ATTENTION PARENT/GUARDIAN: The preparticipation physical examination (page 3) must be completed by a health care provider who has completed the Student-Athlete Cardiac Assessment Professional Development Module.

PREPARTICIPATION PHYSICAL EVALUATION
HISTORY FORM SAMPLE

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep a copy of this form in the chart.)

MUST fill in date of exam

Date of Exam 6-1-18

Name Mary Smith Date of birth 6-12-03

F Age 13 Grade 8 School Rosa Sport(s)

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

NONE

Do you have any allergies? ☐ Yes ☒ No If yes, please identify specific allergy below.
☐ Medicines ☐ Pollens ☐ Food ☐ Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?	X	
2. Do you have any ongoing medical conditions? If so, please identify below: ☐ Asthma ☐ Anemia ☐ Diabetes ☐ Infections Other:		X
3. Have you ever spent the night in the hospital?		X
4. Have you ever had surgery?		X
HEART HEALTH QUESTIONS ABOUT YOU	**Yes**	**No**
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		X
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		X
7. Does your heart ever race or skip beats (irregular beats) during exercise?		X
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: ☐ High blood pressure ☐ A heart murmur ☐ High cholesterol ☐ A heart infection ☐ Kawasaki disease Other:		X
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		X
10. Do you get lightheaded or feel more short of breath than expected during exercise?		X
11. Have you ever had an unexplained seizure?		X
12. Do you get more tired or short of breath more quickly than your friends during exercise?		X
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	**Yes**	**No**
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		X
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		X
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		X
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		X
BONE AND JOINT QUESTIONS	**Yes**	**No**
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?	X	
18. Have you ever had any broken or fractured bones or dislocated joints?	X	
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?	X	
20. Have you ever had a stress fracture?		X
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		X
22. Do you regularly use a brace, orthotics, or other assistive device?		X
23. Do you have a bone, muscle, or joint injury that bothers you?		X
24. Do any of your joints become painful, swollen, feel warm, or look red?		X
25. Do you have any history of juvenile arthritis or connective tissue disease?		X

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		X
27. Have you ever used an inhaler or taken asthma medicine?		X
28. Is there anyone in your family who has asthma?		X
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		X
30. Do you have groin pain or a painful bulge or hernia in the groin area?		X
31. Have you had infectious mononucleosis (mono) within the last month?		X
32. Do you have any rashes, pressure sores, or other skin problems?		X
33. Have you had a herpes or MRSA skin infection?		X
34. Have you ever had a head injury or concussion?		X
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		X
36. Do you have a history of seizure disorder?		X
37. Do you have headaches with exercise?		X
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		X
39. Have you ever been unable to move your arms or legs after being hit or falling?		X
40. Have you ever become ill while exercising in the heat?		X
41. Do you get frequent muscle cramps when exercising?		X
42. Do you or someone in your family have sickle cell trait or disease?		X
43. Have you had any problems with your eyes or vision?		X
44. Have you had any eye injuries?		X
45. Do you wear glasses or contact lenses?	X	
46. Do you wear protective eyewear, such as goggles or a face shield?		X
47. Do you worry about your weight?		X
48. Are you trying to or has anyone recommended that you gain or lose weight?		X
49. Are you on a special diet or do you avoid certain types of foods?		X
50. Have you ever had an eating disorder?		X
51. Do you have any concerns that you would like to discuss with a doctor?		X
FEMALES ONLY		
52. Have you ever had a menstrual period?	X	
53. How old were you when you had your first menstrual period?	12	
54. How many periods have you had in the last 12 months?	10	

Explain "yes" answers here

Explain "yes" answers

2013 Broke Rt wrist
Contact lenses

Parent AND student must sign

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete Mary Smith Signature of parent/guardian Jack Smith Date 6-1-18

PREPARTICIPATION PHYSICAL EVALUATION
THE ATHLETE WITH SPECIAL NEEDS: SUPPLEMENTAL HISTORY FORM

This page is only needed if the student has a physical disability

Date of Exam _____

Name _____ Date of birth _____

Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

1. Type of disability		
. Date of disability		
. Classification (if available)		
. Cause of disability (birth, disease, accident/trauma, other)		
. List the sports you are interested in playing		
	Yes	**No**
. Do you regularly use a brace, assistive device, or prosthetic?		
. Do you use any special brace or assistive device for sports?		
. Do you have any rashes, pressure sores, or any other skin problems?		
. Do you have a hearing loss? Do you use a hearing aid?		
. Do you have a visual impairment?		
. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed with a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

Explain "yes" answers here

Please indicate if you have ever had any of the following.

