first menstrual period? _____ In the past year, what is the longest you have gone between menstrual periods? _____

Use this space to explain any of the above numbered YES answers or to provide additional information: _____

PARENT'S OR GUARDIAN'S PERMISSION AND RELEASE: I hereby give my consent to the above named student to engage in approved athletic activities as a representative of his/her school, except those activities indicated on the back by the licensed professional. I also give my permission for the team's physician, athletic trainer, other qualified personnel to give first aid treatment to my son/daughter at an athletic event in case of injury.

Typed or printed Name of Parent or Guardian

Signature of Parent or Guardian

Date

Signature of Student Athlete

Date

Name _____ Grade _____ Birthdate _____

PHYSICAL EXAMINATION RECORD (To be completed by a licensed professional as designed in Article VII 36.14 (1).

IMMUNIZATION RECORD (month/date/year)

| | | | | | |
|--------------|-------|-------|---------|--|--|
| Diphtheria | | | | | |
| Pertussis | | | | | |
| Tetanus | | | | | |
| Polio | | | | | |
| Measles | | | | | |
| Mumps | | | | | |
| Rubella | | | | | |
| Chicken Pox | | | | | |
| Hep A | | | | | |
| Hep B | | | | | |
| TB Screening | Date: | Type: | Result: | | |

Height _____ Weight _____ Temp _____ Pulse _____ Resp _____ Blood Pressure _____

Vision R 20/ _____ L 20/ _____ Hemoglobin (optional) _____ UA (optional) _____ Other _____

| | NORMAL | ABNORMAL FINDINGS | INITIALS |
|--|--------|-------------------|----------|
| Appearance (esp. Marfan's) | | | |
| Nutrition | | | |
| Development | | | |
| Hair and Scalp | | | |
| Eyes/Ears/Nose/Throat | | | |
| Mouth & Teeth | | | |
| Neck | | | |
| Lymph Nodes | | | |
| Thyroid | | | |
| Heart (standing and lying) | | | |
| Pulses (esp femoral) | | | |
| Chest and Lungs | | | |
| Abdomen | | | |
| Skin | | | |
| Genitals-Hernia | | | |
| Musculoskeletal- ROM, strength etc. (see questions 21-28) | | | |
| Speech Defect | | | |
| Neurological | | | |

Comments regarding abnormal findings: _____

PHYSICAL EDUCATION PROGRAM/ATHLETIC PARTICIPATION RECOMMENDATION:

_____ Full and Unlimited Participation

_____ Limited Participation. **MAY NOT** participate in: _____

_____ Clearance pending documented follow up of: _____

_____ **NOT CLEARED FOR ATHLETIC PARTICIPATION** (reason) _____

Licensed Professional's Name (PRINTED)

Date of Examination

Licensed Professional's Signature

Phone Number

Fax Number

*Note: Physicals must be completed by a licensed physician or surgeon, a qualified doctor of chiropractic, a qualified physicians assistant or advanced registered nurse practitioner.