

# SU'AALO WEYDIINTA CAAFIMAADKA CIYAARO SANADEEDKA 2022-2023 EE MSHSL

Magaca \_\_\_\_\_ Taariikhda Dhalashada / / \_\_\_\_\_ Taariikhda / / \_\_\_\_\_  
 Taariikhda \_\_\_\_\_ Fasalka \_\_\_\_\_ Ciyaar(o) \_\_\_\_\_  
 Fasalka \_\_\_\_\_

Ciwaanka meesha aad dagan tahay \_\_\_\_\_ Taariikhdi ugu Dambaysay ee Sports Qualifying Physical Exam (Baaritaanka Jirka ee Uqalmitaanka Ciyaaraha, SQPE) \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Sax saar sanduuqyada kuqoran Haa ama Maya ee su'aal kasta ama Goobo geli nambarada su'aalaha aadan ka jawaabi karin.

**SANADKI LASOO DHAAFAY, laga soo bilaabo tan iyo marki aad martay Baaritaanka Jirka ee Uqalmitaanka Ciyaaraha ee dhakhtarkaaga ama Su'aalo Weydiinta Caafimaadka Sannadlaha ah ee Sanadkaaga 2-aad, MA LAHAYD WAX ISBADALLO AH OO KU YIMID SU'AALAHAA SOO SOCDO:**  
 Su'aalo Weydiinta Caafimaadka Ciyaartoyga

- |   | HAA                      | MAYA                     |
|---|--------------------------|--------------------------|
| 1. Sanadki lasoo dhaafay, dhakhtar ma kaa reebay kaqeybqaadashada ciyaaraha sababti kasta ee ay noqotaba isaga oo aan kuu caddeyn inaad ku noqoto ciyaaraha?  | <input type="checkbox"/> | <input type="checkbox"/> |
| SU'AALAHAA CAAFIMAADKA WADNAHA MUHIIMKA AH EE KU SAABSAN ADIGA SANADKI LASOO DHAAFAY  |                          |                          |
| 2. Sanadki la soo dhaafay, miyaad suuxday ama suuxi gaartay inti lagu jiray ama kadib jimicsiga?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Sanadki la soo dhaafay, maka dareentay culeys, xanuun, ciriiri, ama cadaadis saaran xabadkaaga inti lagu jiray jimicsiga?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Sanadki la soo dhaafay, miyuu kordhay ama bood-booday wadna garaacaagu (garaac aan joogto ahayn) inti lagu jiray jimicsiga?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Sanadki la soo dhaafay, ma dareentay xoogaa fudeyd madaxa ah ama neefsasho gaagaan oo ka badan intii la filayey inti lagu jiray jimicsiga?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Sanadki la soo dhaafay, ma ku qabtay qallal aanan la sharraxin?  | <input type="checkbox"/> | <input type="checkbox"/> |
| SU'AALAHAA CAAFIMAADKA WADNAHA MUHIIMKA AH EE KU SAABSAN QOYSKAAGA SANADKI LASOO DHAAFAY  |                          |                          |
| 7. Sanadki la soo dhaafay, qof kamid ah qoyskaaga soke si kadis ah ma u dhintay oo aan la fileynin iyada oo aysan jirin sabab cad?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Sanadki la soo dhaafay, qof katirsan qoyska ama qaraabo kula ah ma u dhintay xanuun xagga wadnaha ah ama ma u dhintay si kadis ah oo aan la fileynin ama aanan la sharraxin kahor da'da 35 sano (oo ay ku jiraan ku qarqashada biyaha ee aan la sharraxin ama shil gaari oo aan la sharraxin)?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Sanadki la soo dhaafay, qof kamid ah qoyskaaga soke ma lahaa xanuuno aanan la sharraxin ee ah suuxdin, qallal, ama ku qarqashada biyaha?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Sanadki la soo dhaafay, qof kamid ah qoyskaaga soke malaga helay xannuunka murqaha wadnaha adeyga noqda, Cillada la iska dhaxlo ee Isbaddalka kuyimaada Sameyska Jirka, cillada xirmashada qeybta midig ee wadnaha, xanuunka qabatinka dheer ama gaaban ee QT, Xanuunka Wadna Garaaca ee aadka u daran, ama xanuunka khalkhalka wadnaha?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Sanadki la soo dhaafay, qof kamid ah qoyskaaga soke oo kayar da'da 35 sano ma lahaa xanuun xagga wadnaha ah, qalabka macmalka ee soo saara garaaca wadnaha, ama qalabka macmalka ah ee la socda garaaca wadnaha oo la galiyey?  | <input type="checkbox"/> | <input type="checkbox"/> |
| SU'AALAHAA HALISTA CAAFIMAAD EE SANADKII LASOO DHAAFAY  |                          |                          |
| 12. Sanadki lasoo dhaafay, ma kugu dhacay dhaawac madaxa ah ama miyir dabool oo weli leh astaamaha sida madax xanuun joogta ah, dhibaatooyin xagga xoog-saaridda ama dhibaatooyinka xusuusta?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Sanadki lasoo dhaafay, ma kugu dhacay xanuunka COVID-19 oo lahaa neefsashada oo kudhibeysay; culeys joogto ah oo kaa saaran xabadka; wareer, Awood I'aanta inaad soo jeedo; qandho daran in kabadan 4 maalmood; maqaarka jirka, bishimaha, ama ciddiyaha hoostooda oo leh midabo caddeys, cawl, ama buluug; ama isbitaal dhigis oo aanan lagu oggolaan inaad ciyaaraha dib ugu noqoto oo uu kuu sheegay dhakhtar? | <input type="checkbox"/> | <input type="checkbox"/> |

