



Preparticipation Physical Evaluation (Page 1 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2. This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-submitted.

Part 1. Student Information (to be completed by student or parent)

Student's Name: _____ Sex: _____ Age: _____ Date of Birth: ____/____/____
School: _____ Grade in School: _____ Sport(s): _____
Home Address: _____ Home Phone: (____) _____
Name of Parent/Guardian: _____ E-mail: _____
Person to Contact in Case of Emergency: _____
Relationship to Student: _____ Home Phone: (____) _____ Work Phone: (____) _____ Cell Phone: (____) _____
Personal/Family Physician: _____ City/State: _____ Office Phone: (____) _____

Part 2. Medical History (to be completed by student or parent). Explain "yes" answers below. Circle questions you don't know answers to.

- 1. Have you had a medical illness or injury since your last check up or sports physical? Yes No
2. Do you have an ongoing chronic illness? Yes No
3. Have you ever been hospitalized overnight? Yes No
4. Have you ever had surgery? Yes No
5. Are you currently taking any prescription or non-prescription (over-the-counter) medications or pills or using an inhaler? Yes No
6. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance? Yes No
7. Do you have any allergies (for example, pollen, latex, medicine, food or stinging insects)? Yes No
8. Have you ever had a rash or hives develop during or after exercise? Yes No
9. Have you ever passed out during or after exercise? Yes No
10. Have you ever been dizzy during or after exercise? Yes No
11. Have you ever had chest pain during or after exercise? Yes No
12. Do you get tired more quickly than your friends do during exercise? Yes No
13. Have you ever had racing of your heart or skipped heartbeats? Yes No
14. Have you had high blood pressure or high cholesterol? Yes No
15. Have you ever been told you have a heart murmur? Yes No
16. Has any family member or relative died of heart problems or sudden death before age 50? Yes No
17. Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? Yes No
18. Has a physician ever denied or restricted your participation in sports for any heart problems? Yes No
19. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, blisters or pressure sores)? Yes No
20. Have you ever had a head injury or concussion? Yes No
21. Have you ever been knocked out, become unconscious or lost your memory? Yes No
22. Have you ever had a seizure? Yes No
23. Do you have frequent or severe headaches? Yes No
24. Have you ever had numbness or tingling in your arms, hands, legs or feet? Yes No
25. Have you ever had a stinger, burner or pinched nerve? Yes No
26. Have you ever become ill from exercising in the heat? Yes No
27. Do you cough, wheeze or have trouble breathing during or after activity? Yes No
28. Do you have asthma? Yes No
29. Do you have seasonal allergies that require medical treatment? Yes No
30. Do you use any special protective or corrective equipment or medical devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, shunt, retainer on your teeth or hearing aid)? Yes No
31. Have you had any problems with your eyes or vision? Yes No
32. Do you wear glasses, contacts or protective eyewear? Yes No
33. Have you ever had a sprain, strain or swelling after injury? Yes No
34. Have you broken or fractured any bones or dislocated any joints? Yes No
35. Have you had any other problems with pain or swelling in muscles, tendons, bones or joints? Yes No
If yes, check appropriate blank and explain below:
Head Elbow Hip
Neck Forearm Thigh
Back Wrist Knee
Chest Hand Shin/Calf
Shoulder Finger Ankle
Upper Arm Foot
36. Do you want to weigh more or less than you do now? Yes No
37. Do you lose weight regularly to meet weight requirements for your sport? Yes No
38. Do you feel stressed out? Yes No
39. Have you ever been diagnosed with sickle cell anemia? Yes No
40. Have you ever been diagnosed with having the sickle cell trait? Yes No
41. Record the dates of your most recent immunizations (shots) for:
Tetanus: _____ Measles: _____
Hepatitis B: _____ Chickenpox: _____
FEMALES ONLY (optional)
42. When was your first menstrual period? _____
43. When was your most recent menstrual period? _____
44. How much time do you usually have from the start of one period to the start of another? _____
45. How many periods have you had in the last year? _____
46. What was the longest time between periods in the last year? _____

Explain "Yes" answers here: _____

We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine medical evaluation required by s.1006.20, Florida Statutes, and FHSAA Bylaw 9.7, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (EKG), echocardiogram (ECG) and/or cardio stress test.

