

# Commack UFSD

## Recommendations for Physical Activity in Secondary School for Children with Heart Disease

The following recommendations are guidelines for physical activity in school for

\_\_\_\_\_ who underwent evaluation here on \_\_\_\_\_.  
(student's name) (date)

Diagnosis \_\_\_\_\_

\_\_\_\_\_ (1) May participate in the entire physical education program without restriction  
Including all varsity competitive sports.

\_\_\_\_\_ (2) May participate in the entire physical education program except for varsity  
competitive sports where there is strenuous training and prolonged physical  
exertion (e.g. football, hockey, wrestling, lacrosse, soccer, basketball). Less  
strenuous sports such as baseball and golf are acceptable at the varsity level.  
All activities are acceptable during the regular education program.

\_\_\_\_\_ (3) May participate in the physical education program except for restriction from  
from all varsity sports and from excessively stressful activities such as rope  
climbing, weight lifting, sustained running (e.g. laps) and fitness testing.  
Must be allowed to rest when tired.

\_\_\_\_\_ (4) 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.

\_\_\_\_\_  
Physician's Stamp M.D.

Physician's Phone number \_\_\_\_\_ Fax number \_\_\_\_\_