

ADAPTED PHYSICAL EDUCATION PROGRAM

Long Beach City College

Dear Prospective Student:

Thank you for your inquiry into the LBCC Adapted Physical Education program. The enclosed materials have been sent to assist us in gathering important information about you.

Because the primary purpose of the program is to promote your continued health and physical well-being, information about you is of critical importance to us. It allows our professional staff to work with you to identify your goals while participating in the program. The information assists our faculty in determining the safest and most effective program planning for you to achieve your educational goals. Any information you or your physician provide will be kept in strictest confidence and maintained in a private file accessible only to our professional staff.

The enclosed materials include:

- A facility map.
- A brief questionnaire about your health history and current issues of concern to you.
- A brief health clearance form to be completed by your physician.

Your first visit to LBCC will be much more productive if you take the time before your arrival to fill out your health history questionnaire completely to the best of your ability. Also, remember to have your physician complete the health clearance. We will be happy to answer any questions you might have about the forms, but please do attempt to complete them as much as possible ahead of time. No active participation in the program can occur until your file is established and all necessary forms are completed.

We are looking forward to meeting you and including you in our class of health and exercise enthusiasts. Please return both forms to us and we will call you to arrange for your first visit and registration. If you have any questions, please call (562) 938-4075.

Sincerely,

Lori Shields

Lori Shields
Adapted Physical Education Program Clerk