



# LEXINGTON CHRISTIAN ACADEMY SPORTS MEDICINE

## ACADEMIC ACCOMMODATIONS

Student Name: \_\_\_\_\_

Date of Evaluation: \_\_\_\_\_

The student named above has suffered a concussion and is currently under the care of the athletic trainer and sports medicine team. He/she is not permitted to participate in any contact sport activity until formally cleared by the team physician.

The following academic accommodations may help in reducing the cognitive load, thereby minimizing post-concussion symptoms and allowing the student to better participate in the academic process during the injury period. Needed accommodations may vary by course. The student and parent are encouraged to discuss and establish accommodations with the school on a class-by-class basis.

**Testing:**

- Extra time to complete tests
  - Allow testing across multiple sessions
  - Eliminate tests when possible
  - Reformat free response to multiple choice, or provide cueing (e.g., use of a notecard for helpful formulas).
  - Testing in a quiet environment
  - Reduce length of tests
- Students with concussion have increased memory and attention problems. They will not be able to learn as effectively or quickly as before. Furthermore, highly demanding activities like testing can significantly raise symptoms (e.g., headache, fatigue) which can in turn make testing more difficult.*

**Note taking:** Allow student to obtain class notes or outlines ahead of time to aid organization and reduce multi-tasking demands. If this is not possible, allow the student photocopied notes from another student. *Note taking may be difficult due to impaired multitasking abilities and increased symptoms.*

**Workload-Reduction:**

- Reduce overall amount of make-up work, class work, and homework (we typically recommend 50-75%, though may vary by class)
- Shorten tests and projects. *It takes a concussed student much longer to complete assignments due to increased memory problems and decreased speed of learning. Recovery can be delayed when a student “pushes through” symptoms. Therefore, it is recommended that “thinking” or cognitive load be reduced, just as physical exertion is reduced. Examples of how to shorten work might be to reduce the length of essays, have the student do every other problem in a homework assignment, or highlight key concept areas for testing while eliminating testing on less important topics.*

**Breaks:** Take breaks as needed to control symptom levels. For example, if headache worsens during class, the student should put his/her head on the desk to rest. For worse symptoms, he/she may need to go to the nurse’s office to rest prior to returning to class.

**Extra Time:** Allow student to turn in assignments late. *Students may experience severe symptoms some days/nights and not others. With increased symptoms, students are advised to rest, and therefore may need to turn assignments in late on occasion.*

**Attendance Restrictions:**

- Full days as tolerated
- Half-days as tolerated
- Initiate homebound education
- No school until \_\_\_\_\_, then attempt half / full days as tolerated.

\*\* Full or partial days missed due to post-concussion symptoms should be medically excused.

Signature: \_\_\_\_\_

Andrew Carlson MS ATC  
Head Athletic Trainer

Date