

# PHYSICAL EDUCATION, ATHLETICS & RECREATION



Spokane Community College, MS 2050  
1810 N Greene Street  
Spokane, WA 99217-5399  
Office: 509 533-7230  
Fax: 509 533-8609  
[www.scc.spokane.edu](http://www.scc.spokane.edu)

Spokane Falls Community College, MS 3070  
3410 W Fort George Wright Drive  
Spokane, WA 99224-5288  
Office: 509 533-3630  
Fax: 509 533-4102  
[www.spokanefalls.edu](http://www.spokanefalls.edu)



## STUDENT-ATHLETE

Student Name \_\_\_\_\_  
(Last) (First) (Middle Initial)

Date of Birth \_\_\_\_\_ Male  Female  Social Security Number \_\_\_\_\_  
Month/Day/Year

Local Address \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_  
(Number & Street) (City) (Zip)

Home Address \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_  
(Number & Street) (City) (Zip)

## PARENT/GUARDIAN

Parent(s) Name \_\_\_\_\_  
(Last) (First) (Middle Initial)

Home Address \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_  
(Number & Street) (City) (Zip)

## INSURANCE INFORMATION

Are you covered by group or individual health and/or accident insurance? Yes  No   
If yes, please provide the following information:

Insurance Co. \_\_\_\_\_ Policy # \_\_\_\_\_

Subscriber's Name \_\_\_\_\_ Subscriber's Soc.Sec. # \_\_\_\_\_

## EMERGENCY CONTACTS

Name \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_ Relationship \_\_\_\_\_

Name \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_ Relationship \_\_\_\_\_

## FAMILY PHYSICIAN

Name \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

## SPORTS PROGRAM(S)

Please check ALL appropriate boxes for the sports in which you will be participating at this college:

- |  |                                       |                                  |                                   |                                      |
|--|---------------------------------------|----------------------------------|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Baseball      | <input type="checkbox"/> Field Hockey | <input type="checkbox"/> Hockey  | <input type="checkbox"/> Soccer   | <input type="checkbox"/> Track       |
| <input type="checkbox"/> Basketball    | <input type="checkbox"/> Football     | <input type="checkbox"/> Rowing  | <input type="checkbox"/> Softball | <input type="checkbox"/> Volleyball  |
| <input type="checkbox"/> Cross Country | <input type="checkbox"/> Golf         | <input type="checkbox"/> Skating | <input type="checkbox"/> Swimming | <input type="checkbox"/> Wrestling   |
| <input type="checkbox"/> Diving        | <input type="checkbox"/> Gymnastics   | <input type="checkbox"/> Skiing  | <input type="checkbox"/> Tennis   | <input type="checkbox"/> Other _____ |

### PLEASE CAREFULLY AND COMPLETELY READ THE FOLLOWING INFORMATION

Completion of this medical history and examination form is mandatory for participation in the sports programs of this college. Please make sure that all statements regarding your personal information and medical history is complete and accurate.

NWAACC Regulations state: After July 1<sup>st</sup> and prior to the first practice of each year of participation in intercollegiate athletics at a member college, a student-athlete shall undergo a medical examination and be approved for intercollegiate athletic competition by a medical authority licensed to perform a physical examination by the laws applicable in the state where the exam is conducted. Those licensed and approved to perform physical examinations include Medical Doctors (M.D.), Doctors of Osteopathy (D.O.), Certified Registered Nurses (C.R.N.), Naturopaths (N.D.) and Physician's Assistants (P.A.).

This form is to be completed and signed by the student or, if the student is under the age of 18, by the student's parent or guardian. Any information withheld or falsified may affect the student's status on the athletic team and/or the student's scholarship funding. The college reserves the right, with the student's authorization, to request past medical records, charts and diagnoses regarding injuries, medical history or physical condition, and may request additional medical examinations or tests if indicated.

