

# JUDSON ISD PREPARTICIPATION PHYSICAL EVALUATION

**Student's Name: (print)** \_\_\_\_\_ **Student ID #:** \_\_\_\_\_ **Grade ('26-'27)** \_\_\_\_\_  
**Sex: ( M or F)** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_ **Personal Physician:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_  
**Street Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_  
*In case of emergency, contact:*  
**Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Phone (H):** \_\_\_\_\_ **Phone (W):** \_\_\_\_\_

## PREPARTICIPATION PHYSICAL EVALUATION—MEDICAL HISTORY

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Explain "YES" answers in the box below\*\*. Circle questions you don't know the answers to.

<p>1. Have you had a medical illness or injury since your last check up or sports physical? YES NO</p> <p>2. Have you been hospitalized overnight in the past year? YES NO Have you ever had surgery? YES NO</p> <p>3. Have you ever had prior testing for the heart ordered by a physician? YES NO 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</p> <p>4. Have you ever had a head injury or <b>concussion</b>? 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 <b>seizure</b>? 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</p> <p>5. Are you missing any paired organs? YES NO</p> <p>6. Are you under a doctor's care? YES NO</p> <p>7. Are you currently taking any prescription or non-prescription (over the counter) medications, pills, or using an <b>inhaler</b>? YES NO</p> <p>8. Do you have any <b>allergies</b> (for example, to pollen, medicine, food, or stinging insects)? Is an Epi-Pen prescribed? YES NO</p> <p>9. Have you ever been dizzy during or after exercise? YES NO</p> <p>10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? YES NO</p> <p>11. Have you ever become ill from exercising in the heat? YES NO</p> <p>12. Have you had any problems with your eyes or vision? YES NO</p>	<p>13. Have you ever gotten unexpectedly short of breath with exercise? YES NO Do you have <b>asthma</b>? (If Yes, Asthma Action Plan required) YES NO Do you have seasonal allergies that require medical treatment? YES NO</p> <p>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</p> <p>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.  <input type="checkbox"/>Head    <input type="checkbox"/>Neck    <input type="checkbox"/>Back    <input type="checkbox"/>Chest  <input type="checkbox"/>Shoulder    <input type="checkbox"/>Upper Arm    <input type="checkbox"/>Elbow    <input type="checkbox"/>Forearm  <input type="checkbox"/>Wrist    <input type="checkbox"/>Hand    <input type="checkbox"/>Finger    <input type="checkbox"/>Foot  <input type="checkbox"/>Hip    <input type="checkbox"/>Thigh    <input type="checkbox"/>Knee    <input type="checkbox"/>Shin/Calf  <input type="checkbox"/>Ankle</p> <p>16. Do you want to weigh more or less than you do now? YES NO</p> <p>17. Do you feel stressed out? YES NO</p> <p>18. Have you ever been diagnosed with or treated for sickle cell trait or <b>sickle cell disease</b>? YES NO</p>
--	---

**Females Only**     I choose not to provide written information on Question 19 but will discuss with a medical professional:

19. 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? \_\_\_\_\_

**Males Only**     I choose not to provide written information on Question 20 but will discuss with a medical professional:

20. Are you missing a testicle? \_\_\_\_\_  
Do you have any testicular swelling or masses? \_\_\_\_\_

**OPTIONAL: An electrocardiogram (ECG) is not required. By marking this box, I choose to obtain an ECG for my student. I understand it is the responsibility of my family to schedule and pay for such an ECG. I have read and understood the information about cardiac screening on the UIL Sudden Cardiac Arrest Awareness Form.**

\*\*EXPLAIN YES ANSWERS IN THE BOX BELOW (attach another sheet if necessary):

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 judgement 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.

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by UIL.**

**Student Signature** \_\_\_\_\_ **Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

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.**

**FOR SCHOOL USE ONLY:**

This medical history form was reviewed by: Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

**PREPARTICIPATION PHYSICAL EVALUATION – PHYSICAL EXAMINATION**

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 on the reverse side. \*Local district policy may require an annual physical exam.

Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body Fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_ / \_\_\_\_\_

( \_\_\_\_\_ / \_\_\_\_\_, \_\_\_\_\_ / \_\_\_\_\_ )-brachial blood pressure while sitting

Vision R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected: Y N Pupils: Equal OR Unequal

	NORMAL	ABNORMAL FINDINGS	INITIALS*
<b>MEDICAL</b>			
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 pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (Males Only)			
Skin			
Marfan's Stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			
<b>MUSCULOSKELETAL</b>			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

\*station-based examination only

**CLEARANCE (Please check one)**

Cleared

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

\_\_\_\_\_

**Not cleared for:** \_\_\_\_\_

**Reason:** \_\_\_\_\_

Recommendations: \_\_\_\_\_

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, 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.

**Name (print/type):** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Physician Signature:** \_\_\_\_\_

**Date of Examination:** \_\_\_\_\_

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.

**Rank One Sport**

**Online Form Instructions**

**YOU MUST COMPLETE ALL ONLINE FORMS AND UPLOAD PHYSICAL BEFORE PARTICIPATING IN ANY ATHLETIC EVENT OR PRACTICE**



**Scan QR Code to access forms**

Or GO TO:

**<https://judsonisd.rankonesport.com>**

- ◆ Click on **Proceed to Online Forms**
- ◆ **Log On or Create Account**
- ◆ **Find Student(s)**
  - ◆ Insert Last Name and Student ID Number
  - ◆ Click "Start Forms"
- ◆ Click on - **Physical Upload Form**
  - ◆ Scan/upload a picture of **BOTH** sides of the physical exam paper.
  - ◆ Make sure that the scans/photos are clearly visible and upload before submitting.
  - ◆ An athletic trainer will review your submission and approve it if the form is filled out fully and the submission is clearly visible. If it is not, it will be rejected and need to be resubmitted once it is filled/clearly visible.
  - ◆ Keep this document for your records for at least 1 year.
- ◆ Next Click on **Athletics Participation Form**
  - ◆ Do not leave any blanks. Use N/A if needed.

**Status will change to "Compliant" once all forms are approved**

**For more information please visit:  
Judsonisdathletics.org or the JISD Athletics App**