

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?	☐	☐

Sports Physical Form Sample

Mariann Vaczi, Alan Bairner

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

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Table of Contents Sports Physical Form Sample

1. Understanding the eBook Sports Physical Form Sample
 - The Rise of Digital Reading Sports Physical Form Sample
 - Advantages of eBooks Over Traditional Books
2. Identifying Sports Physical Form Sample
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sports Physical Form Sample
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sports Physical Form Sample
 - Personalized Recommendations
 - Sports Physical Form Sample User Reviews and Ratings
 - Sports Physical Form Sample and Bestseller Lists
5. Accessing Sports Physical Form Sample Free and Paid eBooks
 - Sports Physical Form Sample Public Domain eBooks
 - Sports Physical Form Sample eBook Subscription Services
 - Sports Physical Form Sample Budget-Friendly Options
6. Navigating Sports Physical Form Sample eBook Formats

- ePub, PDF, MOBI, and More
- Sports Physical Form Sample Compatibility with Devices
- Sports Physical Form Sample Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sports Physical Form Sample
 - Highlighting and Note-Taking Sports Physical Form Sample
 - Interactive Elements Sports Physical Form Sample
- 8. Staying Engaged with Sports Physical Form Sample
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sports Physical Form Sample
- 9. Balancing eBooks and Physical Books Sports Physical Form Sample
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sports Physical Form Sample
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sports Physical Form Sample
 - Setting Reading Goals Sports Physical Form Sample
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sports Physical Form Sample
 - Fact-Checking eBook Content of Sports Physical Form Sample
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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