

MEDICAL AUTHORIZATION FORM

Developmental Adapted Physical Education

Long-Term Disability

Date sent: _____

Students should participate in physical education on a regular basis. If a permanent or long-term disability interferes with participation in the regular physical education program, an individualized physical education curriculum will be planned around the student's motor strengths and abilities. The student shall be enrolled in the *adapted program* based on completion of this form.

Student's name: _____ DOB: _____ School: _____

Grade: _____

Parent/Guardian: _____ Phone: _____

Disability: _____

Characteristics of disability: _____

Expected duration of disability: _____

Medication type (implication for physical activity): _____ Dosage: _____

Concerns: _____

The following activities will be adapted to the student's individual capabilities. Please mark any activity you would **NOT** recommend for the above student.

I. Physical fitness activities

- ☐ arm-shoulder strength
- ☐ abdominal strength
- ☐ flexibility (range of motion)
- ☐ cardiorespiratory endurance
- ☐ leg strength
- ☐ catching

II. Locomotor activities

- ☐ creeping
- ☐ crawling
- ☐ walking
- ☐ running
- ☐ sliding
- ☐ hopping
- ☐ jumping
- ☐ skipping
- ☐ galloping

III. Nonlocomotor activities

- ☐ bending
- ☐ twisting
- ☐ pushing
- ☐ pulling
- ☐ lifting
- ☐ hanging
- ☐ balancing
- ☐ swinging

IV. Aquatics

- ☐ swimming skills
- ☐ water play
- ☐ diving

V. Object control skills

- ☐ kicking
- ☐ striking
- ☐ overhead throwing
- ☐ underhand throwing
- ☐ ball bouncing

Figure 3.1 Sample medical authorization form.

(continued)

MEDICAL AUTHORIZATION FORM (CONTINUED)

VI. Other activities not recommended

Comments: _____

Specific activities or motor and fitness goals: _____

Your input will assist us in determining an appropriate instructional program.

Date: _____ Signed: _____, MD

Phone number: _____

Figure 3.1 (continued)

From Horvat, M., Kelly, L.E., Block, M.E., and Croce, R., *Developmental and adapted physical activity assessment*, 2nd ed. (Champaign, IL: Human Kinetics, 2019).