

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



**American Heart
Association**

The following recommendations are guidelines for physical activity in school for _____
_____ who underwent evaluation here on _____ (name)
_____ (date)

_____ (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 regu-
lar 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

This standard form has been developed as public service by the American Heart Association Council on Cardiovascular Disease in
collaboration with the American College of Cardiology. AHA has not participated in the development of these recommendations.