

STUDENT NAME (LAST, FIRST) _____
SPORT(S): _____

DOB _____ GRADE(2018-19): _____ School: _____
GENDER: (MALE/FEMALE)

PREPARTICIPATION PHYSICAL EVALUATION-MEDICAL HISTORY

PREPARTICIPATION PHYSICAL EVALUATION- PHYSICAL EXAMINATION

Please answer each question by circling "YES" or "NO".

As a minimum requirement, this Physical Examination Form must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It must be completed if there are yes answers to specific questions on the students Medical History Form. The PISD requires annual completion of this form.

- 1. Have you had a medical illness or injury since your last check up or sports physical? YES NO
 - 2. Have you been hospitalized overnight in the past year? YES NO
Have you ever had surgery? YES NO
 - 3. Have you ever passed out during or after exercise? YES NO
Have you ever had chest pain during or after exercise? YES NO
Do you get tired more quickly than your friends do during exercise? YES NO
Have you ever had racing of your heart or skipped heartbeats? YES NO
Have you had high blood pressure or high cholesterol? YES NO
Have you ever been told you have a heart murmur? YES NO
Has any family member or relative died of heart problems or of sudden unexpected death before age 50? YES NO
Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy(Brugada syndrome,etc), Marfan's syndrome, or abnormal heart rhythm)? YES NO
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? YES NO
Has a physician ever denied or restricted your participation in sports for any heart problems? YES NO
 - 4. Have you ever had a head injury or concussion? YES NO
Have you ever been knocked out, become unconscious, or lost your memory? YES NO
If yes, how many times? _____ When was the last concussion? _____
How severe was each one? (Explain below)
Have you ever had a seizure? YES NO
Do you have frequent or severe headaches? YES NO
Have you ever had numbness or tingling in your arms, hands, legs, or feet? YES NO
Have you ever had a stinger, burner, or pinched nerve? YES NO
 - 5. Are you missing any paired organs? YES NO
 - 6. Are you under a doctor's care? YES NO
 - 7. Are you currently taking any prescription or non-prescription (over the counter) medication or pills or using an inhaler? YES NO
 - 8. Do you have allergies(to pollen, medicine, food, or stinging insects)? YES NO
 - 9. Have you ever been dizzy during or after exercise? YES NO
 - 10. Do you have any current skin problems(itching, rashes,acne,warts fungus, or blisters)? YES NO
 - 11. Have you ever become ill from exercising in the heat? YES NO
 - 12. Have you had any problems with your eyes or vision? YES NO
 - 13. Have you ever gotten unexpectedly short of breath with exercise? YES NO
Do you have asthma? YES NO
Do you have seasonal allergies that require medical treatment? YES NO
 - 14. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? YES NO
 - 15. Have you ever had a sprain, strain, or swelling after injury? YES NO
Have you broken or fractured any bones or dislocated any joints? YES NO
Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? YES NO
- If yes, check appropriate box and explain below.
____ Head ____ Elbow ____ Hip ____ Neck ____ Forearm ____ Thigh ____ Back
____ Wrist ____ Knee ____ Chest ____ Hand ____ Shin/Calf ____ Shoulder
____ Finger ____ Ankle ____ Upper Arm ____ Foot
- 16. Do you want to weigh more or less than you do now? YES NO
Do you lose weight regularly to meet weight requirements for your sport? YES NO
 - 17. Do you feel stressed out? YES NO
 - 18. Have you ever been diagnosed with or treated for sickle cell trait or Sickle cell disease? YES NO

Height _____ Weight _____ %Body Fat _____ Pulse _____ BP _____/_____
(_____/_____/_____)
Vision R 20/____ L 20/____ Corrected: Y N Pupils: Equal _____
Unequal _____

MEDICAL	NORMAL	ABNORMAL FINDINGS	INITIALS
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position			
Heart-Auscultation of the heart in the standing position			
Heart-Lower extremity pulse			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's Stigmata			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

CLEARANCE (Please check one)

Cleared (No restrictions)

Cleared **after** completing evaluation/rehabilitation for: _____

Not cleared for: _____
Reason: _____

Recommendations: _____

Females Only

97. When was your first menstrual period? _____
When was your most recent menstrual period? _____
How much time do you usually have from the start of one period to the start of another? _____
How many periods have you had in the last year? _____
What was the longest time between periods in the last year? _____

***Explain "Yes" answers here:** A "yes" on questions 1, 2, 3, 4, 5, or 6 requires a further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches)

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of physician Assistant, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner will not be accepted.

Any Yes answer to questions 1,2,3,4,5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches. THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.

Physician Name (print/type): _____
Address: _____
Phone Number: _____
Physician Signature: _____
Date: _____

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.
If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.
If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

FOR SCHOOL USE ONLY:
This medical history form was reviewed by:

Printed Name: _____
Signature: _____ **Date:** _____

Student Signature _____
Parent Signature: _____

Online Forms Instructions

Parents:

You need to navigate to the PISD website www.prosper-isd.net to complete and sign the following forms for your child to participate in athletics:

- PISD Handbook and UIL Steroid Form
- Parent Consent and UIL Eligibility Form
- UIL Concussion Form
- UIL Cardiac Awareness Form

Once you are at the website, www.prosper-isd.net

1. Click on Departments
Then
 2. Click on Athletics
 3. Click on PHYSICAL FORMS on the left
 4. The link on that page will take you to RANK ONE. Follow the instructions to complete the electronic forms.
- You must also complete the Pre-participation Physical Evaluation Medical History form(left side)on the back side of this sheet and then take the form to your doctor to have the Pre-participation Physical Evaluation-Physical Exam(right side) completed by that doctor.
 - Once this form is completed please have your student turn it in to the Athletic Trainers for the high schools or their Coach at the Middle School.
 - **Once you have completed the online forms, and this form is completed(both sides) and turned in to the Athletic Trainers/Middle School Coach, then your child will be eligible to participate in athletics (this includes practices during, before, after school, and offseason).**