# MEDICAL HISTORY FORM

Student Name: _____ Date of Birth: _____

The Medical History Form is part of the Athletic Physical and must be presented to the physician at the time of the physical examination.
Explain "Yes" answers at end of form. Circle questions for which you don't know the answers**.**

The student, with the help of the parent or guardian, is to answer the following questions:

| | | | |
|---|---|---|---|
| 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 had surgery in the past year? | Yes__ | No __ |
| 3. | Are you currently taking any prescriptions or non-prescription (over the counter) medication or pills or using an inhaler? | Yes__ | No __ |
| 4. | Do you have any allergies (for example, to pollen, medicine, food or stinging insects)? | Yes__ | No __ |
| 5. | Have you ever passed out during or after exercise? | Yes__ | No __ |
| | Have you ever been dizzy 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 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, hypertrophic cardiomyopathy, long QT syndrome, 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 __ |
| 6. | Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters? | Yes__ | No __ |
| 7. | 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? _____ | Yes__ | No __ |
| | How severe was each one? (Explain in the space provided) | Yes__ | No __ |
| | 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 __ |
| 8. | Have you ever become ill from exercising in the heat? | Yes__ | No __ |
| 9. | Have you ever gotten unexpectedly short of breath with exercise? | Yes__ | No __ |
| | Do you cough, wheeze, or have trouble breathing during or after activity? | Yes__ | No __ |
| | Do you have asthma? | Yes__ | No __ |
| | Do you have seasonal allergies that require medical treatment? | Yes__ | No __ |
| 10. | Have you had any problems with your eyes or vision? | Yes__ | No __ |
| 11. | Are you missing any paired organs? | Yes__ | No __ |
| 12. | 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, and retainer on your teeth, hearing aid?) | Yes__ | No __ |

MEDICAL HISTORY FORM – PART 2

Student Name: _____ Date of Birth: _____

13. 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 the appropriate one and explain below.

| | | |
|---|---|---|
| _____ Head | ___ Elbow | ____ Hip |
| _____ Neck | ___ Forearm | ____ Thigh |
| _____ Back | ___ Wrist | ____ Knee |
| _____ Chest | ___ Hand | ____ Shin/Calf |
| _____ Shoulder | ___ Finger | ____ Ankle |
| _____ Upper Arm | | ____ Foot |

14. 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 ___
15. Do you feel stressed out? Yes ___ No ___
16. Record the dates of your most recent immunizations (shots) or disease for:

Tetanus _____ Measles _____

Hepatitis B _____ Chickenpox _____

17. Are you currently under a doctor's care?

FOR FEMALES ONLY:

18. When was your first menstrual period? _____
    What 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:

_____

_____

_____

_____

Please list all prescribed medication taken by your child:

_____

_____

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

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

I have reviewed and acknowledge the information in this Medical History Form.

Physician's or Authorized Examiner's Signature: _____ Date: _____

# PHYSICAL EXAMINATION FORM

Student's Name: _____ Height: ____ Weight: _____ Pulse: _____ Blood Pressure: ____

Vision R 20/____ L 20/____ Corrected: Yes___ No___ Pupils: Equal ___ Unequal ___

Hearing: Normal ____ Referred _____ Spinal Exam: Normal ____ Referred ____ % Body Fat (optional)____

| MEDICAL | NORMAL | ABNORMAL FINDINGS | INITIALS |
|---|---|---|---|
| Appearance | | | |
| Eyes/Ears/Nose/Throat | | | |
| Lymph Nodes | | | |
| Heart-Auscultation of the heart in the supine | | | |
| Heart-Auscultation of the heart in the standing position | | | |
| Heart-Lower extremity pulses | | | |
| Pulses | | | |
| Lungs | | | |
| Abdomen | | | |
| Genitalia (males only) | | | |
| Skin | | | |

MUSCULOSKELETAL

| | | | |
|---|---|---|---|
| Neck | | | |
| Back | | | |
| Shoulder/Arm | | | |
| Elbow/Forearm | | | |
| Wrist/Hand | | | |
| Hip/Thigh | | | |
| Knee | | | |
| Leg/Ankle | | | |
| Foot | | | |

## CLEARANCE

- ☐ Cleared for Participation
- ☐ Not cleared for Participation Reason: _____

Recommendations and/or Restrictions: _____

_____

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, or a Registered Nurse recognized as an Advanced Practiced Nurse by the Board of Nurse Examiners.

Name (print/type): _____ Date of Examination: _____

Address: _____ Phone Number: _____

Signature: _____ Title:_____

# PARENT/GUARDIAN CONSENT FORM

Parent/Guardian consent, medical history, and physical evaluation are to be completed:
1. Annually
2. Before any practice (both in-season and out-of-season) or games/matches

Student's Last Name: _____ First Name: _____ Middle Initial: ____

Date of Birth: _____ Age: _____ Grade: _____ Sex: _____

Home Street Address: _____

City: _____ State: _____ Zip Code: _____

Mom/Guardian: Home #: _____ Cell/Pager #: _____

Work Place_____ Work #: _____

Father/Guardian: Home #: _____ Cell/Pager #: _____

Work Place_____ Work #: _____

Name of Insurance Provider: _____ Policy Number: _____

Name of Insured: _____ Social Security Number: _____

Physician's Name: _____ Phone: _____

Dentist's Name: _____ Phone: _____

# MEDICAL INFORMATION

Date of Student's Last Tetanus Booster Vaccination: _____

Drug Allergies or Other Medical Conditions: _____

In case of Emergency, when the above people can not be located call:

_____Home #: _____Work #: _____Cell/Pager #: _____

_____Home #: _____Work #: _____Cell/Pager #:_____

Consent

I, _____, grant permission for my child _____ to participate in extracurricular athletic activities. These activities will take place under the guidance and direction of school employees and/or volunteers. As a parent and/or legal guardian, I remain legally responsible for personal actions taken by the above named minor ("student"). I agree on behalf of myself, my child named herein, our heirs, successors and assigns, to hold harmless and defend _____, its employees, officers, directors and agents, and the Archdiocese of Galveston-Houston, or representatives associated with these activities, arising from or in connection with my child participating in these activities, or in connection with any illness, injury or cost of medical treatment in connection therewith, and I agree to compensate _____ , its officers, directors and agents, and the Archdiocese of Galveston-Houston, or representatives associated with the activity for reasonable attorney's fees and expenses arising in connection therewith.

I hereby warrant to the best of my knowledge, that my child is in good health, and I assume all responsibility for the health and medical care of my child. In the event of a medical emergency, I hereby give permission to school employees and/or volunteers supervising the athletic event to obtain medical services and to transport my child to the nearest hospital/emergency care center for emergency medical or surgical treatment.

| _____ | _____ | _____ |
|---|---|---|
| Parent/Guardian Signature | Relationship | Date |