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 appropriate term.

4. Select “Search for Classes” for current class offerings.

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” (Grade Basis) 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)

For a list of available classes, and other wellness program information, please visit the Wellness Instructional Program website at: http://www.rit.edu/criw/wellness-courses.php.