# YOUR LAST PHYSICAL EXAMINATION

Date \_\_\_\_\_ Doctor's name \_\_\_\_\_ City, State \_\_\_\_\_

Please list any abnormalities found on any past physical examinations \_\_\_\_\_

## IMMUNIZATION RECORD

Measles*	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Date of last shot	_____
Mumps*	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Date of last shot	_____
Rubella*	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Date of last shot	_____
Polio	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Date of last dose	_____
Tetanus (Td)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Date of last shot	_____

\*Note: These are commonly noted on immunization records as "MMR" and often given as one shot.  
A second dose of measles vaccine is recommended for college entrance.

## FAMILY MEDICAL HISTORY

Please check YES or NO in appropriate box.

1. <input type="checkbox"/> Yes	<input type="checkbox"/> No	Osteoporosis	5. <input type="checkbox"/> Yes	<input type="checkbox"/> No	Hemophilia
2. <input type="checkbox"/> Yes	<input type="checkbox"/> No	High blood pressure	6. <input type="checkbox"/> Yes	<input type="checkbox"/> No	Diabetes
3. <input type="checkbox"/> Yes	<input type="checkbox"/> No	Neuromuscular disease	7. <input type="checkbox"/> Yes	<input type="checkbox"/> No	Anemia
4. <input type="checkbox"/> Yes	<input type="checkbox"/> No	Sudden death from heart disease or stroke	8. <input type="checkbox"/> Yes	<input type="checkbox"/> No	Cancer

If living, please check box to signify family member's general health. If deceased, please state age and cause of death, if known.

	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Fair	<input type="checkbox"/> Poor	<input type="checkbox"/> Deceased	Age at Death	Cause of Death
Father	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Mother	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Brother #1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Brother #2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Sister #1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Sister #2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____

## MEDICAL CONDITIONS & ILLNESSES

Have you ever had or do you now have any of the following medical conditions, illnesses or diseases?  
Please check YES or NO for EACH item.

