**Form E IOWA ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMINATION**

**ARTICLE VII 36.14(1) PHYSICAL EXAMINATION. Every year each student (grades 7-12) 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’s assistant or qualified doctor of chiropractic, to the effect that the student has been examined and may safely engage in athletic competition. 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.**

**QUESTIONNAIRE FOR ATHLETIC PARTICIPATION (Please type or neatly print this information)**

Student’s Name \_ \_ Male \_ Female Date of Birth Grade \_

Home Address \_ \_

Phone # \_ \_

Parent’s/Guardian’s Name \_ \_

Date

Family Physician \_ \_

Phone #

**HEALTH HISTORY (The following questions should be completed by the student-athlete with the assistance of a parent or guardian. A parent or guardian is required to sign on the other side of this form after the examination.)**

**Yes No Does this student have / ever had?**

 1. \_ \_ Allergies to medication, pollen, stinging

insects, food, etc.?

 2. \_ \_ Any illness lasting more than one (1) week?

 3. \_ \_ Asthma or difficulty breathing during exercise?

 4. \_ \_ Chronic or recurrent illness or injury?

 5. \_ \_ Diabetes?

 6. \_ \_ Epilepsy or other seizures?

 7. \_ \_ Eyeglasses or contacts?

 8. \_ \_ Herpes or MRSA?

 9. \_ \_ Hospitalizations (Overnight or longer)?

 10. \_ \_ Marfan Syndrome?

 11. \_ \_ Missing organ (eye, kidney, testicle)?

 12. \_ \_ Mononucleosis or Rheumatic fever?

 13. \_ \_ Seizures or frequent headaches?

 14. \_ \_ Surgery?

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

15. \_ \_ Chest pressure, pain, or tightness with exercise?

16. \_ \_ Excessive shortness of breath with exercise?

17. \_ \_ Headaches, dizziness or fainting during, or after, exercise?

18. \_ \_ Heart problems (Racing, skipped beats,

murmur, infection, etc.?)

19. \_ \_ High blood pressure or high cholesterol?

**Yes No Family History:**

**Yes No Does this student have / ever had?**

20. \_ \_ Head injury, concussion, unconsciousness?

21. \_ \_ Headache, memory loss, or confusion with contact?

22. \_ \_ Numbness, tingling or weakness in arms or

legs with contact?

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

23. \_ \_ Severe muscle cramps or illness when

exercising in the heat?

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

24. \_ \_ Fracture, stress fracture or dislocated

joint(s)?

25. \_ \_ Injuries requiring medical treatment?

26. \_ \_ Knee injury or surgery?

27. \_ \_ Neck injury?

28. \_ \_ Orthotics, braces, protective equipment?

29. \_ \_ Other serious joint injury?

30. \_ \_ Painful bulge or hernia in the groin area?

31. \_ \_ X-rays, MRI, CT scan, physical therapy?

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

**32. \_ \_ Has a doctor ever denied or restricted your participation in sports for any**

**reason?**

**33. \_ \_ Do you have any concerns you would like to discuss with your health care**

**provider?**

 34. \_ \_ Does anyone in your family have Marfan syndrome?

 35. \_ \_ Has anyone in your family died of heart problems or any unexpected/unexplained reason before the age of 50?

 36. \_ \_ Does anyone in your family have a heart problem, pacemaker or implanted defibrillator?

 37. \_ \_ Has anyone in your family had unexplained fainting, seizures, or near drowning?

 38. \_ \_ Does anyone your family have asthma?

Use this space to explain any **“YES”** answers from above (questions #1-35) or **to provide any additional information**:

 \_ \_ \_ \_ \_

 \_ \_ \_ \_ \_

 \_ \_ \_ \_ \_

 39. Are you allergic to any prescription or over-the-counter medications? If yes, list:

 40. List all medications you are presently taking (including asthma inhalers & EpiPens) and the condition the medication is for:

 A. \_ \_ \_ B. \_ \_ C.

 41. Year of last known vaccination: Tetanus: \_ Meningitis:

Influenza:

 42. What is the most and least you have weighed in the past year? **Most**  \_ **Least**  \_

 43. Are you happy with your current weight? **Yes**  \_\_ **No**  **If no**, how many pounds would you like to lose or gain?

Lose \_ \_ Gain

 **FOR FEMALES ONLY:**

 1. How old were you when you had your first menstrual period? \_ \_

 2. How many periods have you had in the last 12 months? \_ \_

Page 1 of 2, Physical Examination Record & Parent’s/Guardian’s Release is on the reverse side

 **PHYSICAL EXAMINATION RECORD** (To be completed by a licensed medical professional as designated in Article VII

 36.14(1). **This evaluation is only to determine readiness for sports participation. It should NOT be used as a substitute for**

 **regular health maintenance examinations.**

 Athlete’s Name \_ \_ Height Weight

 Pulse \_ Blood Pressure \_/\_ \_ (Repeat, if abnormal / ) Vision R 20/ L 20/

**NORMAL ABNORMAL FINDINGS INITIALS**

1. Appearance (esp. Marfan’s ) \_

2. Eyes/Ears/Nose/Throat

3. Pupil Size (Equal/Unequal)

4. Mouth & Teeth

5. Neck

6. Lymph Nodes

7. Heart (Standing & Lying)

8. Pulses (esp. femoral)

9. Chest & Lungs

 10. Abdomen

 11. Skin

 12. Genitals - Hernia

 13. Musculoskeletal - ROM, strength, etc. (See questions 23-27)

\_ \_

\_ \_ \_

\_ \_ \_

\_ \_ \_

\_ \_ \_

\_ \_ \_

\_ \_ \_

\_ \_ \_

\_ \_ \_

\_ \_ \_

\_ \_ \_

\_ \_ \_

\_ \_ \_

 14. Neurological

 \_ \_ \_

**Comments regarding abnormal findings:**

**LICENSED MEDICAL PROFESSIONAL’S ATHLETIC PARTICIPATION RECOMMENDATIONS**

 \_ **FULL & UNLIMITED PARTICIPATION**

 \_ **LIMITED PARTICIPATION** - May **NOT** participate in the following (checked):

 \_ Baseball \_ \_ Basketball \_ \_ Bowling \_ Cross Country \_ Football Golf Soccer

 \_ Softball Swimming \_ Tennis \_ Track Volleyball Wrestling

 \_ **CLEARANCE PENDING DOCUMENTED FOLLOW UP OF** \_

 \_ **NOT CLEARED FOR ATHLETIC PARTICIPATION DUE TO**

 \_ \_ \_

 \_ \_

 **Licensed Medical Professional’s Name** (Printed) **Date**

 \_ \_ \_ \_ \_ \_

 **Licensed Medical Professional’s Signature Phone**

**PARENT’S OR GUARDIAN’S PERMISSION AND RELEASE**

 I hereby **verify** the accuracy of the information on the opposite side of this form and **give my consent** for the above named student to engage in approved athletic activities as a representative of his/her school, except those activities indicated above by the licensed professional. I also **give my**

**permission** for the team’s physician, certified athletic trainer, or other qualified personnel to give first aid treatment to my son or daughter at an athletic

event in case of injury.

 \_ \_ \_ \_ Name of Parent or Guardian (Printed) Signature of Parent of Guardian

 \_ \_ \_

\_ \_ \_

Address (Street/PO Box, City, State, Zip) Phone Number

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. Schools are encouraged NOT to change this form from its published format. Additional school forms can be attached to this form. 5/11