

ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMINATION

Article VII 36.14(1) Physical Exam. Every year each student shall present to the student's superintendent a certificate signed by a licensed physician and surgeon, osteopathic physician and surgeon or osteopath, qualified chiropractor, physician's assistant, or advanced registered nurse practitioner to the effect that the student has been examined and may safely engage in athletic competition.

The certificate of physical examination is valid for the purpose of this rule for one calendar year. A grace period not to exceed thirty days is allowed for expired certifications of physical examination.

QUESTIONNAIRE FOR ATHLETIC PARTICIPATION (Please Print)

NAME _____ MALE _____ FEMALE _____ DATE OF BIRTH _____ GRADE _____

HOME ADDRESS _____ PHONE # _____

PARENT'S NAME _____ FAMILY PHYSICIAN _____

_____ Date

_____ Signature of Student

HEALTH HISTORY (Student Athlete or Parent/Guardian to Fill Out #1 - 31 Before Exam) (Parent/Guardian is Required to Sign on Back of the Form After Examination.)

- | Yes | No | Has This Student Had Any? | Yes | No | Has This Student Had Any? |
|-----------|-------|--|-----------|-------|--|
| 1. _____ | _____ | Chronic or recurrent illness? | 14. _____ | _____ | Asthma? |
| 2. _____ | _____ | Hospitalizations? | 15. _____ | _____ | Epilepsy? |
| 3. _____ | _____ | Surgery, other than tonsillectomy? | 16. _____ | _____ | Diabetes? |
| 4. _____ | _____ | Missing organs (eye, kidney, testicle)? | 17. _____ | _____ | Eyeglasses or contact lenses? |
| 5. _____ | _____ | Allergy to medications? | 18. _____ | _____ | Dental braces, bridges, plates? |
| 6. _____ | _____ | Problems with heart or blood pressure? | | | |
| 7. _____ | _____ | Chest pain with exercise? | | | |
| 8. _____ | _____ | Dizziness or fainting with exercise? | 19. _____ | _____ | Is there a history of?
Injuries requiring medical treatment? |
| 9. _____ | _____ | Frequent headaches, convulsions,
dizziness or fainting? | 20. _____ | _____ | Neck injury? |
| 10. _____ | _____ | Concussion or unconsciousness? | 21. _____ | _____ | Knee injury? |
| 11. _____ | _____ | Heat exhaustion, heat stroke, or
other heat problems? | 22. _____ | _____ | Knee surgery? |
| 12. _____ | _____ | Any illness lasting over a week? | 23. _____ | _____ | Ankle injury? |
| 13. _____ | _____ | Rheumatic fever? | 24. _____ | _____ | Other serious joint injury? |
| | | | 25. _____ | _____ | Broken bones (fractures)? |

Yes No Further history:

26. _____ Is there any history of family or genetic disease?
27. _____ Has any family member died suddenly at less than 40 years of age of causes other than an accident?
28. _____ Has any family member had a heart attack at less than 55 years of age?
29. _____ Are you uncomfortably short of breath after running 1/2 mile (2 times around the track) without stopping?
30. List all medications you are presently taking and what condition the medication is for.

A.
B.
C.

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

Date of last known tetanus (lockjaw) shot: _____

FOR WOMEN ONLY:

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

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

PHYSICAL EXAMINATION RECORD (To Be Filled Out by Licensed Professional)

This evaluation is only to determine readiness for sports participation. It should not be used as a substitute for regular health maintenance examinations.

Name _____ Height _____ Weight _____

Pulse _____ Blood Pressure _____ Hemoglobin (Optional) _____ UA (Optional) _____

	Normal	Abnormal Findings	Initials
1. Eyes			
2. Ears, Nose and Throat			
3. Mouth and Teeth			
4. Neck			
5. Cardiovascular			
6. Chest and Lungs			
7. Abdomen			
8. Skin			
9. Genitals-Hernia			
10. Musculoskeletal: ROM, strength, etc.			
11. Neurological			

Comments re Abnormal Findings: _____

Participation Recommendations

_____ Full and Unlimited Participation

_____ Limited Participation - May not participate in the following (checked):

_____ Baseball _____ Basketball _____ Cross Country _____ Football _____ Golf _____ Soccer
 _____ Softball _____ Swimming _____ Tennis _____ Track _____ Volleyball _____ Wrestling

_____ Clearance Pending Documented Follow Up Of _____

_____ No Athletic Participation

 Licensed Professional's Name (Printed)

 Date

 Signature

 Phone

Parent's or Guardian's Permission and Release

I hereby give my consent for the above student to engage in approved athletic activities as a representative of his/her school, except those indicated above by the licensed professional. I also give my permission for the team physician, athletic trainer, or other qualified personnel to give first aid treatment to this student at an athletic event in case of injury.

 Typed or Printed Name of Parent or Guardian

 Signature of Parent or Guardian

 Address

 Phone

 Date

This form has been developed with the assistance of the Committee on Sports Medicine of the Iowa Medical Society and has been approved for use by the Iowa Department of Education, Iowa High School Athletic Association, and Iowa Girls' High School Athletic Union.