



MEDICAL CERTIFICATE

Carried out by Doctor _____

Medical Board License Number _____

Country of Practice License

After having performed a sports medical checkup, according to the indications on the back of this document:

CERTIFIES:

That _____

with passport / national Id number can be considered¹ _____
to carry out the physical-sport activities of the

Degree in Sciences of Physical Activity and Sports Science.

And for the record, for the purposes of accreditation by the interested party, for the fulfillment of the enrollment requirements at the Universidad Católica San Antonio Murcia (UCAM), signs this certificate.

On the _____ of the month of _____ in the year _____

Signature / Stamp

¹ APPROPRIATE / APPROPRIATE WITH RECOMMENDATIONS (attaching report) / NOT APPROPRIATE

INDICATIONS FOR THE CONDUCT OF MEDICAL CHECKUP

The medical sports checkup is necessary to know the state of health and analyze the physical fitness of the student to be able to carry out physical sport activities. With checkup it is intended:

- Determine if there are any conditions or diseases that pose a risk for the student or increase the chances of injury.
- Determine if the student should undergo additional tests and more specific examinations.
- Decide if the person is fit to practice physical-sport activity and to guide the student in the correction of imbalances or ailments before starting the sports course.

For this reason, the UCAM advises that the medical certificate that is attached be completed after having undergone a basic medical-sports examination that consists of at least:

- Medical history (family history, life habits, past illnesses and current, surgical interventions, known allergies, medication).
- Level of physical activity.
- Physical examination:
 - Cardiopulmonary auscultation, blood pressure, peripheral pulses.
 - Ear nose and throat review.
 - Examination of the locomotor apparatus: alterations of the axes, disymetries of limbs, alterations of the column in the frontal plane and sagittal, footprint.
 - Size and weight.
- Complementary tests:
 - Electrocardiogram at rest.
 - Spirometry.

Other tests and desirable examinations, although not essential, to complete the medical certificate, always at the discretion of the doctor would be:

- Basic urine test, blood count and biochemistry.
- Determination of indirect oxygen consumption (it may be considered to carry out a stress test and determination of direct oxygen consumption By gas analyzer).

Based on the findings, the doctor who signs the document should indicate if the athlete can be considered:

- **APPROPRIATE:** There are no limitations to physical exercise or sports activity.
- **APPROPRIATE BUT WITH RECOMMENDATIONS:** indicating the orientations and conditions in which the student can practice sport or physical activity.
- **NOT APPROPRIATE:**
 - Temporarily for a specific activity or sport.
 - Permanently for a certain activity or sport.
 - Temporally for the practice of any physical-sport activity.
 - Permanently for the practice of any physical-sport activity.