Dear New Athlete (and parents),

We would like to welcome you to The Master’s College. We’re looking forward to meeting you in the Fall.

Part of the requirements of athletic participation is having a pre-participation health exam (physical) by your physician (MD or DO only) prior to arrival. Please fill out the history portion of the exam form prior to your doctors’ visit and then have your physician complete the enclosed form and sign and stamp the form upon completion. We would ask that you schedule these appointments soon and please return them to the Athletic Training Room (Box #14) by mail or when you arrive at TMC. PLEASE DO NOT RETURN OUR FORMS TO THE HEALTH CENTER. Athletes without a pre-participation exam or athletes having an incomplete pre-participation exam prior to the first practice will not be allowed to practice or compete.

In addition to the pre-participation exam form, please fill out the insurance form and include copies of your insurance card(s). All health records and insurance information are kept confidential and secure. Athletes without the proper insurance information prior to the first practice will not be allowed to practice or compete. Also, it is recommended that you choose a local primary care physician to expedite urgent (non-emergency) medical evaluations if you have an out-of-area HMO.

Again, we look forward to serving you in the Fall.

In Christ,

Dave Larsen, MA, ATC
661-362-2764

Jerry Sorenson, ATC
661-362-2777

Darren Board, MA, ATC
661-362-2763
The Master's College

Proof of Insurance Form

Student Name: ________________________________  Sport: _____________________________

Today's Date: ________________________________

Primary

Subscriber: __________________________________

Secondary

Subscriber Date of Birth: ______________________

Home Address: __________________________________

Phone Number: (____)________________________ (____)______________________________

*SUBSCRIBER IS PARENT/GUARDIAN/SELF WHO PURCHASED YOUR INSURANCE

=========================================================================
You MUST show Proof of Insurance Coverage. Attach a photo copy of BOTH the FRONT and BACK of your Insurance Card in the space below. Failure to provide this information may cancel your eligibility to participate in intercollegiate athletics at The Master's College. You must notify the Athletic Department of any changes to your insurance coverage.

=========================================================================

I ATTEST THAT THE ABOVE INFORMATION IS TRUE.

Signed: ________________________________  Date: ________________________________
**Preparticipation Physical Evaluation**

**HISTORY FORM**

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

<table>
<thead>
<tr>
<th>Date of Exam</th>
<th>Name</th>
<th>Date of birth</th>
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<tbody>
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</table>

<table>
<thead>
<tr>
<th>Sex</th>
<th>Age</th>
<th>Grade</th>
<th>School</th>
<th>Sport(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

**Medicines and Allergies:** Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking.

Do you have any allergies?  □ Yes  □ No  If yes, please identify specific allergy below.
□ Medicines  □ Pollens  □ Food  □ Stinging Insects

**GENERAL QUESTIONS** | Yes | No
---|----|----
1. Has a doctor ever denied or restricted your participation in sports for any reason? |
2. Do you have any ongoing medical conditions? If so, please identify below:  □ Asthma  □ Anemia  □ Diabetes  □ Infections  □ Other: |
3. Have you ever spent the night in the hospital? |
4. Have you ever had surgery? |
5. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram) |
6. Do you get more tired or short of breath more quickly than your friends during exercise? |
7. Does your heart ever race or skip beats (irregular beats) during exercise?  □ Yes  □ No  
   If yes, please explain:  |
8. Has a doctor ever told you that you have any heart problems? If so, please check all that apply:  □ High blood pressure  □ A heart murmur  □ High cholesterol  □ A heart infection  □ Kawasaki disease  □ Other: |
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram) |
10. Do you get lightheaded or feel more short of breath than expected during exercise? |
11. Have you ever had an unexplained seizure? |
12. Do you get more tired or short of breath more quickly than your friends during exercise? |
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)? |
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia? |
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator? |
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning? |
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game? |
18. Have you ever had any broken or fractured bones or dislocated joints? |
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches? |
20. Have you ever had a stress fracture? |
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism) |
22. Do you regularly use a brace, orthotics, or other assistive device? |
23. Do you have a bone, muscle, or joint injury that bothers you? |
24. Do any of your joints become painful, swollen, feel warm, or look red? |
25. Do you have any history of juvenile arthritis or connective tissue disease? |

