CISD requires an annual physical exam for Athletics, Marching Band, Cheerleading, Drill Team, ROTC and CISD Club Sponsored Athletic Teams.

2025-2026

CISD will not accept physicals or completed paperwork dated prior to April 15, 2025 unless your high school feeder is having their physical date prior.

Student's Name	*Primary Sport*	*ID Number*	*2025-26 Grade*	*Date of Birth*

Check all that apply: ☐ Epi Pen ☐ Asthma ☐ Requires Inhaler ☐ Seizures ☐ Sickle Cell ☐ Heart Disease ☐ Heart Condition ☐ Diabetes: ○ Type I ○ Type II

STUDENT – PARENT/GUARDIAN SECTION

This **MEDICAL HISTORY FORM** must be completed **annually** by parent/guardian and student in order for the student to participate in activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an event. If, between this date and the beginning of participation, 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.

Explain "Yes" answers on the notes section provided on page 2. Circle questions you don't know the answers to. 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.

	Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	☐	☐
2. Have you been hospitalized overnight in the past year?	☐	☐
Have you ever had surgery?	☐	☐
3. Have you ever had prior testing for the heart ordered by a physician?	☐	☐
Have you ever passed out during or after exercise?	☐	☐
Have you ever had chest pain during or after exercise?	☐	☐
Do you get tired more quickly than your friends do during exercise?	☐	☐
Have you ever had racing of your heart or skipped heartbeats?	☐	☐
Have you had high blood pressure or high cholesterol?	☐	☐
Have you ever been told you have a heart murmur?	☐	☐
Has any family member or relative died of heart problems or of sudden unexpected death before age 50?	☐	☐
Has any family member been diagnosed with enlarged heart, *(dilated cardiomyopathy)*, hypertrophic cardiomyopathy, long QT syndrome or other ion channelpathy *(Brugada syndrome, etc.)*, Marfan's syndrome, or abnormal heart rhythm?	☐	☐
Have you had a severe viral infection *(for example, myocarditis or mononucleosis)* within the last month?	☐	☐
Do you have any lingering effects from a COVID diagnosis?	☐	☐
Has a physician ever denied or restricted your participation in activities for any heart problems?	☐	☐
4. Have you ever had a head injury or concussion?	☐	☐
Have you ever been knocked out, become unconscious, or lost your memory?	☐	☐
If yes, how many times? _____ *When was your last concussion?* _____		
How severe was each one? *(Explain on the back of this page)*		
Have you ever had a seizure?	☐	☐
Do you have frequent or severe headaches?	☐	☐
Have you ever had numbness or tingling in your arms, hands, legs, or feet?	☐	☐
Have you ever had a stinger, burner, or pinched nerve?	☐	☐
5. Are you missing any paired organs?	☐	☐
6. Are you currently under a doctor's care for a specific medical issue?	☐	☐
7. Are you currently taking any prescription or non-prescription *(over-the-counter)* medication or pills or using an inhaler?	☐	☐
8. Do you have any allergies *(for example, to pollen, medicine, food, or stinging insects)*?	☐	☐
Does this allergy require an EpiPen?	☐	☐
9. Have you ever been dizzy during or after exercise?	☐	☐
10. Do you have any current skin problems *(for example, itching, rashes, acne, warts, fungus, or blisters)*?	☐	☐
11. Have you ever become ill from exercising in the heat?	☐	☐
12. Have you had any problems with your eyes or vision?	☐	☐
13. Have you ever gotten unexpectedly short of breath with exercise?	☐	☐
Do you have asthma?	☐	☐
Do you have seasonal allergies that require medical treatment?	☐	☐
14. Do you use any special protective or corrective equipment or devices that aren't usually used for your activities or position *(for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)*?	☐	☐
15. Have you ever had a sprain, strain, or swelling after injury?	☐	☐
Have you broken or fractured any bones or dislocated any joints?	☐	☐
Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	☐	☐

If yes, check appropriate box and explain.

☐ *Head* ☐ *Shoulder* ☐ *Wrist* ☐ *Hip* ☐ *Ankle*
☐ *Neck* ☐ *Upper Arm* ☐ *Hand* ☐ *Thigh*
☐ *Back* ☐ *Elbow* ☐ *Finger* ☐ *Knee*
☐ *Chest* ☐ *Forearm* ☐ *Foot* ☐ *Shin/Calf*

16. Do you want to weigh more or less than you do now?	☐	☐
17. Do you feel stressed out?	☐	☐
18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	☐	☐

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 testicular swelling or masses? _____

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

Explain all "yes" answers on the back of this page.

See back of page for the MEDICAL EXAMINER section.

It is understood that even though protective equipment is worn by athletes, 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 judgment 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.

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 the UIL.

Student Signature _____ Parent/Guardian Signature _____ Date _____

Student's Name: _____ ID Number: _____ **2025-2026**

This form, in its entirety, and all required UIL forms *(listed to the right)* must be on file before a student participates in any practice, before, during or after school, *(both in-season and out-of-season)* or games/matches or performances/competitions.

- **Alternative Transportation Permission**
- **Emergency Form**
- **CISD Required Forms**
  - Insurance Acknowledgement
  - Return to Participation After Any Medical Consultation
- **UIL Forms Signature Page**
  - Acknowledgement of Rules
  - Concussion Acknowledgement
  - Parent/Student Steroid Agreement
  - Sudden Cardiac Arrest Awareness

MEDICAL EXAMINER SECTION

Height: _____ Weight: _____ % Body Fat *(optional)*: _____ Pulse: _____ BP: ____/____ (____/____:____/____)
(brachial blood pressure while sitting)

Vision: R – 20/ _____ L – 20/ _____ Corrected: ☐ Y ☐ N Pupils: ☐ Equal ☐ Unequal

Medical	Normal	Abnormal Findings	Initials*
Appearance			
Eyes/Ears			
Nose/Throat			
Lymph Nodes			
Heart – Auscultation Supine position			
Heart – Auscultation Standing position			
Heart – Lower Extremity Pulses			
Pulses			
Lungs			
Abdomen			
Genitalia *(males only)*			
Skin			
Marfan's stigmata *(arachnodactyly, pectus escavatum, joint hypermobility, scoliosis)*			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

** Station-based examination only*

CLEARANCE

☐ 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)*: _____

Date of Examination: _____

Address: _____

Phone Number: _____

Physician's Signature: _____

NOTES: _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

For school use only

This medical history form was reviewed by:

Printed name _____ Date _____ Signature _____