## How to Enroll in a Wellness Instructional Program Class

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

Students	- *
These services require an RIT computer account.	
Student Info System	
Enrollment Verification	
eServices	
Declare an Immersion	

- 2. Log in using your RIT credentials.
- 3. Select appropriate term.
- 4. Select "Search for Classes" for current class offerings.

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Emergency Contact	Contact Information		Open Enrollment Dates
Names	Permanent Address	Current Address None	Advisor
other personal 👻 🛞	Penfield, NY 14526		Program Advisor
	Cell/Mobile Phone 585/697-4729	RIT Student Email simclar@rit.edu	Christye Sisson Michael Peres
			Andrew Davidhazy

- 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)

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- 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.