

		Swimming†
I. Low (<20% MVC)	Bowling Golf	Baseball* Cheerleading Floor Hockey Softball* Volleyball
	A. Low (<40% Max O ₂)	B. Moderate (40-70% Max O ₂)
		C. High (>70% Max O ₂)

Increasing Dynamic Component

Sport Classification Based on Intensity & Strenuousness: This classification is based on peak static and dynamic components achieved during competition. It should be noted, however, that higher values may be reached during training. The increasing dynamic component is defined in terms of the estimated percent of maximal oxygen uptake (MaxO₂) achieved and results in an increasing cardiac output. The increasing static component is related to the estimated percent of maximal voluntary contraction (MVC) reached and results in an increasing blood pressure load. The lowest total cardiovascular demands (cardiac output and blood pressure) are shown in lightest shading and the highest in darkest shading. The graduated shading in between depicts low moderate, moderate, and high moderate total cardiovascular demands. *Danger of bodily collision. †Increased risk if syncope occurs. Reprinted with permission from: Maron BJ, Zipes DP. 36th Bethesda Conference: eligibility rec

Over the past 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)



GENERAL QUESTIONS

HEART HEALTH QUESTIONS ABOUT YOU^a

HEART HEALTH QUESTIONS ABOUT YOUR FAMILY^a

BONE AND JOINT QUESTIONS

MEDICAL QUESTIONS

FEMALES ONLY

2022-2023 SPORTS QUALIFYING PHYSICAL EXAMINATION FORM

Follow-Up Questions About More Sensitive Issues:

**Minnesota State High School League
ATHLETE WITH DISABILITIES SUPPLEMENT TO THE ATHLETE HISTORY**

Explain “Yes” answers here.

Please indicate whether you have ever had any of the following conditions:

Explain “Yes” answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

2022-2023 PI ADAPTED ATHLETICS MEDICAL ELIGIBILITY FORM Addendum
(Use only for Adapted Athletics - PI Division)