

# REGULATION

## MONTGOMERY COUNTY PUBLIC SCHOOLS

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**Related Entries:** ISB-RA  
**Responsible Office:** Curriculum and Instructional Programs  
**Related Sources:** Code of Maryland Regulations §13A.03.02.04 and §13A.04.13.01; Annotated Code of Maryland, *Education Article §7-4B-02*

### Illnesses or Injuries that Limit Participation in General Physical Education Classes

#### I. PURPOSE

To establish procedures to allow a student to participate in an appropriate physical education program in the event of an injury, illness, or other limiting condition

#### II. PROCEDURES

- A. Consistent with Maryland regulations, Montgomery County Public Schools (MCPS) offers an instructional program in physical education each year with sufficient frequency and duration to meet the physical education requirements of the Maryland State Department of Education (MSDE) curriculum. MCPS is unable to waive the MSDE physical education credit requirement for students graduating from MCPS.
- B. Students may be excused from participation in physical education classes for up to five consecutive days due to illness or injury, as follows:
  - 1. **Three Consecutive Days**—The teacher may excuse a student from participating in physical education because of illness or injury for a period of up to three consecutive days at the request of the student or upon recommendation of the school nurse.
  - 2. **More Than Three Days**—A request from the parent/guardian is required to excuse a student after the third day.
- C. For any condition, including illness or injury, that limits a student's participation from physical education class for a period exceeding five consecutive days, the student must be provided with alternative instruction that reflects daily objectives in physical education.

1. Any student unable to participate in the general physical education program for a period of more than five consecutive days must submit to the principal MCPS Form 345-22: *Physical Education Physician Contact Form*, completed and signed by the student's physician.
2. In cooperation with the student and staff, the principal is responsible for providing an appropriate alternative physical education program.
3. If the student's illness or injury is of a continuing nature, MCPS Form 345-22, *Physical Education Physician Contact Form*, is submitted to the principal annually at the beginning of the school year, and to the supervisor of Physical Education for review and approval.
4. MCPS Form 345-22, *Physical Education Physician Contact Form*, becomes a part of the student's permanent health record.

D. Adapted Physical Education Program

1. Consistent with Maryland regulations, MCPS will provide reasonable accommodations necessary to provide students with disabilities equal opportunity to participate, to the fullest extent possible, in mainstream physical education.
2. If a student cannot participate in the general physical education program due to a disability, a plan for adapted physical education instruction will be developed and implemented.

**Regulation History:** Formerly Regulation 505-3, February 8, 1979 (directory information updated); revised July 26, 1995; revised December 10, 2004; revised April 11, 2011.