



## MEDICAL CERTIFICATE

**Doctor** \_\_\_\_\_ **practising physician in (country)**  
\_\_\_\_\_ **with medical license number** \_\_\_\_\_.

After having performed a basic medical-sports examination, in accordance with the indications given on the back of this document:

### **CERTIFIES:**

That **Mr/Ms** \_\_\_\_\_  
with Passport/ID number \_\_\_\_\_ is considered <sup>1</sup> \_\_\_\_\_  
\_\_\_\_\_ to carry out the physical-sporting activities of the **Bachelor's Degree in Physical Activity and Sports Science** program.

In witness whereof, for the purposes of accreditation by the interested party and the fulfilment of the requirements to enrol at the Universidad Católica San Antonio de Murcia (UCAM), this certificate is signed.

\_\_\_\_\_ Date: \_\_, \_\_\_\_\_ 20\_\_\_\_.

\_\_\_\_\_  
Stamp & Signature

<sup>1</sup> FIT/ FIT WITH RECOMMENDATIONS (enclosing the report) / NOT FIT

## MEDICAL EXAMINATION GUIDE

A medical-sports examination is required in order to know the health condition and analyse the student's physical aptitude to carry out physical-sporting activities. A basic medical examination intends to:

- ✓ Determine whether there are any disorders or illnesses which pose a risk to the athlete or increase the likelihood of an injury.
- ✓ Determine whether the athlete needs to undergo additional tests and more specific examinations.
- ✓ Decide whether the person is fit for the practice of physical-sporting activities and guide the athlete so that he/she can correct imbalances or ailments before starting said sporting activity.

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

Medical record (family history, lifestyle habits, past and current illnesses, surgical interventions, known allergies, usual medication).

Level of physical activity.

Physical examination:

- Cardiopulmonary auscultation, blood pressure, peripheral pulses.
- Otorhinolaryngological examination.
- Examination of the musculoskeletal system: axes alterations, dysmetria, sagittal plane deformity, plantar footprint.
- Size and weight.

Additional tests:

- Resting electrocardiogram.
- Spirometry.

Other tests and examinations which, not being essential, may be conducted according to the physician's criteria to complete the health certificate may be:

Basic urinalysis, complete blood count and biochemistry test.

Measuring indirect oxygen consumption (exceptionally, a stress test and a measuring of direct oxygen consumption by gas analyser may be carried out).

Considering the findings, the physician signing the document should indicate whether the athlete is deemed:

- **FIT:** there are no limitations for physical exercises or sports activities.
- **FIT WITH RECOMMENDATIONS:** indicating the guidelines and conditions in which a sport or physical activity may be carried out.
- **NOT FIT:**
  - Temporarily for a given activity or sport.
  - Permanently for a given activity or sport.
  - Temporarily for any physical-sporting activity.
  - Permanently for any physical-sporting activity.