

PREPARTICIPATION PHYSICAL EVALUATION-MEDICAL HISTORY

Please answer each question by circling "YES" or "NO". If you do not know the answer circle the question.

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 channelopathy (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?  
Has a physician ever denied or restricted your participation in sports 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 the last concussion? \_\_\_\_\_  
How severe was each one? (Explain below) \_\_\_\_\_  
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 under a doctor's care?  
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 (to pollen, medicine, food, or stinging insects)?  
9. Have you ever been dizzy during or after exercise?  
10. Do you have any current skin problems (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 sport 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 below.  

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

16. Do you want to weigh more or less than you do now?  
Do you lose weight regularly to meet weight requirements for your sport?  
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. Do you have two testicles? \_\_\_\_\_  
21. Do you have any testicular swelling or masses? \_\_\_\_\_
- \*Explain "Yes" answers here:** A "yes" on questions 1, 2, 3, 4, 5, or 6 requires a 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, PERFORMANCE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.**  
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 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.  
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.

Parent Signature: \_\_\_\_\_  
Student Signature: \_\_\_\_\_

**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.

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. **Leander ISD requires annual completion of this form.**

MEDICAL	NORMAL	ABNORMAL FINDINGS	INITIALS
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 pulse			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's Stigmata			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

Height \_\_\_\_\_ Weight \_\_\_\_\_ %Body Fat \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_ / \_\_\_\_\_  
(\_\_\_\_\_/\_\_\_\_\_, \_\_\_\_/\_\_\_\_\_) - brachial blood pressure while sitting  
Vision R 20/\_\_\_\_ L 20/\_\_\_\_ Corrected: Y N Pupils: Equal or Unequal

CLEARANCE (Please check one)

- ☐ Cleared (No restrictions)  
☐ 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.

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

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

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

PHYSICIAN SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

<b>FOR LISD SCHOOL OFFICIAL USE ONLY:</b>	
This medical history form was reviewed by:	
Printed Name: _____	
Signature: _____	Date: _____

# Athlete Contact Information

Last Name	First Name	Middle	Student ID #
Date of Birth	Gender	School	Grade in 2024-2025
Home Telephone Number		Student Cell Phone Number	
Street Address (No P.O. Boxes)		City	Zip Code
Parent/Guardian's Name	Employer	Bus. Phone Number	Cell Phone Number
Parent/Guardian's Name	Employer	Bus. Phone Number	Cell Phone Number
Emergency Contact Name ( <b>Non-Parent</b> )	Home/Cell Phone Number	Alternate Contact Number	

## Online Form Instructions-Must be completed before participation

Parent/Guardian:

You will need to navigate to the LISD website [www.leanderisd.org](http://www.leanderisd.org) to read, complete, and sign the following forms before your child is able to participate in athletics. ALL forms must be signed by a parent/guardian and the student athlete. You will need the student's school ID#.

LISD website instructions:

### QR Code for Rank One Website



Or use website link instructions:

1. [www.leanderisd.org](http://www.leanderisd.org)
2. From the A-Z Index select: **Athletics**
3. Click on: **Athletics: Health & Safety**
4. Click on: **Student-Athlete Forms**
5. Click on: **Rank One Online Forms**

Follow the instructions to create an account and then read, complete, and electronically sign the following forms:

#### ➤ UIL Forms Packet

- i. Acknowledgement of Rules
- ii. Concussion Acknowledgment Form
- iii. Sudden Cardiac Arrest Awareness Form
- iv. UIL Safety Training
- v. Behavior Expectations of Spectators
- vi. Parent/Student Steroid Agreement Form
- vii. LISD Handbook 2023-2024
- viii. LISD Athletic Handbook Guidelines and Insurance Form
- ix. ECG Testing Acknowledgement

#### ➤ ECG Testing Op-In

#### ➤ Emergency Card

#### ➤ Medication Consent Form

- You must also complete the **Pre-Participation Medical History form** (left side) on the other side of this sheet and then take the form to your doctor to have the Pre-Participation Physical Exam (right side) completed by your doctor.
- Once the back side is completed, please have your student turn it in to the Athletic Trainers for the high school or Coach at their middle school.
- **Once you have completed the online forms, medical history, physical exam, and athlete contact information portion of this form and turned it in to the Athletic Trainers for the high school or Coach at their middle school, then your child will be eligible to participate in athletics (this includes games, performances, practices during, before school, after school, and offseason).**