

Stevenson High School
Physical Welfare Department - Alternative Physical Education

What is Alternative Physical Education?

Alternative Physical Education is for students who, for medical reasons are, unable to participate in regular Physical Education classes. This class is also for students with disabilities that merit an adapted curriculum. The curriculum is modified and adapted so that each student can participate and benefit from daily exercise and activity at an individual level. Stevenson H.S. has state-of-the art facilities and equipment to meet the needs of all students. The instructor will work with the doctor in an effort to design a program to meet the individual needs of each student. In addition to Alternative P.E. students may also be placed into a fitness class or have modifications made in the student's current class. Upon clearance from the doctor, a student will be readmitted to his/her regularly scheduled physical education class.

Student's Name: _____ Student ID # _____
Grade: _____ Counselor: _____ Date: _____

Dr. Name: _____ Dr. Phone Number: _____
Diagnosis and time frame: _____

Please circle Yes or No for the following questions:

- Can the student walk? YES or NO
- Can the student jog? YES or NO
- Can the Student run? YES or NO
- Can the student use a treadmill? YES or NO
- Can the student use a stationary bike? YES or NO
- Can the student perform upper body exercises? YES or NO
- Can the student perform lower body exercises? YES or NO
- Can the student perform individual and team sports? YES or NO
- Can the student swim? YES or NO
- Can the student perform PT prescribed exercises? YES or NO
- Is Alternative P.E. an appropriate placement for the student? YES or NO

Additional comments about the student's abilities or activities in which they can participate:

This form may be faxed to: 847-634-2905 and 847-634-2902