	Yes	**No**
Atlantoaxial instability		
X-ray evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

New Jersey Department of Education 2014; Pursuant to P.L.2013, c.71

NOTE: The preparticiaption physical examination must be conducted by a health care provider who 1) is a licensed physician, advanced practice nurse, or physician assistant; and 2) completed the Student-Athlete Cardiac Assessment Professional Development Module.

■ PREPARTICIPATION PHYSICAL EVALUATION
PHYSICAL EXAMINATION FORM

Name Mary Smith Date of birth 6-12-03

PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues
   - Do you feel stressed out or under a lot of pressure?
   - Do you ever feel sad, hopeless, depressed, or anxious?
   - Do you feel safe at your home or residence?
   - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
   - During the past 30 days, did you use chewing tobacco, snuff, or dip?
   - Do you drink alcohol or use any other drugs?
   - Have you ever taken anabolic steroids or used any other performance supplement?
   - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
   - Do you wear a seat belt, use a helmet, and use condoms?
2. Consider reviewing questions on cardiovascular symptoms (questions 5–14).

All areas **MUST** be completed. **Incomplete forms will be returned.** Do not forget BP, pulse and **VISION.**

EXAMINATION		
Height 63in Weight 120lb ☐ Male ☒ Female		
BP 100/60 (/) Pulse 74/MIN Vision R 20/ 20 L 20/ 20 Corrected ☒ Y ☐ N		
MEDICAL	**NORMAL**	**ABNORMAL FINDINGS**
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)	X	
Eyes/ears/nose/throat • Pupils equal • Hearing	X X	
Lymph nodes	X	
Heart[a] • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)	X X	
Pulses • Simultaneous femoral and radial pulses	X	
Lungs	X	
Abdomen	X	
Genitourinary (males only)[b]	N/A	
Skin • HSV, lesions suggestive of MRSA, tinea corporis	X	
Neurologic[c]	X	
MUSCULOSKELETAL		
Neck	X	
Back	X	
Shoulder/arm	X	
Elbow/forearm	X	
Wrist/hand/fingers	X	
Hip/thigh	X	
Knee	X	
Leg/ankle	X	
Foot/toes	X	
Functional • Duck-walk, single leg hop	X	

[a]Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.
[b]Consider GU exam if in private setting. Having third party present is recommended.
[c]Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

☐ Cleared for all sports without restriction

☒ Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

☐ Not cleared

- ☐ Pending further evaluation
- ☐ For any sports
- ☐ For certain sports _____
  Reason _____

Recommendations _____

Clearance box must be checked

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, a physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician, advanced practice nurse (APN), physician assistant (PA) (print/type) Dr. Michael Jones Date of exam 6-1-18

Address 485 Browning Lane Cherry Hill, 08003 Phone 856-555-5555

Signature of physician, APN, PA Michael Jones

Please print and sign. Include address and phone number.

HE0503

New Jersey Dep... ...13, c.71

9-2681/0410

PREPARTICIPATION PHYSICAL EVALUATION
CLEARANCE FORM

Name Mary Smith Sex ☐ M ☒ F Age 13 Date of birth 6-12-03

☐ Cleared for all sports without restriction

☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

☐ Not cleared

- ☐ Pending further evaluation
- ☐ For any sports
- ☐ For certain sports _____

Reason _____

Physicians must check this clearance box too.

Recommendations _____

EMERGENCY INFORMATION

Allergies _____

Other information _____

HCP OFFICE STAMP

Physician's office should place office stamp in this box.

SCHOOL PHYSICIAN:

Reviewed on _____ (Date)

Approved _____ Not Approved _____

Signature: _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Please print, sign and date again.

Name of physician, advanced practice nurse (APN), physician assistant (PA) Michael Jones Date 6/1/18

Address 485 Browning Ln. Cherry Hill Phone 856-555-5555

Signature of physician, APN, PA Michael Jones

Completed Cardiac Assessment Professional Development Module

Examining providers **MUST SIGN and DATE** indicating that they have completed the Cardiac Assessment Professional Development Module.

Date 4/2015 Signature Michael Jones

New Jersey Department of Education 2014; Pursuant to P.L.2013, c.71