

NJROTC HEALTH RISK SCREENING QUESTIONNAIRE

Cadet Name: _____ (Printed Name)

NJROTC Unit: _____ High School

Date of your most recent pre-participation sports physical examination _____

Part A – TO BE COMPLETED BY THE CADET AND PARENT/GUARDIAN

Directions: Please answer **Yes** or **No** to the following questions: (Do not leave any questions blank)

- | | |
|---|--|
| 1. Do you have difficulty doing strenuous (great effort) exercise? | ☐ Yes ☐ No |
| 2. Have you been told NOT to participate in long distance runs, such as a 1.5-mile-run? | ☐ Yes ☐ No |
| 3. Have you been told NOT to do curl-ups or push-ups by a physician or other medical professional? | ☐ Yes ☐ No |
| 4. Do you exercise less than three times per week for at least thirty minutes? | ☐ Yes ☐ No |
| 5. Have you had any broken bones or a serious accident in the last three months? | ☐ Yes ☐ No |
| 6. Do you use tobacco of any kind? | ☐ Yes ☐ No |
| 7. Have you experienced chest, neck, jaw or arm discomfort while doing physical activity? | ☐ Yes ☐ No |
| 8. Do you have asthma or are you using an inhaler to aid in breathing? | ☐ Yes ☐ No |
| 9. Do you experience any shortness of breath with relatively low levels of exercise or exertion? | ☐ Yes ☐ No |
| 10. In the last month have you felt any chest pain at rest? | ☐ Yes ☐ No |
| 11. Do you have any known cardiac (heart) disease? | ☐ Yes ☐ No |
| 12. Do you think you are overweight? | ☐ Yes ☐ No |
| 13. Do you have dizzy/fainting spells, frequent headaches, or frequent back pains? | ☐ Yes ☐ No |
| 14. Have you ever experienced dehydration after strenuous physical exercise? | ☐ Yes ☐ No |
| 15. Are you currently under treatment by a physician or other medical practitioner? | ☐ Yes ☐ No |
| 16. Has your mother or sister died without any explanation or suffered a heart attack before the age of 55? | ☐ Yes ☐ No |
| 17. Has your father/brother died without any explanation or suffered a heart attack before the age of 45? | ☐ Yes ☐ No |
| 18. Do you have high blood pressure or are you on blood pressure medication? | ☐ Yes ☐ No |
| 19. Has a doctor ever told you that you have high cholesterol or are you on cholesterol medication? | ☐ Yes ☐ No |
| 20. Do you have sugar diabetes? | ☐ Yes ☐ No |
| 21. Have you experienced episodes of rapid beating or fluttering of the heart? | ☐ Yes ☐ No |
| 22. Do you suffer from lower leg swelling of both legs? | ☐ Yes ☐ No |
| 23. Do you have difficulty breathing or have sudden breathing problems at night? | ☐ Yes ☐ No |
| 24. Do you have any personal history of metabolic disease (thyroid, renal, liver)? | ☐ Yes ☐ No |
| 25. Do you have a bone, joint, or muscle problem that prevents you from doing strenuous exercises? | ☐ Yes ☐ No |
| 26. Have you unintentionally lost/gained more than 10 percent of your body weight since your last PFT? | ☐ Yes ☐ No |
| 27. Have you ever been diagnosed with Sickle Cell Trait? | ☐ Yes ☐ No |

Cadet Signature

Date

Parent/Guardian Signature

Date

Part B - If any of the answers to the questions above were **YES**, request that the following section be completed and signed by a licensed medical doctor or registered school nurse:

Significant clinical history and/or current medication and treatment regimen of the above cadet: (Use reverse side if necessary)

Recommended/released for participation in strenuous physical activities including the 1.5-mile-run? ☐ Yes ☐ No

Signature of Medical Practitioner

Date