

2007-2008 Graduation Transitions Physical Activity Medical Exemption Guidelines

Completing the Personal Health outcomes of the Graduation Transitions is a graduation program requirement for all students. The Personal Health prescribed learning outcomes require that students complete a minimum standard of 80 hours of moderate to vigorous physical activity, in addition to the completion of Physical Education 10. Students who are not physically able to participate in movement activities can be medically exempt. The Ministry of Education recommends that Boards of Education follow these guidelines to develop their own consistent process for medically excusing students.

Graduation Transitions Physical Activity Medical Exemption Guidelines

- School staff should consider each student's request to be medically excused from physical activity. If students with physical disabilities or health conditions are not able to participate in any form of physical activity throughout Grades 11 and 12, medical exemptions can be granted by the school principal.
- The principal should make the final decision about granting medical exemptions through consultation with the student, parent and school-based team.
- It is recommended that schools are provided a certification from a medical practitioner indicating which specific activities the student is not able to participate (e.g. no contact sports, no prolonged intense cardio vascular activities).
- Students who are medically excused from the physical activity requirements of the Graduation Transitions are still required to complete the other learning activities related to the intended Personal Health outcome.

Schools can find detailed information regarding the Personal Health Prescribed Learning Outcomes in the [Program Guide for Graduation Transitions](#)

..http://www.bced.gov.bc.ca/graduation/grad-transitions/prog_guide_grad_trans.pdf