Signature of Student: _____ Date: ____/____/____ Signature of Parent/Guardian: _____ Date: ____/____/____



Preparticipation Physical Evaluation (Page 2 of 3)

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Part 3. Physical Examination (to be completed by licensed physician, licensed osteopathic physician, licensed chiropractic physician, licensed physician assistant or certified advanced registered nurse practitioner).

Student's Name: _____ Date of Birth: ____/____/____
 Height: _____ Weight: _____ % Body Fat (optional): _____ Pulse: _____ Blood Pressure: ____/____ (____/____, ____/____)
 Temperature: _____ Hearing: right: P ____ F ____ left: P ____ F ____
 Visual Acuity: Right 20/____ Left 20/____ Corrected: Yes No Pupils: Equal Unequal

FINDINGS	NORMAL	ABNORMAL FINDINGS	INITIALS*
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MEDICAL

- | | | | |
|---------------------------|-------|-------|-------|
| 1. Appearance | _____ | _____ | _____ |
| 2. Eyes/Ears/Nose/Throat | _____ | _____ | _____ |
| 3. Lymph Nodes | _____ | _____ | _____ |
| 4. Heart | _____ | _____ | _____ |
| 5. Pulses | _____ | _____ | _____ |
| 6. Lungs | _____ | _____ | _____ |
| 7. Abdomen | _____ | _____ | _____ |
| 8. Genitalia (males only) | _____ | _____ | _____ |
| 9. Skin | _____ | _____ | _____ |

MUSCULOSKELETAL

- | | | | |
|-------------------|-------|-------|-------|
| 10. Neck | _____ | _____ | _____ |
| 11. Back | _____ | _____ | _____ |
| 12. Shoulder/Arm | _____ | _____ | _____ |
| 13. Elbow/Forearm | _____ | _____ | _____ |
| 14. Wrist/Hand | _____ | _____ | _____ |
| 15. Hip/Thigh | _____ | _____ | _____ |
| 16. Knee | _____ | _____ | _____ |
| 17. Leg/Ankle | _____ | _____ | _____ |
| 18. Foot | _____ | _____ | _____ |

* - station-based examination only

ASSESSMENT OF EXAMINING PHYSICIAN/PHYSICIAN ASSISTANT/NURSE PRACTITIONER

I hereby certify that each examination listed above was performed by myself or an individual under my direct supervision with the following conclusion(s):

____ Cleared without limitation
 ____ Disability: _____ Diagnosis: _____
 ____ Precautions: _____
 ____ Not cleared for: _____ Reason: _____
 ____ Cleared after completing evaluation/rehabilitation for: _____
 ____ Referred to _____ For: _____

Recommendations: _____

Name of Physician/Physician Assistant/Nurse Practitioner (print): _____ Date: ____/____/____

Address: _____

Signature of Physician/Physician Assistant/Nurse Practitioner: _____



Florida High School Athletic Association

Preparticipation Physical Evaluation (Page 3 of 3)

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Student's Name: _____

ASSESSMENT OF PHYSICIAN TO WHOM REFERRED (if applicable)

I hereby certify that the examination(s) for which referred was/were performed by myself or an individual under my direct supervision with the following conclusion(s):

Cleared without limitation

Disability: _____ Diagnosis: _____

Precautions: _____

Not cleared for: _____ Reason: _____

Cleared after completing evaluation/rehabilitation for: _____

Recommendations: _____

Name of Physician (print): _____ Date: ____/____/____

Address: _____

Signature of Physician: _____

Based on recommendations developed by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine and American Osteopathic Academy for Sports Medicine.