

# Sports Physical Fact Sheet

- What is it: A Sports Qualifying Physical Exam Form is **certification from a physician** that deems a student has been medically evaluated and is physically fit to participate in all school interscholastic activities without restrictions. A copy of the exam can be found [here](#).
- A sports physical is **valid for 3 years**, with a normal Annual Health Questionnaire
- A valid Sports Physical must be turned into to the **Central Athletic Office on time** before a student can participate in a sport (Office fax #: 651-632-6029) .

## Where to obtain a sports physical exam:

### Primary Doctor/ Physician

- Covered by your insurance provider
- Can complete during routine check-up appointment

### Roseville Urgent Care

- \$45.00, may accept insurance
- Appointment not necessary
- M-F 8am-8pm / Sat 9am-5pm
- 1955 W County Rd B2 Roseville, MN

### Health Star Clinic

- Free
- Appointment necessary, plan in advance
- Located inside Central High School, near the nurse's office

### Target Clinic

- \$39.00, may accept insurance
- M-F 9am-7:30pm / Sat & Sun 9am-4pm
- 1300 University Ave W Saint Paul, MN

### CVS Pharmacy

- \$49.00, does not accept insurance
- M-F 8:30am-7:30pm / Sat 9am- 5:30pm / Sun 10am- 5:30pm
- 1040 Grand Ave Saint Paul, MN