# MIAA RECOMMENDED SPORTS CANDIDATE MEDICAL QUESTIONNAIRE

## *PART A ~ HISTORY*

**DATE of EXAM**

| Student's Name | | Sex | Age | Date of Birth |
|---|---|---|---|---|
| Grade | School | | Sport(s) | |
| Address | | | Tel | |
| Physician | | | Tel | |

*IN CASE OF AN EMERGENCY, CONTACT:*

Name _____ Relationship_____ Tel (H) _____ (W) _____

***EXPLAIN "YES" ANSWERS BELOW. CIRCLE QUESTIONS YOU DON'T KNOW THE ANSWERS TO.***

| | | YES | NO |
|---|---|---|---|
| 1. | Have you had a medical illness or injury since your last check up or sports physical? | ❑ | ❑ |
| 2. | Have you ever been hospitalized overnight? | ❑ | ❑ |
| 3. | Have you ever had surgery? | ❑ | ❑ |
| 4. | Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler? | ❑ | ❑ |
| 5. | Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance? | ❑ | ❑ |
| 6. | Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? | ❑ | ❑ |
| 7. | Have you ever had a rash or hives develop during or after exercise? | ❑ | ❑ |
| 8. | Have you ever passed out during or after exercise? | ❑ | ❑ |
| 9. | Have you ever been dizzy during or after exercise? | ❑ | ❑ |
| 10. | Have you ever had chest pain during or after exercise? | ❑ | ❑ |
| 11. | Do you get tired more quickly than your friends do during exercise? | ❑ | ❑ |
| 12. | Have you ever had racing of your heart or skipped heartbeat? | ❑ | ❑ |
| 13. | Have you had high blood pressure or high cholesterol? | ❑ | ❑ |
| 14. | Have you ever been told you have a heart murmur? | ❑ | ❑ |
| 15. | Has any family member or relative died of heart problems or of sudden death before age 50? | ❑ | ❑ |
| 16. | Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? | ❑ | ❑ |
| 17. | Has a physician ever denied or restricted your participation in sports for any heart problems? | ❑ | ❑ |
| 18. | Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? | ❑ | ❑ |
| 19. | Have you ever had a head injury or concussion? | ❑ | ❑ |
| 20. | Have you ever been knocked out, become unconscious, or lost your memory? | ❑ | ❑ |
| 21. | Have you ever had a seizure? | ❑ | ❑ |
| 22. | Do you have frequent or severe headaches? | ❑ | ❑ |
| 23. | Have you ever had numbness or tingling in your arms, hands, legs, or feet? | ❑ | ❑ |
| 24. | Have you ever had a stinger, burner, or pinched nerve? | ❑ | ❑ |
| 25. | Have you ever become ill from exercising in the heat? | ❑ | ❑ |
| 26. | Do you cough, wheeze, or have trouble breathing during or after activity? | ❑ | ❑ |
| 27. | Do you have asthma? | ❑ | ❑ |
| 28. | Do you have seasonal allergies that require medical treatment? | ❑ | ❑ |
| 29. | 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)? | ❑ | ❑ |
| 30. | Have you had any problems with your eyes or vision? | ❑ | ❑ |
| 31 | Do you wear glasses, contacts, or protective eyewear? | ❑ | ❑ |
| 32. | Have you ever had a sprain, strain, or swelling after injury? | ❑ | ❑ |
| 33. | Have you broken or fractured any bones or dislocated any joints? | ❑ | ❑ |
| 34. | Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? | ❑ | ❑ |
| | *If yes, check appropriate box and explain below:* | | |
| | ❑ Head ❑ Elbow ❑ Hip | | |
| | ❑ Neck ❑ Forearm ❑ Thigh | | |
| | ❑ Back ❑ Wrist ❑ Knee | | |
| | ❑ Chest ❑ Hand ❑ Shin/Calf | | |
| | ❑ Shoulder ❑ Finger ❑ Ankle | | |
| | ❑ Upper Arm ❑ Foot | | |
| 35. | Do you want to weigh more or less than you do now? | ❑ | ❑ |
| 36. | Do you lose weight regularly to meet weight requirements for your sport? | ❑ | ❑ |
| 37. | Do you feel stressed out? | ❑ | ❑ |
| 38. | Record the dates of your most recent immunizations (shots) for: | | |
| | Tetanus _____ Measles _____ | | |
| | Hepatitis B _____ Chickenpox _____ | | |

FEMALES ONLY:

39. When was your first menstrual period? _____
40. When was your most recent menstrual period? _____
41. How much time do you usually have from the start of one period to the start of another? _____
42. How many periods have you had in the last year? _____
43. What was the longest time between periods in the last year?

*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/Date _____ Signature of Parent-Guardian/Date _____

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## *PART B ~ PHYSICAL EXAMINATION* *Date of Exam*_____

STUDENT *(Please print)*_____ Date of Birth _____

Height _____ Weight_____ % Body Fat *(optional)*_____ Pulse_____ BP _____ / ____ ( ____/ ____ , ____ /____)

Eyes: R20/_____ L20/_____ Corrected: Y N Pupils: Equal _____ Unequal_____

| | NORMAL | ABNORMAL FINDINGS | INITIALS* |
|---|---|---|---|
| **MEDICAL** | | | |
| Appearance | | | |
| Eyes/Ears/Nose/Throat | | | |
| Lymph Nodes | | | |
| Heart | | | |
| Pulses | | | |
| Lungs | | | |
| Abdomen | | | |
| Genitalia (males only) | | | |
| Skin | | | |
| **MUSCULOSKELETAL** | | | |
| Neck | | | |
| Back | | | |
| Shoulder/Arm | | | |
| Elbow/Forearm | | | |
| Wrist/Hand | | | |
| Hip/Thigh | | | |
| Knee | | | |
| Leg/Ankle | | | |
| Foot | | | |

***Station-based examination only***

## *PART C ~ CLEARANCE*

☐ Cleared

☐ Cleared after completing evaluation/rehabilitation for: _____

_____

_____

_____

☐ Not cleared for: _____ Reason: _____

_____

_____

**Date of Exam** _____

Name of physician *(Please print):* _____

Signature of physician: _____ Date: _____

Address:_____ Tel: _____

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