

MEDICAL CERTIFICATE

Mr./Ms. _____ **practising doctor**
at _____ , **professional license number**

After carrying out a basic medical sports aptitude examination, in compliance with the indications specified in the reverse side of this document:

CERTIFIES:

That **Mr./Ms.** _____
ID _____ can be considered¹ _____
for carrying out the typical physical-sports activities of the Bachelor's Degree in Physical Activity and Sports Sciences.

And, for the record, for the purpose of the accreditation by the concerned person, of the compliance with the registration requirements of UCAM Universidad Católica San Antonio, he/she signs this certificate.

_____ on _____ 20____ .

Signature: _____

1 FIT/ FIT WITH RECOMMENDATIONS (attach report) / UNFIT

INDICATIONS FOR CARRYING OUT THE MEDICAL EXAMINATION

The medical sports aptitude examination is necessary to know the health status and to analyse the physical aptitude of the student to carry out physical-sports activities. The aim of a basic examination is:

- ✓ To objectify if there are any alterations or diseases that entail a risk for the athlete or that increase the chances of being injured
- ✓ To determine if the athlete must undergo complementary tests and more specific examinations.
- ✓ To decide if the person is fit for practising physical-sports activity and to guide the athlete in the correction of unbalances or diseases before starting with sports practice.

For this reason, UCAM recommends to fill in the attached medical certificate after undergoing a basic medical sports aptitude examination which must consist of at least:

- Medical history (family background, lifestyles, past and current illnesses, surgical interventions, known allergies, regular medication).
- Level of physical activity.
- Physical examination.
 - Cardiopulmonary auscultation, blood pressure, peripheral pulses.
 - Otorhinolaryngology examination.
 - Locomotor system examination: alterations of the axes, leg length differences, alterations of the spine in the frontal and sagittal plane, footprints.
 - Size and weight.
- Complementary tests:
 - Resting electrocardiogram.
 - Spirometry.

Other tests and examinations that are recommended, although not necessary and always optional, to complete the medical certificate, would be the following:

- Basic urine test, hemogram and biochemistry.
- Determination of the indirect consumption of oxygen (exceptionally, a stress test and a test to determine the direct consumption of oxygen can be carried out through a gas analyser).

Depending on the findings, the doctor who signs the documents must specify if the athlete can be considered:

- **FIT:** There are no limitations impeding to carry out physical exercises or sports activities.
- **FIT WITH RECOMMENDATIONS:** The situations and conditions in which it is possible to practice sports or physical activity must be specified.
- **UNFIT:**
 - Temporarily, for a specific activity or sport.
 - Permanently, for a specific activity or sport.
 - Temporarily, for any physical-sports activity.
 - Permanently, for any physical-sports activity.