

EPISD Physical Fitness Assessment Exemption Form

Dear Physician:

According to state law, all students in grades 3-12 are required to take a fitness assessment called the Fitnessgram up to two times per year. The Fitnessgram assessment measures cardio-vascular fitness, muscular strength and flexibility. The assessment is a measure of good health as opposed to athletic ability. The assessment includes the following test components:

- Curl Up (core strength)
- 90° Push-up (core strength)
- Pacer Test (aerobic capacity)
- Trunk Lift (back strength)
- Shoulder Stretch & Sit and Reach test (flexibility)
- Height and Weight (BMI, body composition)

A school district is not required to assess a student who, as a result of disability or other identified medical condition, is not physically able, or is at risk to take the tests prescribed by the Fitnessgram. If you determine that your patient should not be assessed, please describe the condition(s) below:

Name of Student _____ School _____

Student ID Number _____

FINDINGS AND RECOMMENDATIONS

I have examined _____ and find the following physiological condition(s):

Condition is: permanent temporary

Please list any other medical contraindications to physical assessment as described above:

Recommendation valid until _____, 20 ____

Signature of Physician _____ Date _____

Address _____ Phone _____