



Ohio High School Athletic Association Preparticipation Physical Evaluation



DATE OF EXAM: _____

Name _____ Sex _____ Age _____ Date of Birth _____
 Grade _____ School _____ Sport(s) _____
 Address _____ Phone _____
 Personal Physician _____
 In case of emergency, contact: Name _____ Relationship _____
 Phone (H) _____ (W) _____ (Cell) _____ (Cell) _____

History

This section is to be carefully completed by the student and his/her parent(s) or legal guardian(s) before participation in interscholastic athletics in order to help detect possible risks.

Explain "YES" answers in the space provided. Circle questions you don't know the answer to.

1. Has a doctor ever denied or restricted your participation in sports for any reason? Yes No
2. Do you have an ongoing medical condition (like diabetes or asthma)? Yes No
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills? Yes No
4. Do you have allergies to medicines, pollens, foods, or stinging insects? Yes No
5. Do you think you are in good health? Yes No
6. Have you ever passed out or nearly passed out DURING exercise? Yes No
7. Have you ever passed out or nearly passed out AFTER exercise? Yes No
8. Have you ever had discomfort, pain, or pressure in your chest during exercise? Yes No
9. Does your heart race or skip beats during exercise? Yes No
10. Has a doctor ever told you that you have (check all that apply):
 High Blood Pressure A heart murmur
 High Cholesterol A heart infection
11. Has a doctor ever ordered a test for your heart? (for example, ECG, echocardiogram) Yes No
12. Has anyone in your family died for no apparent reason? Yes No
13. Does anyone in your family have a heart problem? Yes No
14. Has any family member or relative died of heart problems or of sudden death before age 50? Yes No
15. Does anyone in your family have Marfan syndrome? Yes No
16. Have you ever spent the night in a hospital? Yes No
17. Have you ever had surgery? Yes No
18. 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:

| | | | | | | | |
|------------|------------|----------|-----------|-------|-----------|----------------|-------------|
| Head | Neck | Shoulder | Upper Arm | Elbow | Forearm | Hand / Fingers | Chest |
| Upper back | Lower back | Hip | Thigh | Knee | Calf/shin | Ankle | Foot / Toes |
19. Have you had any broken or fractured bones or dislocated joints? If yes, circle below: Yes No
20. 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: Yes No
21. Have you ever had a stress fracture? Yes No
22. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability? Yes No
23. Do you regularly use a brace or assistive device? Yes No
24. Has a doctor ever told you that you have asthma or allergies? Yes No

25. Do you cough, wheeze, or have difficulty breathing during or after exercise? Yes No
26. Is there anyone in your family who has asthma? Yes No
27. Have you ever used an inhaler or taken asthma medicine? Yes No
28. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ? Yes No
29. Have you had infectious mononucleosis (mono) within the last month? Yes No
30. Do you have any rashes, pressure sores, or other skin problems? Yes No
31. Have you had a herpes skin infection? Yes No
32. Have you ever had a head injury or concussion? Yes No
33. Have you been hit in the head and been confused or lost your memory? Yes No
34. Have you ever had a seizure? Yes No
35. Do you have headaches with exercise? Yes No
36. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? Yes No
37. Have you ever been unable to move your arms or legs after being hit or falling? Yes No
38. When exercising in the heat, do you have severe muscle cramps or become ill? Yes No
39. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease? Yes No
40. Have you had any problems with your eyes or vision? Yes No
41. Do you wear glasses or contact lenses? Yes No
42. Do you wear protective eyewear, such as goggles or a face shield? Yes No
43. Are you happy with your weight? Yes No
44. Are you trying to gain or lose weight? Yes No
45. Has anyone recommended you change your weight or eating habits? Yes No
46. Do you limit or carefully control what you eat? Yes No
47. Do you have any concerns that you would like to discuss with a doctor? Yes No

FEMALES ONLY

48. Have you ever had a menstrual period? Yes No
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: (Attach additional sheets as needed)

I (we) hereby state, to the best of my (our) knowledge, my (our) answers to the above questions are complete and correct.

Signature: _____ Athlete Signature: _____ Parent or Guardian (If athlete is under 18) Date: _____

The student has family insurance Yes No; If yes, family insurance company name and policy number: _____

NOTE: CONSENT AND HIPAA RELEASE FORMS THAT MUST BE SIGNED BY BOTH THE PARENT AND THE STUDENT ARE ON A SEPARATE SHEET.
NOTE: HISTORY AND ALL CONSENT FORMS MUST BE COMPLETED PRIOR TO PHYSICAL EXAMINATION

Physical Examination Form

The section below is to be completed by physician or staff after history and consent forms are completed.

| | |
|---|--|
| Students Name _____ | Birth Date _____ |
| Height _____ Weight _____ % Body Fat (optional) _____ | Pulse _____ BP _____ / _____, _____ / _____, _____ / _____ |
| Vision R 20/ _____ L 20/ _____ | Corrected: Y N Pupils: Equal _____ Unequal _____ |

Follow-Up Questions on More Sensitive Issues (Optional)

1. Do you feel stressed out or under a lot of pressure?
2. Do you ever feel so sad or hopeless that you stop doing some of your usual activities for more than a few days?
3. Do you feel safe?
4. Have you ever tried cigarette smoking, even 1 or 2 puffs? Do you currently smoke?
5. During the past 30 days, did you use chewing tobacco, snuff, or dip?
6. During the past 30 days, have you had at least 1 drink of alcohol?
7. Have you ever taken steroid pills or shots without a doctor's prescription?
8. Have you ever taken any supplements to help you gain or lose weight or improve your performance?
9. Questions from the Youth Risk Behavior Survey (<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>) on guns, seatbelts, unprotected sex, domestic violence, drugs, etc.

Notes: _____

| MEDICAL | Normal | Abnormal findings | Initials* |
|------------------------|--------|-------------------|-----------|
| Appearance | | | |
| Eyes/ears/nose/throat | | | |
| Hearing | | | |
| Lymph nodes | | | |
| Heart | | | |
| Murmurs | | | |
| Pulses | | | |
| Lungs | | | |
| Abdomen | | | |
| Genitalia (males only) | | | |
| Skin | | | |
| MUSCULOSKELETAL | | | |
| Neck | | | |
| Back | | | |
| Shoulder/arm | | | |
| Elbow/forearm | | | |
| Wrist/hand/fingers | | | |
| Hip/thigh | | | |
| Knee | | | |
| Leg/ankle | | | |
| Foot/toes | | | |

*Multiple-examiner set-up only.

Notes: _____

Clearance

- Cleared without restriction
 Cleared, with recommendations for further evaluation or treatment for: _____

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

Recommendations: _____

Emergency Information:

Allergies: _____

Other Information: _____

Name of Physician: (print/type/stamp) _____ (M.D., D.O., D.C.) Date: _____

If the Physician's Assistant (P.A.) or Advanced Nurse Practitioner (A.N.P.) performed the exam, name and address of collaborating physician or physician group:

Address: _____ Phone: _____

Signature of Physician: _____