

# Sports Physical Examination Checklist

**Instructions:** When completing a pre-participation sports physical examination, use this checklist to ensure that you do not miss any key information or procedures.

## Pre-Examination

Begin the examination process by reviewing the patient's medical history. This can be done using a sports physical form, but must include a review of the following information:

- Patient information (including name, date of birth, age, sport involved)
- Previous medical history (including previous injuries, illnesses or other conditions)
- Current health status (including any symptoms, illnesses, or pains currently experiencing)
- Current medications
- Any concerns the individual has

## General Health Screen

Next, conduct a general health screen by taking measurements and notes of the following:

- Height
- Weight
- Blood pressure
- Lung function
- Body temperature

## Physical Examination

- Overall appearance**
- Cardiovascular screening:** This may involve assessment for any cardiac abnormalities or risks for chronic illnesses by checking for heart murmurs, blood pressure, and pulses.
- Neurologic screening:** Assess the nervous system, by completing sensory tests, range of motion, strength, and stability.
- Nutritional assessment:** This may involve assessment of the individual's current dietary management strategies, nutritional status, and nutritional requirements.
- Heat/hydration assessment:** This screens for the individual's current hydration status, as well as any risk factors for developing heat related illness or dehydration.
- Mental health screening:** For optimal health and wellbeing, it is essential to consider mental health status. This involves assessing the individual for any symptoms of mental-health issues, poor sleep, fatigue, concentration, low mood, and other mental health factors that may impose on their overall health.

## Additional notes and procedures