

History Addendum for Sports Participation

Please answer every question

Marking Instructions

Please use a # 2 pencil
Fill in the complete oval as shown...



PLEASE PRINT PATIENT'S LAST NAME

PLEASE PRINT PATIENT'S FIRST NAME

PATIENT'S DATE OF BIRTH

Month

Day

Year

Current grade in school:

- 3rd
- 4th
- 5th
- 6th
- 7th
- 8th
- high school freshman
- high school sophomore
- high school junior
- high school senior
- college 1st year
- college 2nd year
- college 3rd year
- college 4th year

Over the next year, which sports and physical activities do you plan to participate in?

- aerobic exercise (zumba, etc.)
- baseball
- basketball
- cheerleading
- cross country
- cycling (competitive)
- dance (competitive)
- dance performances (ballet, jazz, etc.)
- diving (competitive)
- football
- golf
- gymnastics
- handball / squash
- hockey (field or ice)
- horseback riding
- karate
- kickboxing
- lacrosse
- running (marathons)
- skateboarding
- skating (ice or roller)
- soccer
- softball
- surfing
- swimming (competitive)
- track & field
- volleyball
- wrestling
- yoga
- other sport / activity

Are you able to run 1/2 mile (twice around the track) without stopping? yes no

Have you ever had an illness that required you to miss 3 or more days of practice or competition? yes no

Have you ever had any sports injuries? yes no

Have you ever required x-rays? yes no

Do you wear contacts or eye glasses? yes no

Do you have braces, dental bridges or plates? yes no

Please mark any of the following items that you have now or have had in the past:

- allergic reaction to insect stings
- asthma
- concussion
- diabetes
- dizziness during / after exercise
- hay fever
- heart abnormality
- heart murmur
- high blood pressure
- hives
- loss of consciousness / been unconscious
- removal of a kidney
- seizures

FOR TEEN GIRLS / WOMEN ONLY

Age at first menstrual period:

- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18

In the last year, what was the longest interval between your menstrual periods?

- 1 month
- 2 months
- 3 months
- 4 months
- 5 months
- 6 months
- greater than 6 months