YES	NO		YES	NO		YES	NO	
9. <input type="checkbox"/>	<input type="checkbox"/>	Polio	26. <input type="checkbox"/>	<input type="checkbox"/>	Recurrent sinusitis	43. <input type="checkbox"/>	<input type="checkbox"/>	Hernia or rupture
10. <input type="checkbox"/>	<input type="checkbox"/>	Diphtheria	27. <input type="checkbox"/>	<input type="checkbox"/>	Hearing loss/ear disease	44. <input type="checkbox"/>	<input type="checkbox"/>	Ulcers
11. <input type="checkbox"/>	<input type="checkbox"/>	Rheumatic fever	28. <input type="checkbox"/>	<input type="checkbox"/>	Rheumatic heart disease	45. <input type="checkbox"/>	<input type="checkbox"/>	Testicular masses
12. <input type="checkbox"/>	<input type="checkbox"/>	Hepatitis	29. <input type="checkbox"/>	<input type="checkbox"/>	Heart murmur/problems	46. <input type="checkbox"/>	<input type="checkbox"/>	Hemorrhoids
13. <input type="checkbox"/>	<input type="checkbox"/>	Tuberculosis	30. <input type="checkbox"/>	<input type="checkbox"/>	Pericarditis	47. <input type="checkbox"/>	<input type="checkbox"/>	Bleeding disease
14. <input type="checkbox"/>	<input type="checkbox"/>	Collapsed lung	31. <input type="checkbox"/>	<input type="checkbox"/>	High blood pressure	48. <input type="checkbox"/>	<input type="checkbox"/>	Anemia
15. <input type="checkbox"/>	<input type="checkbox"/>	Pneumonia	32. <input type="checkbox"/>	<input type="checkbox"/>	Elevated cholesterol	49. <input type="checkbox"/>	<input type="checkbox"/>	Phlebitis
16. <input type="checkbox"/>	<input type="checkbox"/>	Pleurisy	33. <input type="checkbox"/>	<input type="checkbox"/>	Arthritis/joint problems	50. <input type="checkbox"/>	<input type="checkbox"/>	Asthma/hay fever
17. <input type="checkbox"/>	<input type="checkbox"/>	Diabetes	34. <input type="checkbox"/>	<input type="checkbox"/>	Bone infection	51. <input type="checkbox"/>	<input type="checkbox"/>	Skin disease/rash
18. <input type="checkbox"/>	<input type="checkbox"/>	Allergies	35. <input type="checkbox"/>	<input type="checkbox"/>	Chondromalacia	52. <input type="checkbox"/>	<input type="checkbox"/>	Measles
19. <input type="checkbox"/>	<input type="checkbox"/>	Tumors/Cancer	36. <input type="checkbox"/>	<input type="checkbox"/>	Seizures/Epilepsy	53. <input type="checkbox"/>	<input type="checkbox"/>	Mumps
20. <input type="checkbox"/>	<input type="checkbox"/>	Muscular disease	37. <input type="checkbox"/>	<input type="checkbox"/>	Migraine headaches	54. <input type="checkbox"/>	<input type="checkbox"/>	Mononucleosis
21. <input type="checkbox"/>	<input type="checkbox"/>	Eye disease	38. <input type="checkbox"/>	<input type="checkbox"/>	Neurological disorder	55. <input type="checkbox"/>	<input type="checkbox"/>	Malaria
22. <input type="checkbox"/>	<input type="checkbox"/>	Color blindness	39. <input type="checkbox"/>	<input type="checkbox"/>	Goiter/thyroid disease	56. <input type="checkbox"/>	<input type="checkbox"/>	Car or air sickness
23. <input type="checkbox"/>	<input type="checkbox"/>	Near sightedness	40. <input type="checkbox"/>	<input type="checkbox"/>	Enlarged organs (spleen)	57. <input type="checkbox"/>	<input type="checkbox"/>	Nervous breakdown
24. <input type="checkbox"/>	<input type="checkbox"/>	Far sightedness	41. <input type="checkbox"/>	<input type="checkbox"/>	Kidney or bladder disease	58. <input type="checkbox"/>	<input type="checkbox"/>	Mental disorder
25. <input type="checkbox"/>	<input type="checkbox"/>	Nasal polyps	42. <input type="checkbox"/>	<input type="checkbox"/>	Gastrointestinal bleeding	59. <input type="checkbox"/>	<input type="checkbox"/>	Eating disorder

Student Name \_\_\_\_\_  
(Last) (First) (Mid. Initial)

## INJURIES & SYMPTOMS

Do currently have or have you ever had any of the following symptoms, problems or injuries?  
Please check YES or NO for EACH item.

60.	<input type="checkbox"/>	<input type="checkbox"/>	Frequent headache	71.	<input type="checkbox"/>	<input type="checkbox"/>	Neck pain or injury	82.	<input type="checkbox"/>	<input type="checkbox"/>	Muscle weakness
61.	<input type="checkbox"/>	<input type="checkbox"/>	Head injury	72.	<input type="checkbox"/>	<input type="checkbox"/>	Back pain or injury	83.	<input type="checkbox"/>	<input type="checkbox"/>	Muscle cramps
62.	<input type="checkbox"/>	<input type="checkbox"/>	Visual changes	73.	<input type="checkbox"/>	<input type="checkbox"/>	Knee pain or injury	84.	<input type="checkbox"/>	<input type="checkbox"/>	Muscle wasting
63.	<input type="checkbox"/>	<input type="checkbox"/>	Eye pain or injury	74.	<input type="checkbox"/>	<input type="checkbox"/>	Ankle pain or injury	85.	<input type="checkbox"/>	<input type="checkbox"/>	Frequent nausea
64.	<input type="checkbox"/>	<input type="checkbox"/>	Ringing in ears	75.	<input type="checkbox"/>	<input type="checkbox"/>	Shoulder dislocation/sep.	86.	<input type="checkbox"/>	<input type="checkbox"/>	Frequent vomiting
65.	<input type="checkbox"/>	<input type="checkbox"/>	Sore throats	76.	<input type="checkbox"/>	<input type="checkbox"/>	Other joint sprain/disloc.	87.	<input type="checkbox"/>	<input type="checkbox"/>	Frequent diarrhea
66.	<input type="checkbox"/>	<input type="checkbox"/>	Nasal fracture	77.	<input type="checkbox"/>	<input type="checkbox"/>	Joint pain, at rest	88.	<input type="checkbox"/>	<input type="checkbox"/>	Abdominal problems
67.	<input type="checkbox"/>	<input type="checkbox"/>	Sinus congestion	78.	<input type="checkbox"/>	<input type="checkbox"/>	Joint pain, with exercise	89.	<input type="checkbox"/>	<input type="checkbox"/>	Internal injuries
68.	<input type="checkbox"/>	<input type="checkbox"/>	Breathing difficulty	79.	<input type="checkbox"/>	<input type="checkbox"/>	Joint weakness	90.	<input type="checkbox"/>	<input type="checkbox"/>	Rectal bleeding
69.	<input type="checkbox"/>	<input type="checkbox"/>	Recurrent coughing	80.	<input type="checkbox"/>	<input type="checkbox"/>	Pinched nerve	91.	<input type="checkbox"/>	<input type="checkbox"/>	Unusual fatigue
70.	<input type="checkbox"/>	<input type="checkbox"/>	Chest pain	81.	<input type="checkbox"/>	<input type="checkbox"/>	Heat exhaustion/stroke	92.	<input type="checkbox"/>	<input type="checkbox"/>	Trouble sleeping

