

St. Joseph High School

4120 S. Bradley Road, Santa Maria, CA 93455
805-937-2038

2018--2019

PHYSICAL FORM

Date of Exam: _____

HISTORY FORM--PG 1

Student's Name: _____	Sex: M / F	Age: _____	Date of Birth: _____	(2018-19) Grade: _____
Address: _____		City: _____		Phone: _____
Sport (s): _____				

Parents, please fill out prior to physical. Explain "Yes" answers below. Circle questions you don't know the answer to.

	Yes	No		Yes	No															
1. Has a doctor ever denied or restricted your participation in sports for any reasons.	___	___	24. Do you cough, wheeze or have difficulty breathing during or after exercise?	___	___															
2. Do you have an ongoing medical condition?	___	___	25. Anyone in your family who has asthma?	___	___															
3. Are you currently taking any medicines?	___	___	26. Ever used an inhaler or taken asthma med?	___	___															
4. Do you have allergies to medicine, foods etc?	___	___	27. Were you born w/o or missing a kidney, eye, testicle or any other organ?	___	___															
5. Have you ever passed out or nearly passed out DURING exercise?	___	___	28. Ever had infectious mononucleosis within the last month?	___	___															
6. Have you ever passed out or nearly passed out AFTER exercise?	___	___	29. Ever had rashes, pressure sores or other skin problems?	___	___															
7. Have you ever had discomfort, pain or pressure in your chest during exercise?	___	___	30. Ever had a herpes skin infection?	___	___															
8. Does your heart race or skip beats during exercise?	___	___	31. Ever had a head injury or concussion?	___	___															
9. Has a doctor ever told you that you have: ___ High blood pressure ___ A heart murmur ___ High cholesterol ___ A heart infection	___	___	32. Been hit in head & been confused or lost memory?	___	___															
10. Has a doctor ever ordered a test for your heart?	___	___	33. Ever had a seizure?	___	___															
11. Anyone in your family died for no apparent reason?	___	___	34. Do you have headaches with exercise?	___	___															
12. Anyone in your family have a heart problem?	___	___	35. Ever had numbness, tingling or weakness in your arms or legs after being hit or falling?	___	___															
13. Has any family member or relative died of heart problems or sudden death before age 50?	___	___	36. Ever been unable to move your arms or legs after being hit or falling?	___	___															
14. Anyone in your family have Marfan syndrome?	___	___	37. When exercising in the heat, do you have severe muscle cramps or become ill?	___	___															
15. Ever spent the night in a hospital?	___	___	38. Has a doctor ever told you that you or someone in your family has sickle cell trait/disease?	___	___															
16. Ever had surgery?	___	___	39. Have any problems with your eyes or vision?	___	___															
17. Ever had an injury like a sprain, muscle or ligament tear or tendonitis that caused you to miss practice/game? <u>If yes, circle affected area below:</u>	___	___	40. Do you wear glasses or contacts?	___	___															
18. Ever had any broken/fractured bones or dislocated joints? <u>If yes, circle below:</u>	___	___	41. Do you wear protective eyewear?	___	___															
19. Ever had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehab, physical therapy, a brace, cast or crutches? <u>If yes, circle below:</u>	___	___	42. Are you happy with your weight?	___	___															
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Head</td> <td style="padding: 2px;">Neck</td> <td style="padding: 2px;">Shoulder</td> <td style="padding: 2px;">Upper arm</td> <td style="padding: 2px;">Elbow</td> </tr> <tr> <td style="padding: 2px;">Forearm</td> <td style="padding: 2px;">Hand/fingers</td> <td style="padding: 2px;">Chest</td> <td style="padding: 2px;">Back</td> <td style="padding: 2px;">Hip</td> </tr> <tr> <td style="padding: 2px;">Thigh</td> <td style="padding: 2px;">Knee</td> <td style="padding: 2px;">Calf/shin</td> <td style="padding: 2px;">Ankle</td> <td style="padding: 2px;">Foot/toes</td> </tr> </table>	Head	Neck	Shoulder	Upper arm	Elbow	Forearm	Hand/fingers	Chest	Back	Hip	Thigh	Knee	Calf/shin	Ankle	Foot/toes	___	___	43. Are you trying to gain/lose weight?	___	___
Head	Neck	Shoulder	Upper arm	Elbow																
Forearm	Hand/fingers	Chest	Back	Hip																
Thigh	Knee	Calf/shin	Ankle	Foot/toes																
20. Ever had a stress fracture?	___	___	44. Has anyone recommended you change your weight or eating habits?	___	___															
21. Ever been told that you have or had an x-ray for Atlantoaxial (neck) instability?	___	___	45. Do you limit or carefully control what you eat?	___	___															
22. Do you regularly use a brace or assistive device?	___	___	46. Do you have any concerns that you would like to discuss with a doctor?	___	___															
23. Do you have asthma or allergies?	___	___	FEMALES ONLY																	
			47. Have you ever had a menstrual period?	___	___															
			48. How old were you when you had your first menstrual period?	___	___															
			49. How many periods in the last 12 months?	___	___															
			Explain "Yes" answers here: _____																	

