

Sports Physical Form

Athlete's full name: _____ Date of birth: _____

Age: _____ Sex: _____ Address: _____

Contact number: _____ Email address: _____

Sport: _____

Date of form submission: _____

If you're a student:

School: _____ Grade: _____

Father's name and contact details: _____

Mother's name and contact details: _____

If you're a professional athlete:

Sports team: _____

Emergency contact: _____

Questions	Yes	No
1. Has a doctor ever restricted/denied your participation in sports?	☐	☐
2. Have you ever been hospitalized or spent a night in a hospital?	☐	☐
3. Have ever had surgery?	☐	☐
4. Do you have any ongoing medical conditions (like Diabetes or Asthma)?	☐	☐
5. Are you presently taking any medications or pills (prescription or over-the-counter)?	☐	☐
6. Do you have any allergies (medicine, pollens, foods, bees or other stinging insects)?	☐	☐
7. Have you ever passed out during or after exercise?	☐	☐
8. Have you ever been dizzy during or after exercise?	☐	☐
9. Have you ever had chest pain or discomfort in your chest during or after exercise?	☐	☐
10. Do you tire more quickly than your friends during exercise?	☐	☐
11. Have you ever had high blood pressure?	☐	☐
12. Have you ever been told that you have a heart murmur, high cholesterol, or heart infection?	☐	☐
13. Have you ever had a racing of your heart or skipped heartbeats?	☐	☐
14. Has anyone in your family died of heart problems or sudden death before age 50?	☐	☐
15. Does anyone in your family have a heart condition?	☐	☐
16. Has a doctor ever ordered a test on your heart (EKG, echocardiogram)?	☐	☐
17. Do you have any skin problems (itching, rashes, staph, MRSA, acne)?	☐	☐
18. Have you ever had a head injury or concussion?	☐	☐

Generic Sports Physical Exam Form

Francis G. O'Connor

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the author's name.

Generic Sports Physical Exam Form:

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