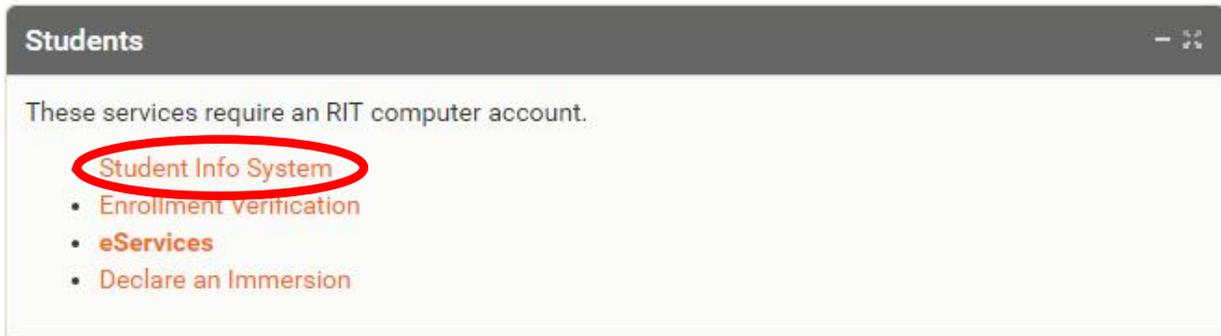
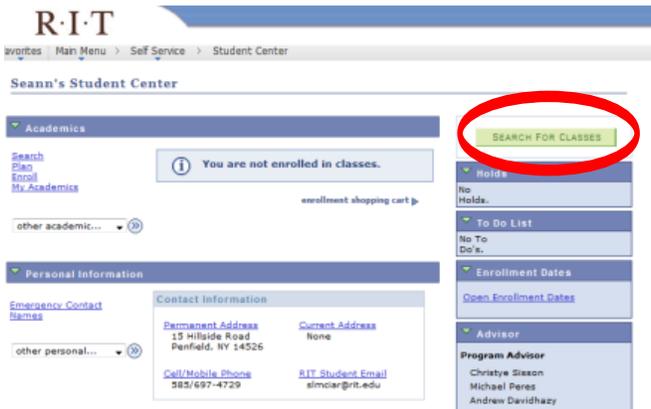


How to Enroll in a Wellness Instructional Program Class

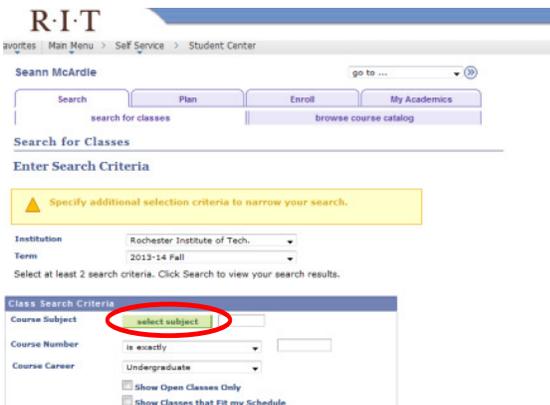
1. Go to <https://sis.rit.edu> and select “Student Info System”.



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.

The screenshot shows the RIT Student Center interface. At the top, there is a navigation bar with 'RIT' and 'Student Center'. Below that, there are tabs for 'Search', 'Plan', 'Enroll', and 'My Academics'. The main content area is titled 'Add to Shopping Cart - Enrollment Preferences' and shows details for the course 'WFIT 1 - Power Sculpt'. Under 'Class Preferences', there are several fields: 'Wait List' (with a checkbox for 'Wait list if class is full'), 'Permission Nbr', 'Season' (set to 'Regular Academic Session'), 'Career' (set to 'Undergraduate'), and 'Grading' (set to 'Satisfactory/Failing', which is circled in red). Below these fields is a table with columns for 'Section', 'Component', 'Days & Times', 'Room', 'Instructor', and 'Start/End Date'. The table contains one row for '02 Activity' with details for the instructor 'Hale, Andrea' and the dates '09/26/2013 - 12/14/2013'. At the bottom, there is a 'NOTES' section with the text 'Class Notes **Course fee \$90 via SPS bill.**'

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>.