

# **SPORTS and ACTIVITIES PHYSICAL EXAM DAY**

**FRIDAY, May 21, 2004**

**8:00 AM – 12:00 AM**

**MPR Room**

It's time for the annual sports physical and activities exam day, brought to you by the Naval Hospital Sigonella and DODDS. This exam day is for the **next school year requirements** and will be held in the MPR Room on Friday, May 21 from 8:00 AM – 12:00 Noon.

In addition, there will be a Mini Health Fair, sponsored by Health Promotions, in conjunction with the Sports Physical Day so the times will be the same, 0800-1200 on the 21st of May in the MPR of Stephen Decatur School. There will be two tables with one dedicated to High School students and the other to Middle School students. There will be a table dedicated to Nutrition Education at the Mini Health Fair. Health Promotions will also be participating in the School Carnival on the same day from 1600-1800 pending approval from the PTO.

## **WHO NEEDS A PHYSICAL?**

Any high school student who plans on playing a sport anytime during the school year needs a sports physical. Students need a new physical every year.

An individual who belongs to an organization that requires a physical exam prior to the participation of activities is required to complete a Sports and Physical Activities Exam.

Sports teams not affiliated with the Stephen Decatur School such as Boys Scouts, Girl Scouts, Swimming , Soccer, Softball, etc...

Individuals needing physicals for Italian schools and College admission.

## **WHY DO I NEED A PHYSICAL?**

Physical examination is an important screening tool. They help health care providers identify students with health problems that may put them at risk for injuries or illness. They help students gain an awareness of important health issues for athletes. Also, students may not participate in sports (even in practice) or any physical activity without having a physical examination.

## **WHAT DO I NEED TO DO?**

Please pick up a form and fill out as completely and honestly as possible **before coming to sports physical and activities exam day.** It is important that parents assist students with the questions about past medical and family history. This helps us identify students who may need further evaluation before participating in sports or other physical activities.

Forms will be available at the Acute Care (ACC) Front Desk, Pediatric Clinic, Teen Center, and High School Office. Do not forget to bring the completed forms to the MPR Room on Sports Physical and Activities Exam Day. Please bring special forms required by the school or organization on this day.

## **WHAT SHOULD I WEAR?**

All students should wear shorts and comfortable shoes. Females should wear a sports bra. This is to make the exams easier and more comfortable for you!

## **ENTITLEMENTS**

Immunizations, Health Promotions, and Sports / Health Nutrition Guidance

## **MEDICAL SPECIALITIES OFFERED**

Orthopedics

Spine

Optometrist

Cardio

Surgical

General Practitioner

Pediatrician