IF YOU ARE PLAYING A VARSITY SPORT A PHYSICAL EXAM IS REQUIRED
YOU WILL NOT BE CLEARED TO PARTICIPATE WITHOUT SUBMITTING THIS COMPLETED FORM TO THE STUDENT HEALTH CENTER FOR REVIEW.

Varsity Sports Physical Examination

MUST BE WITHIN LAST 12 MONTHS, ALL INFORMATION IS REQUIRED AND MUST BE FILLED OUT BY A HEALTH CARE PROVIDER

Name: _____ **Student ID:** _____ **Date of Birth** ___/_____/____ **Sport:**_____

Date of Exam_____ ***Keep a copy of this form for your records***

EXAM: (please address each area below)

Height_____Weight_____BMI _____BP_____Pulse_____

Skin: _____
Head: _____
Eyes:_____Snellen R/20_____L/20_____
Corrected R/20_____L/20_____
Contact lens/glasses: _____
Ears: _____ Nose: _____
Mouth and Throat: _____ Neck: _____
Thorax: _____ Lungs: _____
Breast: _____ Lymph Nodes: _____
Spine/Back: _____ Extremities: _____
Genito- urinary (testicles):_____ Reflexes: _____
Heart: _____ Abdomen: _____

Laboratory exam: (Optional) HgB / Hematocrit_____ Urine Sugar_____ Urine Protein_____ Cholesterol_____

Please answer all following questions:

- Does this student have a medical condition for which ongoing health care is required? ☐Yes ☐No
  If yes, please describe._____
- Does this patient use an inhaler prior to exercise? ☐Yes ☐No
- Is there any evidence of a heart murmur? ☐Yes ☐No If yes, has the murmur been evaluated by Echo? ☐Yes ☐No
  Has the murmur been determined by workup to be benign and not interfere with activity? ☐Yes ☐No
- Is there a history of any Heart Disease (arrhythmia, arterial disease, congenital)?_____ ☐Yes ☐No
  _____
- Has this patient had a history of serious head injury/concussion? ☐Yes ☐No
  If yes, please describe._____
  If more than one (1) concussion how many_____ and the date of the last concussion. _____
- Are there any restrictions or contraindications to athletics? ☐Yes ☐No
  If yes, please describe_____
  Are there any special braces or pads to be worn for sports? ☐Yes ☐No
  If yes, please describe._____
- Recommendations for the physical and mental health care at RPI? _____ ☐Yes ☐No
- Was patient given Sickle Cell Test? (If no, student *must* sign acknowledgement/declination below) ☐Yes ☐No

This patient is in good physical condition and may participate in unlimited physical activity including contact varsity level sports, non-contact varsity level sports, intramurals and ROTC. **☐Yes ☐No**
If no, please describe. _____

STUDENT ACKNOWLEDGEMENT – Sickle Cell information sheet (page 2 below/reverse) reviewed and test declined:
_____
Student signature and date

Signature of the Health Care Provider_____
Health Care Provider's Name: _____
Address: _____
Telephone Number: (___)_____-_____
Fax Number: (___)_____-_____
***Stamp may be used, but must be accompanied by signature and date**

Rensselaer

Return all information to:
Student Health Center-RPI
110 8th Street- 3200 Academy Hall
Troy, NY 12180
(518)276-6287 Fax: (518)276-8573
healthrecords@rpi.edu

Sickle-Cell Trait Information

Why am I receiving Sickle Cell information?

The NCAA now requires that all incoming varsity athletes be given information on sickle cell anemia and be offered screening for this at the Colleges or Universities they are matriculating at. The Varsity athlete must either receive the screening blood test or sign a written waiver that they will not accept the test.

What is Sickle Cell Disease?

Sickle Cell disease is a group of inherited red blood cell disorders. Normal red blood cells are round like doughnuts, and they move through small blood tubes in the body to deliver oxygen. Sickle red blood cells become hard, sticky and shaped like sickles used to cut wheat. When these hard and pointed red cells go through the small blood tube, they clog the flow and break apart. This can cause pain, damage and a low blood count, or anemia.

What makes the red cell sickle?

There is a substance in the red cell called hemoglobin that carries oxygen inside the cell. One little change in this substance causes the hemoglobin to form long rods in the red cell when it gives away oxygen. These rigid rods change the red cell into a sickle shape. This causes the red cells to get caught in small blood vessels and cause tissue death when the individual who has it is under physical stress.

How do you get sickle cell anemia?

You inherit the abnormal hemoglobin gene from both parents who may be carriers with sickle cell trait or parents with sickle cell disease. You cannot catch it. You are born with the sickle cell hemoglobin and it is present for life.

Is Sickle Cell only in African Americans?

Sickle cell is most common in individuals of African or Caribbean descent. Although, not as commonly, it can occur in individuals of Arabic, Greek, Italian, and Indian descent.

How can I be Tested?

A simple blood test called the hemoglobin electrophoresis can be done by your doctor or local sickle cell foundation. This test will tell if you are a carrier of the sickle cell trait or if you have the disease.

Newborn Screening

Most States now perform the sickle cell test on all newborn infants. The simple blood test will detect sickle cell disease or sickle cell trait. You may check with your pediatrician to see if you have already been screened. Other types of traits that may be discovered include: Hemoglobin C trait, Hemoglobin E trait, Hemoglobin Barts - which indicates an alpha thalassemia trait

What is sickle cell trait?

Sickle cell trait is a person who carries one sickle hemoglobin producing gene inherited from their parents and one normal hemoglobin gene. Normal hemoglobin is called type A. Sickle hemoglobin called S. Sickle cell trait is the presence of hemoglobin AS on the hemoglobin electrophoresis. This will NOT cause sickle cell disease. Other hemoglobin traits common in the United States are AC and AE traits.

Are there different types of sickle cell disease?

There are three common types of sickle cell disease in the United States.

1. Hemoglobin SS or or sickle cell anemia
2. Hemoglobin SC disease
3. Hemoglobin sickle beta-thalassemia

Each of these can cause sickle pain episodes and complications, but some are more common than others. All of these may also have an increase in fetal hemoglobin which can protect the red cell from sickling and help prevent complications. The medication hydroxyurea also increases fetal hemoglobin.