PARENT PERMISSION FOR STUDENT TO PARTICIPATE IN ATHLETIC COMPETITION AND FOR THE PHYSICAL TO BE PERFORMED.
I hereby give consent for my child to receive a physical exam from a doctor for the purpose of completing in athletics at St. Joseph High School and also state, that to the best of my knowledge, my answers to the above questions are complete and correct. I hereby give my consent for my son/daughter to compete in athletic competition. In case this student is injured, the coaches are authorized to have him/her treated. I also understand and agree to adhere to the SJHS provisions in the Athletic Department Handbook.

This form must be returned to the Athletic Department prior to any practice and or play.

Parent / Guardian Signature

Date

Athlete's Signature

Student's Name: _____

Date of Birth: _____

Height: _____ Weight: _____ Pulse: _____ BP: _____

Medical	Normal	Abnormal	Initials
Appearance			
Eyes/ears/nose/throat			
Hearing			
Lymph nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary (males only)			
Skin			
Musculoskeletal			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			

CLEARED TO PLAY SPORTS NOT CLEARED TO PLAY SPORTS Comments: _____

Name of Physician (Please print / type): _____ Date: _____

Signature of Physician: _____ Phone: _____

Address: _____

“This is for athletic participation only and is not intended to be a comprehensive medical evaluation. Certain conditions may exist which may not be identified by this screening. Your personal doctor should be contacted for comprehensive evaluation and screening.”

Student Athletes need a current physical each school year to participate in athletics, cheer or dance.

Consent for Emergency Treatment in Advance

Please print all information

Athlete's Last Name: _____ First: _____ Middle: _____ Date of Birth: _____

Address: _____ City: _____ Phone: _____

Allergies: _____ Medications: _____

Personal Doctor: _____ Doctor's Phone: _____

Mother's Name: _____ Phone: _____ Cell: _____ Work: _____ Ext. _____

Father's Name: _____ Phone: _____ Cell: _____ Work: _____ Ext. _____

Other Emergency Contact, Name: _____ Phone: _____ Cell: _____

“We, the parents/guardians of the above named athlete, do hereby consent to any and all emergency medical, hospital and surgical care that may be necessary by a physician, without obtaining further consent provided that the hospital is unable to reach us at the phone numbers listed above.”

Today's Date: _____ Parent / Guardian Signature: _____

California Interscholastic Federation - Central Section

Jim Crichlow-Central Section Commissioner

P.O. Box 1567, Porterville, CA 93258

Phone (559) 781-7586 FAX (559) 781-7033

ETHICS IN SPORTS

I. Policy Statement

The Central Section, CIF is committed to the exhibition of sportsmanlike and ethical behaviors in and around all athletic contests. All contests must be safe, courteous, fair, controlled and orderly for all athletes and fans alike.

It is the intent of the CIF that violence, in any form, not be tolerated. In order to enforce this policy, the Central Section has established rules and regulations, which set forth the manner of enforcement and of this policy and the penalties incurred when violation of the policy occurs. The rules and regulations shall focus upon the responsibility of the coach to teach and demand high standards of conduct and to enforce the rules and regulations set forth by CIF.

The Central Section requires the following Code of Ethics be issued each year and requires signing by student athletes, parent/guardian and coaches prior to participation as a guide to govern their behavior.

II. Code of Ethics

- a. To emphasize the proper ideas of sportsmanship, ethical conduct and fair play.
- b. To eliminate all possibilities which tend to destroy the best values of the game.
- c. To stress the values derived from playing the game fairly.
- d. To show cordial courtesy to visiting teams and officials.
- e. To establish a happy relationship between visitors and hosts.
- f. To respect the integrity and judgment of sports officials.
- g. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- h. To encourage leadership, use of initiative and good judgment by the players on a team.
- i. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- j. To remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan, or nation.

I have read and I understand the Policy Statement, the Code of Ethics and the violations and Minimum Penalties of the "Ethics in Sports" policy. I agree to abide by the policy and related consequences while participating in interscholastic athletics, regardless of context, site or jurisdiction.

- Student Signature

Printed Name

Date

- Parent Signature

High School