

SANT GURU GHASIDAS GOVERNMENT P.G. COLLEGE, KURUD - DEPARTMENT OF PHYSICAL EDUCATION

Medical Standards

In order to minimize the injuries to students during course, all students should undergo a thorough medical examination before joining. Students suffering from following diseases should avoid applying for the courses.

- (a) Cardiovascular and respiratory diseases.
- (b) History of pleurisy or asthma.
- (c) Frequent attacks of pharyngitis or sinusitis.
- (d) BP should not be more than 140 mm Hg Systolic and 90 mm Hg Diastolic.
- (e) Chest expansion should be 5 cms or above.
- (f) Students should not be suffering from osteoarthritis, sacro sciatic syndrome, in growing toenails, multiple corn, internal derangements of knee, inguinal hernia, varicose veins and recurrent dislocation of shoulder joints.

MEDICAL CERTIFICATE FOR

2 Years Bachelor of Physical Education Course and its Entrance Physical Fitness Test

PARTICULARS

REMARKS

- 1. Name _____
S/O / D/O _____
- 2. Age _____ Sex : Male / Female / Third Gender
- 3. Address _____
Occupation _____

GENERAL

- 4. Height _____ Cms Weight _____ Kgs BMI _____ Kg/m²
- 5. Any H/O Previous illness, their nature and duration _____
- 6. Any H/O previous injuries/Trauma in detail _____
- 7. Present condition _____
- 8. History of previous surgical or medical illness in details _____
- 9. Date of last vaccination, TT _____ TAB _____
- 10. History of Root canal Treatment (RCT) in last 06 months _____
- 11. History of Exposure to High Altitude Height _____ Fts any problem (AMS, HACO, HAPO etc) _____
- 12. History of smoking/ Alcohol Intake _____
- 13. History of Allergic to any Drugs & Food etc. _____
- 14. On any medication _____

There should be no complaint due to previous illness, injuries or surgeries etc.

Should be within 5 years for TT and 3 years for TAB.

Should be nil

There should not be any sign & symptoms of chronicity and withdrawal.

RESPIRATORY SYSTEM

- 1. Respiratory rate at rest _____
- 2. Range of chest expansion _____
- 3. Any history of breathlessness, chest Pain, Bronchial Asthma, Pneumonia _____
- 4. Examination Finding _____

Normal

Should be 5 Cms minimum

Should be nil.

Should be normal.

CIRCULATORY SYSTEM

- 1. Pulse Rate _____ BP _____
- 2. History of Palpitation, Chest Pain _____
- 3. History of Heart disease _____
- 4. History of varicose vein _____
- 5. ECG (for >35 yrs) _____

Should be in normal Range

Should be nil

Should be normal

ALIMENTARY SYSTEM

- 1. Any history of dysentery or Jaundice _____ Should not be recent and persisting
- 2. Any history of Hernia. If so operated or not. When was it operated? }
Any complaint after the operation? _____ Should be nil
- 3. Any history of Appendicitis. It operated, the }
Present condition _____
- 4. Any history of recurring pain in the abdomen _____ }
5. Any history of renal of intestinal colic _____ Should be nil

NERVOUS SYSTEM

- 1. History of Seizure/Psychosis/stroke _____ Should be nil
- 2. Examination Finding _____ Should be normal

BONES AND JOINTS

- 1. Any H/O Injury _____ Present condition should be
Present condition _____ without any complaint. History
of fracture in previous six month
will not be accepted.
- 2. Any history of Rheumatism _____ Should be nil.
- 3. Condition of Extremities _____ Should be healthy

BLOOD EXAMINATION

- 1. Blood Group : ABO _____ Rh _____ }
2. Complete Blood Count _____ Should be within normal
3. Hemoglobin g/dl _____ range

MEDICAL CERTIFICATE

Certified that I have examined (Name) _____ and found him / her ***fit / Unfit*** (Strikeout not applicable) to undergo training of strenuous nature **in the 2 Years of Bachelor of Physical Education Physical Course and Admission Fitness Test** being held at Sant Guru Ghasidas Govt. P.G. College, Kurud – 493663, Dist. Dhamtari on _____ **2022.**

I also certify that the above-mentioned student has been vaccinated for CoViD-19 on the Date _____.

Any Advice or special observation from Medical Officer _____

Station _____
Date _____

Applicant (In presence of Medical Officer)

(Sign. of Medical Officer)



With seal