**MEDICAL QUESTIONS** | Yes | No
---|----|----
26. Do you cough, wheeze, or have difficulty breathing during or after exercise? |
27. Have you ever used an inhaler or taken asthma medicine? |
28. Is there anyone in your family who has asthma? |
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ? |
30. Do you have groin pain or a painful bulge or hernia in the groin area? |
31. Have you had infectious mononucleosis (mono) within the last month? |
32. Do you have any rashes, pressure sores, or other skin problems? |
33. Have you had a herpes or MRSA skin infection? |
34. Have you ever had a head injury or concussion? |
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems? |
36. Do you have a history of seizure disorder? |
37. Do you have headaches with exercise? |
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? |
39. Have you ever been unable to move your arms or legs after being hit or falling? |
40. Have you ever become ill while exercising in the heat? |
41. Do you get frequent muscle cramps when exercising? |
42. Do you or someone in your family have sickle cell trait or disease? |
43. Have you had any problems with your eyes or vision? |
44. Have you had any eye injuries? |
45. Do you wear glasses or contact lenses? |
46. Do you wear protective eyewear, such as goggles or a face shield? |
47. Do you worry about your weight? |
48. Are you trying to or has anyone recommended that you gain or lose weight? |
49. Are you on a special diet or do you avoid certain types of foods? |
50. Have you ever had an eating disorder? |
51. Do you have any concerns that you would like to discuss with a doctor? |

**FEMALES ONLY**

52. Have you ever had a menstrual period? |
53. How old were you when you had your first menstrual period? |
54. How many periods have you had in the last 12 months? |

**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: ___________________________  Signature of parent/guardian: ___________________________  Date: ___________________________

PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues
   - Do you feel stressed out or under a lot of pressure?
   - Do you ever feel sad, hopeless, depressed, or anxious?
   - Do you feel safe at your home or residence?
   - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
   - During the past 30 days, did you use chewing tobacco, snuff, or dip?
   - Do you drink alcohol or use any other drugs?
   - Have you ever tried anabolic steroids or used any other performance supplement?
   - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
   - Do you wear a seat belt, use a helmet, and use condoms?

2. Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight</th>
<th>Male</th>
<th>Female</th>
<th>BP</th>
<th>Pulse</th>
<th>Vision R 20/</th>
<th>L 20/</th>
<th>Corrected</th>
<th>N</th>
</tr>
</thead>
</table>

MEDICAL FINDINGS

- **Appearance**
  - Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyper laxity, myopia, MVP, aortic insufficiency)

- **Eyes/ears/nose/throat**
  - Pupils equal
  - Hearing

- **Lymph nodes**

- **Heart**
  - Murmurs (auscultation standing, supine, +/- Valsalva)
  - Location of point of maximal impulse (PMI)

- **Pulses**
  - Simultaneous femoral and radial pulses

- **Lungs**

- **Abdomen**

- **Genitourinary (males only)**

- **Skin**
  - HSV, lesions suggestive of MRSA, tinea corporis

- **Neurologic**

MUSCULOSKELETAL

- **Neck**
- **Back**
- **Shoulder/arm**
- **Elbow/forearm**
- **Wrist/hand/fingers**
- **Hip/thigh**
- **Knee**
- **Leg/ankle**
- **Foot/toes**
- **Functional**
  - Duck-walk, single leg hop

<Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.>

<Consider (0) exam if in private setting. Having third party present is recommended.>

<Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.>

- Clear for all sports without restriction
- Clear for all sports without restriction with recommendations for further evaluation or treatment for ___________________________

- Not cleared
  - Pending further evaluation
  - For any sports
  - For certain sports

Reason ___________________________

Recommendations ___________________________

I have examined the above-named student and completed the preparticipation physical examination. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) ___________________________ Date ____________

Address ___________________________________________________________________________ Phone ___________________________

Signature of physician ___________________________, MD or DO