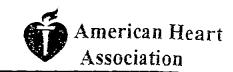
Recommendations for 'Physical Activity in School for Children with Heart Disease



The following recommendations are guidelines for physical activity in school for
(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 acceptable at the varsity level. All activities are acceptable during the regular physical education program.
(3) 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) 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.
there are additional questions about these recommendations, please contact the office.
M.D.
Division of Cardiology Date

s standard form has been developed as public service by the American Heart Association Council on Cardiovascular Disease in

ing. AHA has not participated in the development of these recommendations.