Waalidiinta ama Masuuliyiinta Sharciga ah: Fadlan hoos ku xus walaac kasta oo caafimaad, daaweyn, ama alarji oo laga yaabo inuu muhiim yahay si macalimiinta tababarka ama agaasimaha ciyaarta/hawlaha uu u ogaado.

Ma garanayo wax sabab caafimaad ah oo jireed ama dheeraad ah oo jirta oo iga hor istaageysa kaqeybqaadashada ciyaaraha. Waxaan cadeynayaa in jawaabaha aan ka bixiyey su'aalaha kore ay yihiin kuwo run iyo sax ah waxaana oggolaanayaa kaqeybqaadashada hawlaha ciyaaraha fudud.

Saxiixa Waalidka ama \_\_\_\_\_

Qofka Masuulka ka ah \_\_\_\_\_

Taariikhda \_\_\_\_\_

**Fiirada Gaarka ah ee Agaasimaha Hawlaha: (jawaab HAA ah ee mid ka mid ah su'aalaha kore Waxa ay ubaahan tahay qoraal caddeyn ah oo kasocdo dhakhtar kahor ka qaybgalka.)**

SQPE La Filayo \_\_\_\_ / \_\_\_\_ / \_\_\_\_

CAAFIMAAD AHAAN UQALMA KAQAYBGALKA CIYAARAHAA: HAA  MAYA

Su'aalaha Baaritaanka Caafimaadka Maskaxda ee Dheeraadka ah (waxaa laga yaabaa in laga gooyo foomka ka hor inta aan la gudbin)

*Labadi toddobaad ee lasoo dhaafay, ilaa intee in la'eg ayey ku dhibeen mid kasta oo kamid ah dhibaatooyinka soo socda? (Goobo geli jawaabta.)*

	Maya haba yaraatee	Dhowr maalmood	In ka badan kala bar maalmaha	Ku dhawaad maalin kasta
Dareemidda walwal, walaac, ama walbahaar	0	1	2	3
Aan awoodin inuu joojiyo ama xakameeyo welwelka	0	1	2	3
Xiiso ama ku raaxeysi yar marka wax la sameynayo	0	1	2	3
Dareemidda niyad-jab, murugo ama rajo-la'aan	0	1	2	3

(Haddii isugeynta jawaabaha aad kabixisay su'aalaha 1 & 2 ama 3 & 4 ay la'eg yihiin ama ka badan yihiin  $\geq 3$ , fadlan arag dhakhtarkaaga)

Tixraaca: KAQEYBGALKA BAARITAANKA JIRKA (Daabacaadda Shanaad): AAFP, AAP, AMSSM, AOSSM, AOASM, AAP, 2019.

*Dib u eegis lagu sameeyey 4/13/22.*