



**K- 12 STUDENT PHYSICAL EDUCATION MEDICAL LIMITATION/EXEMPTION**

In accordance with Iowa Code (256.11(6)), Iowa Department of Education guidelines and Cedar Rapids School Board Regulation (400.7), all students who are physically able must participate in Physical Education classes. Students are allowed medical exemptions only when they are physically unable to participate as determined by a Licensed Health Care Provider (MD, DO, PA, ARNP, DDS, DPM for conditions of the foot/ankle only and Chiropractor for musculoskeletal conditions only).

STUDENT: \_\_\_\_\_

BUILDING/GRADE: \_\_\_\_\_

**MEDICAL LIMITATION**

I have determined the above named student is physically able to participate in physical education classes with the following limitations: \_\_\_\_\_

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

or

\_\_\_\_\_ Current Semester \_\_\_\_\_ Full School Year

Check all that apply:

**May participate in:** \_\_\_\_\_ Walking \_\_\_\_\_ Jogging \_\_\_\_\_ Upper body exercises \_\_\_\_\_ Lower body exercises  
\_\_\_\_\_ Resistance band exercises \_\_\_\_\_ Jumping \_\_\_\_\_ Plyometric exercises \_\_\_\_\_ Weight lifting

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**MEDICAL EXEMPTION**

I have determined the above named student is physically unable to participate in physical education classes for the following length of time:

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

or

\_\_\_\_\_ Current Semester \_\_\_\_\_ Full School Year

Licensed Health Care Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_