

SANTA CLARA UNIFIED SCHOOL DISTRICT
Recommendations for Physical Activity in School for Children with Heart Disease

School _____ Address _____

City _____ Zip _____ Phone number _____

School Nurse _____ Phone number _____

Student Name: _____ Grade _____

The following recommendations are guidelines for physical activity in school for the above named student who underwent an evaluation here on _____.

- _____ (1) Student may participate in the entire physical education program without restriction including all varsity competitive sports.
- _____ (2) Student may participate in the entire physical program except for varsity competitive sports where there is strenuous training and prolonged physical exertion. (e.g. football, hockey, wrestling, lacrosse, soccer, and basketball). Less strenuous sports such as baseball and golf are acceptable at the varsity level. All activities are acceptable during the regular physical education program.
- _____ (3) Student may participate in the physical education program except for restriction from all varsity sports and from excessively stressful activities such as rope climbing, weight lifting sustained running (i.e. laps) and fitness testing. Must be allowed to rest when tired.
- _____ (4) Student may participate only in mild physical education activities such as circle games, golf and badminton.
- _____ (5) Restricted from entire physical education program
- _____ (6) Additional remarks. _____

- _____ (7) Duration of recommendations. _____

If there are additional questions about these recommendations, please contact the office

Please Attach
Business Card Here

Signature _____

M.D

Date _____

Telephone _____

The American Heart Association Council on Cardiovascular Disease in the Young has developed this standard form as a public service. AHA has not participated in the development of these recommendations.