

INDEPENDENT SCHOOL DISTRICT 196
Rosemount-Apple Valley-Eagan Public Schools
Educating, developing, and inspiring our students for lifelong success.

Series 602.7AR Adopted July 1991 Revised September 2025

Title Medical Eligibility for Students Participating in Physical Education

1. Unless excused from a class period or a class under Sections 2 or 3 below, a student with a health or medical condition that limits full participation in physical education will remain in the class. Reasonable adjustments to classroom expectations will be made as needed to support the student's participation.
2. Excusal From Individual Physical Education Class Periods - District 196 expects all students to participate in their scheduled physical education class periods unless there is an appropriate written request for a student not to participate during specific class periods for health or medical reasons.
 - 2.1 An elementary school student may be withheld from physical education class periods with a note signed by the student's parent or guardian.
 - 2.2 A middle school or high school student may be withheld from participating in physical education class periods for five or less consecutive school days with a note signed by the student's parent or guardian or medical practitioner (physician, chiropractor or dentist), or for six or more consecutive school days with a note signed by a medical practitioner or with approval by the school nurse.
3. Excusal From A Physical Education Class – District 196 expects all students to take physical education at the elementary, middle and high school level unless excused from the requirement to take a physical education class for one of the following reasons.
 - 3.1 The student submits information from a physician stating that physical activity will jeopardize the student's health.
 - 3.2 The student has an individualized education program, 504 plan, or individualized health plan indicating that being excused meets the child's unique and individualized needs.
4. This regulation only concerns excusal from physical education class periods or classes for health or medical related reasons and not for other reasons authorized by law or policy.

References:

- Minnesota Statute 120B.026, Physical education; exclusion from class, recess

Regulations/602.7AR/9-3-2025