## GENERAL QUESTIONS

Please answer ALL of the following questions by checking either YES or NO for EACH item.

93.	<input type="checkbox"/>	<input type="checkbox"/>	Do you now have or have you ever had any chronic or recurrent illnesses?
94.	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever had any illnesses lasting more than one week?
95.	<input type="checkbox"/>	<input type="checkbox"/>	If no to #93 or #94, do you now have or have you ever had any illnesses requiring treatment and care of a doctor?
96.	<input type="checkbox"/>	<input type="checkbox"/>	Do you wear eyeglasses or contact lenses?
97.	<input type="checkbox"/>	<input type="checkbox"/>	Do you currently wear eyeglasses or contact lenses while participating in sports?
98.	<input type="checkbox"/>	<input type="checkbox"/>	Do you use any dental appliances such as braces, bridges or plates?
99.	<input type="checkbox"/>	<input type="checkbox"/>	Any body parts or organs missing (appendix, eye, kidney, testicles)?
100.	<input type="checkbox"/>	<input type="checkbox"/>	Are you now or have you ever been under the treatment of a medical doctor for any injuries?
101.	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever fainted, passed out, been dizzy, knocked out, unconscious or had a concussion?
102.	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever had a cast, splint, cane or crutches?
103.	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever had an X-ray of any bone or joint?
104.	<input type="checkbox"/>	<input type="checkbox"/>	Do you have to stop while running twice around a quarter-mile track?
105.	<input type="checkbox"/>	<input type="checkbox"/>	Do you have any trouble breathing, while at rest, <u>after</u> running one mile?
106.	<input type="checkbox"/>	<input type="checkbox"/>	Do you get any chest pain with exercise?
107.	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever had any injuries or illnesses that caused you to miss a game or practice?
108.	<input type="checkbox"/>	<input type="checkbox"/>	Are there any reasons why you should not participate in sports?
109.	<input type="checkbox"/>	<input type="checkbox"/>	Have any of your close relatives, under the age of 50, died of heart problems or unexplained causes?
110.	<input type="checkbox"/>	<input type="checkbox"/>	Are you or any member of your family allergic to ANY medications (aspirin, penicillin, etc.)?
111.	<input type="checkbox"/>	<input type="checkbox"/>	Are you now taking or have you taken any medications, medicines, drugs or vitamins on a regular basis?
112.	<input type="checkbox"/>	<input type="checkbox"/>	Do you have any medical conditions that require special attention or treatment that the coach or athletic trainer should be aware of in the event of any injury or illness?

