

ADAPTED PHYSICAL EDUCATION CENTER



**Motivation.
Perspiration.
Inspiration.
This is your gym.**



Los Angeles Valley College

Services for Students with Disabilities

Exercise your options with LAVC's Adapted PE Program.



It can be a real challenge to stay fit and active. If you have a physical disability, that challenge may be multiplied many times over.

Los Angeles Valley College (LAVC) has an innovative Adapted Physical Education program that is designed to motivate you, maximize your physical potential, and provide you with a safe and secure workout—regardless of your disability or limitation. The facility and services are part of the college's Services for Students with Disabilities (SSD) department, and are available to students who meet the qualifications for these special services.

LAVC's Adapted PE program is for students with disabilities who would benefit from physical conditioning and exercise in an environment personalized to their special needs. This program is for you if you qualify for services from SSD and you:



- Have a temporary or permanent disability that requires you to use a wheelchair, walker, or crutches
- Could benefit from water-based, low-impact exercises to increase muscle strength
- Have a physical condition (such as back problems, arthritis, or osteoporosis) that requires special guidance or supervision during exercise
- Need to improve your strength, endurance, and mobility in a more personalized and supervised setting

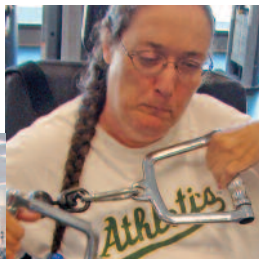


A gym just for you

The home of LAVC's Adapted PE program is the Adapted Physical Education Center, a separate, state-of-the-art gym exclusively for students with disabilities. This 5,000-square-foot facility is a bright sunny space with equipment that makes it possible for almost anyone to enjoy the benefits of exercise.

The Center is equipped with apparatus for weight training, overall body conditioning, upper body strength, and general physical fitness. Special adapted equipment enables students in wheelchairs to follow a regular course of strength-building exercise without transferring from their chairs. The equipment has removable benches that allow convenient access by anyone. The Center also has conventional exercise equipment, such as treadmills and weight machines.

We offer a variety of exercise programs geared toward improving cardiovascular fitness, muscular strength, endurance, flexibility, and balance. Each eligible student is guided by an Adapted PE instructor who is trained specifically to adapt or modify conventional exercise to your particular physical needs and abilities.





Come in, the water's fine!

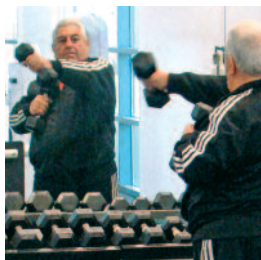
Adjacent to the Adapted PE Center is a spacious, heated swimming pool with a hydraulic chair to smoothly transfer students who use wheelchairs into the water. Its shallow depth is ideal for swimming instruction and aquatic exercise as well as recreational swimming. A lifeguard is on duty whenever the pool is open. Flotation devices are available to anyone who needs them.

A team of Adapted PE trainers

Adapted PE classes are taught by instructors specially trained to design exercise and fitness programs for people with a range of physical disabilities. This team will work with you and your doctors to develop a personal physical fitness plan designed to keep you interested and motivated, and help you to achieve your specific fitness goals.

Eligibility to enroll in Adapted PE classes

Enrollment in the LAVC Adapted PE program is limited and requires a medical authorization and detailed description of your limitations from your physician. For more information about this program, contact the SSD Office in Room 175 of the Student Services Annex. All class units from Adapted PE courses are transferable to a four-year university.



Where to find us

The Adapted PE Center is located in the North Gym near the intersection of Hatteras and Ethel Avenue. A map of the campus is available online at www.lavc.edu/map.

Convenient accessible parking is available for students with DMV placards.

A range of services and accommodations for students with disabilities:

The services and accommodations available to students with disabilities will be based on the educational limitations imposed by each student's disability and verification of the disability.

- Assistance with admissions, enrollment and priority registration
- All new non-exempt students are required to complete the Student Success and Support Program (SSSP) mandated core services including: online Orientation, Assessment, and Counseling/Student Educational Planning (OAC). Please ask to speak with an SSD Counselor for more details.
- Academic/vocational counseling, educational planning, career development guidance
- Assistance with note- and test-taking
- Liaison with on- and off-campus resources
- Equipment loans for assistive technology
- Courses in Personal Development, Learning Skills and Adapted Physical Education

For deaf and hard-of-hearing students:

- Sign-language interpreters
- Note-taking assistance
- Captioning

For blind and visually-impaired students:

- Liaison with Recordings for the Blind and Dyslexic, Books on Tape
- Access to print enlargement and alternate media formats
- Access to assistive technology

For students with learning disabilities:

- Learning disability testing and assessment
- Access to assistive technology, including equipment and software
- Access to alternate text formats and adapted computer equipment
- Tutoring referrals

For students with mobility/accessibility limitations:

- Campus is accessible
- Assistance scheduling classes in convenient locations
- Ground-level ramped entries to library and classroom buildings
- Convenient accessible parking
- Convenient ACCESS transportation
- Campus proximity to many major MTA bus routes, including DASH

For students with psychological disabilities:

- Note-taking assistance
- Test-taking accommodations
- Books on Tape/CD

For students with brain injuries:

- Note-taking assistance
- Test-taking accommodations

Location and hours

For questions about your eligibility or SSD Programs, please contact us:

Services for Students with Disabilities (SSD) Office

Student Services Annex, Room 175

SSD Phone Number (voice) (818) 947-2681

For the hearing-impaired (TTY) (818) 947-2680

Web site: www.lavc.edu/ssd

Office Hours

M-W-Th 8 a.m. - 4 p.m.

Tuesday 8 a.m. - 7 p.m.

Friday 8 a.m. - 2 p.m.

This brochure is also available in alternative formats.

Los Angeles Valley College Mission Statement

Los Angeles Valley College serves as a leader in student success, with pathways for certificates, degrees, transfer, and continuing education.

We enable students to advance their education, personal development, and quality of life, empowering them to be productive and engaged members of the global community.

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