



■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of Examination: _____ Sport(s): _____

Sex at Time of Birth (Male or Female): _____

List past and current medical conditions: _____

Have you ever had surgery? If yes, list all post-surgical procedures: _____

Medicines and supplements: list all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional): _____

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollen, food, stinging insects): _____

Patient Health Questionnaire Version 4 (PHQ-4)
Over the last 2 weeks, how often have you been bothered by any of the following problems? (check the box that is appropriate number)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	☐ 0	☐ 1	☐ 2	☐ 3
Not being able to stop or control worrying	☐ 0	☐ 1	☐ 2	☐ 3
Little interest or pleasure in doing things	☐ 0	☐ 1	☐ 2	☐ 3
Feeling down, depressed, or hopeless	☐ 0	☐ 1	☐ 2	☐ 3

(A sum of ≥3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS		Yes	No
Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.			
1. Do you have any concerns that you would like to discuss with your provider?	☐	☐	☐
2. Has a provider ever denied or restricted your participation in sports for any reason?	☐	☐	☐
3. Do you have any ongoing medical issues or recent illness?	☐	☐	☐
HEART HEALTH QUESTIONS ABOUT YOU		Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?	☐	☐	☐
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?	☐	☐	☐
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?	☐	☐	☐
7. Has a doctor ever told you that you have any heart problems?	☐	☐	☐
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.	☐	☐	☐

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)		Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?	☐	☐	☐
10. Have you ever had a seizure?	☐	☐	☐
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?	☐	☐	☐
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Aortic syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?	☐	☐	☐
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?	☐	☐	☐

Trillium Application Guide

G Thomas

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Trillium Application Guide:

Trillium Drug Program Ontario. Ministry of Health and Long-Term Care, 2005 **The Homoeopathic Emergency Guide A Quic Reference Handbook to Effective Homeopathic Care** Thomas Kruzel, 2005 The Homoeopathic Emergency guide is a quick and reliable handbok to assist the practitoner of homeopathy with the task of individualizing cases Since it is organized by bdiseases and symptoms the case taker can compare the totality of symptoms with remedies and mkore easily select the right remedy **A Guide to Ontario School Law** Benjamin Kutsyuruba, David Burgess, Keith Walker, J. Kent Donlevy, 2014-05 A Guide to Ontario School Law is a comprehensive non partisan fair reading of provincial educational statutes regulations and relevant policies that will be a first aid and reference to the lay reader Our goal is to provide an up to date accessible and user friendly guide to various legal parameters for teachers aspiring teachers trustees school administrators central office administration parents and interested community members In particular the resources and insights in this guide are aimed at helping teacher candidates to develop literacy in educational law and policy and ultimately to successfully transition from teacher education programs into teaching careers **The Annual Ann Arbor Guide** , 2005

Re-Engineering Software Roy Rada, 2024-02-02 Creating software of any kind is an enormously expensive proposition whether for internal use or commercial application The range of activities involved in engineering and creating software are mind boggling in complexity Yet every time new software is developed most programmers start from scratch without considering what might be re used or salvaged from existing programs Re Engineering Software addresses the principles approaches support systems underlying methodologies and real case examples for re using and thus building on previously existing software **Christian Writers' Market Guide 2010** Sally E. Stuart, 2010 Identifies approximately one thousand markets for Christian writers including book publishers and periodicals each with contact information and submission guidelines and includes listings of literary agents poetry greeting card music and photography markets and contests

Garden Guide Alpheus T. De La Mare, 1921 **Software Configuration Management Handbook, Third Edition** Alexis Leon, 2015-02-01 Software configuration management SCM is one of the scientific tools that is aimed to bring control to the software development process This new resource is a complete guide to implementing operating and maintaining a successful SCM system for software development Project managers system designers and software developers are presented with not only the basics of SCM but also the different phases in the software development lifecycle and how SCM plays a role in each phase The factors that should be considered and the pitfalls that should be avoided while designing the SCM system and SCM plan are also discussed In addition this third edition is updated to include cloud computing and on demand systems This book does not rely on one specific tool or standard for explaining the SCM concepts and techniques In fact it gives readers enough information about SCM the mechanics of SCM and SCM implementation so that they can successfully implement a SCM system **Ontario Government Publications** , 1996 Cumulates monthly issues and includes additional

