How to Enroll in a Wellness Instructional Program Class

1. Go to https://sis.rit.edu and select “Student Info System”.

2. Log in using your RIT credentials.
3. Select “Search for Classes”.

4. Enter one of the **BOLD** subject disciplines into the “Select Subject” field:
   a. **WHWS** – Health and Wellness Seminars
   b. **WDAN** – Dance
   c. **WFIT** – Fitness
   d. **WHLS** - Health and Safety
   e. **WREC** – Lifetime Recreation
   f. **WINT** – Interactive Adventures (Outdoor Education)
   g. **WMAR** – Martial Arts
   h. **WMIL** – Military Sciences (Through RIT ROTC Office Only)
5. Select the class you would like.
6. Set “Grading” and select from the drop down to designate “Audit” (no Wellness credit) or “Satisfactory/Failing” (for Wellness credit) as needed.

7. Complete the enrollment process.

Wellness Classes by Subject
(Class availability varies from semester to semester)

**WHWS:** Massage: Holistic Therapy, Sexuality and Safety, Eating, Body Image and Food, Motivation and Leadership, How to Become Smoke Free, Spirituality & Health and Stress Management.


**WHLS:** CPR, Care and Prevention of Athletic Injuries, First Aid, Lifeguarding and Water Safety Instruction.

**WREC:** Archery, Badminton, Basketball, Basketball Bootcamp. Pocket Billiards, Advanced Pocket Billiards, Bowling, Diving, Fencing, Advanced Fencing, Flag Football, Ultimate Frisbee, Golf (Beginner and Advanced), Disc Golf, Horseback/English (off-campus), Horseback/Western (off-campus), Ice Skating, In-Line Skating, Ice Hockey, Juggling, Officiating (basketball, softball, flag football), Racquetball, Sabre, Softball, Team Handball, Soccer (Indoor/Outdoor), Skiing (downhill), Snow Boarding, Swimming, Tennis, Dodgeball, Curling, Table Tennis, Fresh Water Fly Fishing, Women’s Lacrosse, Sports Smorgasbord, Volleyball and Pickleball.


**WMAR:** Aikido, Karate, Kung Fu, Kung Fu Self Defense, Kung Fu Rank Test Review, Kali Level I, Qigong, Tai Chi, Self-Defense, Sparring and Brazilian Capoeira.