If you have answered "Yes" to any numbered item (1-112), please explain the situation or circumstances, including names of treating physicians and dates in the space provided. Identify each response by the number of the item in the left margin.

Item No.	Physician, City, State	Approx. Date	Explanation, including any surgeries you have had

Student Name \_\_\_\_\_  
(Last) (First) (Mid. Initial)

**Please list all previous fractures, concussions or other head injuries:**

Item No.	Physician, City, State	Approx. Date	Injury

**Please list all hospitalizations:**

Item No.	Physician, City, State	Approx. Date	Reason for hospitalization, length of stay

**Describe your current pattern of physical exercise**

Activity	Frequency	Duration	Intensity

Describe the sickest you have ever been \_\_\_\_\_  
 \_\_\_\_\_

Describe any weight changes over the last six months \_\_\_\_\_

List all medications -- prescription and/or over the counter -- drugs or vitamins that you currently take (including aspirin, birth control pills, etc.) \_\_\_\_\_  
 \_\_\_\_\_

Describe any allergies -- from bites, drugs, foods, pollen, etc. -- you may have, including causes and reactions \_\_\_\_\_  
 \_\_\_\_\_

At what age did you have your first menstrual period? \_\_\_\_\_ How many have you had during the last 12 months? \_\_\_\_\_

Date of last period \_\_\_\_\_ Describe any menstrual irregularity or discomfort \_\_\_\_\_

**AGREEMENT OF UNDERSTANDING**

I, the undersigned, certify that the above medical history is correct and true to the best of my knowledge, and that this student has no physical defects except as stated. This medical information is given with my permission and the medical examination is taken voluntarily. I further understand that any intentional omission of answers either verbally or in writing may result in disqualification from the community college sports program.

I authorize the release of this medical information, including the medical examination and the results of any medical tests, to the college for their use, evaluation and record keeping for this student-athlete's participation in the sports program of the college. I further authorize the release of this medical information, the medical examination and the results of any medical tests when deemed necessary by the college athletic coach, athletic trainer or other authorized college official; and I grant permission to any hospital, physician, surgeon, or other duly authorized medical personnel to release any other medical records, charts or diagnoses when deemed necessary for the treatment and care of this student-athlete in the event of injury or illness.

I further authorize and request the college's designated medical personnel to administer basic life support, advanced life support, and/or to obtain emergency medical care in the event of injury or illness at any specific emergency care facility so designated by the college physician or representative while participating in the sports program.

By my signature I verify that I have read, understand and agree to the above-stated conditions.

Student \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian (If student is under 18 years of age) \_\_\_\_\_

Student Name \_\_\_\_\_  
 (Last) (First) (Mid. Initial)



Urinalysis: Sugar \_\_\_\_\_ Albumin \_\_\_\_\_ Keytones \_\_\_\_\_ Other \_\_\_\_\_

Hematology: Hematocrit \_\_\_\_\_

Summary of abnormal lab work \_\_\_\_\_

***If medical history indicates the need for any vaccinations or booster shots, please administer during the physical examination.***

Orthopedic Diagnoses \_\_\_\_\_

General Medical Diagnoses \_\_\_\_\_

Additional findings or comments on health history/significant injuries or illnesses \_\_\_\_\_

**DISPOSITION (Please check one)**

- Unrestricted activity in all sports
- No participation until \_\_\_\_\_ or until \_\_\_\_\_  
(Date) (Conditions to be met)
- May participate, but with following limitations \_\_\_\_\_
- May not participate at all for following reasons \_\_\_\_\_

Medical Provider's signature \_\_\_\_\_ Date of Exam \_\_\_\_\_

**MEDICAL PROVIDER IDENTIFICATION** (Please print. Stamp or label okay)

Name \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Mail completed form to:

---

---

**NOTE:** The original of this report shall be confidentially filed and maintained in the athletic department. The information shall be readily available to health care providers in event of an emergency when intercollegiate sports are conducted, both at home and away from the college.

Student Name \_\_\_\_\_  
(Last) (First) (Mid. Initial)