material **The Nature Handbook** Ernest H. Williams Jr.,2005-05-19 Nature is full of fascinating stories stories that attract our attention at a young age and keep us amazed throughout our entire lives The need to understand nature draws us back to its simple beauty again and again yet underneath this simplicity lies a complex web of associations and patterns The Nature Handbook does what no other field guide does explores and explains nature through these connecting patterns revealing them to the many different types of nature lovers All naturalists from birders to gardeners hikers to environmentalists wildflower enthusiasts to butterflyers will appreciate the different approach of the Handbook even those whose interest in the natural world is just beginning to develop Naturalists who are already well versed in one group of organisms birders for example will find new explanations and patterns for their favorite group as well as new patterns all around them that they had previously overlooked Observations in the Handbook are arranged in the three main sections of plants animals and habitats These sections are then connected through discussions of the relationship of size and shape adaptations distribution patterns behavior and diversity of life Since the emphasis is on patterns rather than individual species each chapter has cross references to related topics For example tree related topics such as leaf shape treelines and fall colors are all discussed in different chapters even though they are related Leaf shape is associated with trees as organisms and therefore is in Chapter 2 Trees treelines are most associated with mountains so their description is in Chapter 8 Mountains fall colors apply more broadly to forests than to individual trees and they are discussed in Chapter 9 Forests Approximately 500 color photographs help make the more than 200 patterns apparent and recognizable for readers and each pattern is accompanied by a detailed description and a brief list of sources The book is designed to invite browsing and readers will gain a rich ecological perspective and insight Curiosity about the world around us is a basis for human learning The Nature Handbook serves to aid all nature lovers in their quest for understanding the many stories that our living world provides [The Nature Handbook](#) Ernest Herbert Williams,2005 The Nature Handbook does what no other field guide does explores and explains nature through connecting patterns revealing them to the many different types of nature lovers 500 color photos

Christian Writers' Market Guide 2008 Sally Stuart,2009-02-25 The Resource Guide to Getting Published A unique guide to publishing for Christian readers the Christian Writers Market Guide 2008 offers the most proven and comprehensive collection of ideas resources and contact information to the industry For more than twenty years the Christian Writers Market Guide has delivered indispensable help to Christian writers from a CD ROM of the full text of the book so you can easily search for topics publishers and other specific names to up to date listings of more than 1 200 markets for books articles stories poetry and greeting cards including forty three new book publishers fifty one new periodicals and fifteen new literary agencies Perfect for writers in every phase this is the resource you need to get noticed and published An indispensable tool The reference you have to buy Writers Journal Essential for anyone seeking to be published in the Christian community The Midwest Book Review Stands out from the rest with its wealth of information and helpful hints

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The Flowering Plants Handbook James W. Byng, 2014-10-16 This plant book aims to help identify flowering plants to genus and family level anywhere in the world In 2014 there were very few available works which were both comprehensive and up to date for all the flowering plants families and genera of the world The Flowering Plants Handbook is an easy to use identification guide to the worlds flowering plants designed for both specialists and non specialists and from beginner to expert The book contains descriptions of all currently recognised flowering plant families morphological notes for 6656 genera all current genera for 398 413 families and over 3000 images and illustrations Flowering plants can be identified using the book to family and much of the world s generic diversity in four easy steps Some plants will be identified correctly quickly whilst others may require some retracing of steps and take a little more time The advantage of this book is that it helps the user learn about the classification system and plant diversity during the identification process This work was compiled and developed using the living library and herbarium collections at the University of Aberdeen Royal Botanic Gardens Edinburgh and Royal Botanic Gardens Kew

Garden Guide, the Amateur Gardener's Handbook John Harrison Dick, 1917

A Handbook of Native American Herbs Alma R. Hutchens, 1992-11-10 The author of the bible on herbalism returns with a portable guide on North American medicinal herbs for the professional and amateur herbalist alike Based on the now classic reference text Indian Herball of North America this illustrated pocket guide is the perfect companion for those eager to expand their knowledge of herbal healing Through detailed descriptions and illustrations Alma R Hutchens walks readers through 125 of the most useful medicinal herbs found in North America and their uses How to create herbal remedies for common ailments The herbal traditions of North America and other lands Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs from parsley to thyme to pepper whose tonic and healing properties are less widely known

The Complete Handbook of Quantum Healing Deanna M. Minich, PhD, 2022-02-15 The Holistic Healing Handbook for a Homeopathic Household A thoughtful comprehensive synthesis of a multifaceted approach to healing Belleruth Naparstek LISW BCD creator of the Health Journeys Guided Imagery series 1 New Release in Diseases Physical Ailments Heal your body naturally using an array of well researched and long practiced techniques This easy to understand holistic healing library provides multiple healing approaches to the most common ailments so you ll have access to the best approach for you and will be feeling better in no time Holistic healing made easy Our lives are intertwined with the unexpected We are bound to become ill or get hurt probably multiple times in our lives When that happens Complete Handbook of Quantum Healing makes healing your body easy by providing an A Z reference

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The Riverkeeper's Guide to the Chattahoochee Fred Brown, Sherri M. L. Smith, Richard Stenger, 2007 The Chattahoochee is a prototypical American river from its headwaters in the Blue Ridge Mountains to where it flows into Apalachicola Bay one of the most productive estuaries in North America This entertaining fact filled guide covers the Chattahoochee's entire 500 mile course and 8 000 square mile watershed The guide divides the river into ten sections each of which includes a brief natural history and information on camping hiking fishing boating and other recreational pursuits bodies of water that feed into the river cities and towns with river frontage manmade structures such as bridges dams and historic ruins environmental threats and preservation efforts Entertaining sidebars throughout highlight the people history culture wildlife and geography of the entire river valley Understand the Hooch say those dedicated to its conservation and you will know more about all of our country's waterways This guide is the place to begin

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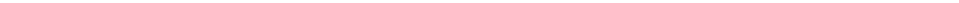
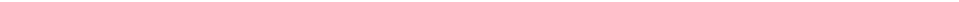
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