

Villeurbanne, 15/06/2022

Please only fill out this form if you are incapacitated regarding physical activity

Dear colleague,

Your patient has become a student at the INSA Lyon school of engineering, in which Physical Education classes remain mandatory for all students and are graded so as to contribute toward their graduation.

If students happen to be unable to practice certain kinds of physical activities, be it temporarily or on the longer term, alternative solutions are sought out so as to accommodate their physical condition.

If they are in need of an exemption of physical activity for less than 2 months, the student must still be in attendance for each class, and must participate in alternative ways (stepping in as the referee, offering coaching advice) so that they might still be graded for their participation.

If they are in need of an exemption of physical activity that is superior to 2 months, our institution searches for alternative activities that might be adapted to the student's health condition, and taught under professional supervision.

To these ends, we kindly request that you indicate which sports you believe your patient to be capable of handling based on their current and future physical state and aptitudes. Please tick every sport you believe to be feasible for your patient so as to facilitate the preparation of their timetable as much as possible

Thanking you in advance, Dr Sylvie ROLLAND, Doctor in charge of the Preventive Health Care for the students of INSA Lyon.

SURNAME of the student: **FIRST NAME** of the student :

Physical activities that must be avoided :

For an estimated period of

Please tick all activities that might be suitable for your patient :

Collective sports: <input type="checkbox"/> Basketball <input type="checkbox"/> Football <input type="checkbox"/> Handball <input type="checkbox"/> Rugby <input type="checkbox"/> Ultimate frisbee <input type="checkbox"/> Volleyball	Individual sports: <input type="checkbox"/> Athletics <input type="checkbox"/> Orienteering <input type="checkbox"/> Dance <input type="checkbox"/> Climbing <input type="checkbox"/> Bodybuilding <input type="checkbox"/> Swimming <input type="checkbox"/> Archery <input type="checkbox"/> Gymnastics <input type="checkbox"/> Mountain biking	Suitable activities: <input type="checkbox"/> Low intensity training <input type="checkbox"/> Wheelchair basketball <input type="checkbox"/> Core strength building <input type="checkbox"/> Walking <input type="checkbox"/> Bodybuilding – lower body <input type="checkbox"/> Bodybuilding – upper body <input type="checkbox"/> Swimming – lower body <input type="checkbox"/> Swimming – upper body <input type="checkbox"/> Rowing <input type="checkbox"/> Sophrology <input type="checkbox"/> Stretching <input type="checkbox"/> Pilates <input type="checkbox"/> Indoor cycling <input type="checkbox"/> Elliptical training
Racket sports: <input type="checkbox"/> Badminton <input type="checkbox"/> Squash <input type="checkbox"/> Tennis <input type="checkbox"/> Table tennis	Dueling sports: <input type="checkbox"/> Boxing <input type="checkbox"/> Judo <input type="checkbox"/> Wrestling	

Comments :

Place :

Date :

Stamp and signature :

This document must be sent at the following address : cds-etudes-as@insa-lyon.fr

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