

The background of the slide is a solid dark brown color with a pattern of lighter brown, stylized autumn leaves scattered across it. The leaves have prominent veins and are in various orientations, creating a textured, seasonal feel.

RIT Wellness Instructional Program Overview

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The Center for Intercollegiate Athletics and Recreation

- **Athletics: 23 NCAA Division III and 1 Division I team**
- **Recreation: 2,000 plus faculty/staff/students and alumni use the facility on a daily basis.**
- **Intramurals: 30 intramural programs servicing 9,000 students per year.**
- **Wellness: Over 125 different classes servicing almost 8,000 students per year.**

RIT Wellness Program

Graduation Requirement:

- **Students entering seeking a Bachelor's Degree**
-two different wellness activity courses
- **Students entering seeking an Associate's Degree**
-Wellness for Life course and one wellness activity course
- **Transfer Students**
 - Transfer students entering in their 1ST or 2ND year must complete the Wellness for Life course plus **TWO** different wellness activity courses.
 - Transfer Students entering RIT in their 3RD, 4TH, or 5TH year must successfully complete the Wellness for Life course and **ONE** wellness activity course.

Course Offerings

- Wellness Courses:
 - Wellness for Life
 - Wellness Challenge Exam
 - Eating, Body Image and Food
 - Healthy Relationships
 - Abilities and Possibilities

Fitness

- **Cardio Conditioning and Step Conditioning**
- **Aeroboxing**
- **Aquathenics and Aqua Size**
- **Weight Training**
- **Spinning**
- **Pilates**
- **Yoga**
- **Turbo Kick**
- **Running for Fitness and Competition**
- **Health/Fitness Challenge**

Lifetime Recreation

- Archery
- Badminton
- Basketball
- Billiards
- Bowling
- Dancing (Ballet, Ballroom, Country Line, Latin, Jazz , Swing, Irish Step, Tap, Hip Hop and Argentine Tango)
- Diving and Swimming
- Fencing
- Flag Football
- Frisbee (Ultimate)
- Golf
- Horseback/English and Horseback/Western
- Ice Skating, In-Line Skating and Ice Hockey
- Juggling
- Massage: Holistic Therapy
- Officiating (basketball, softball, flag football)
- Racquetball
- Softball
- Team Handball
- Scuba Diving (off-campus)
- Soccer (Indoor/Outdoor)
- Skiing (downhill) and Snow Boarding
- Tennis and Volleyball

Life Support and Safety

- CPR
- Care and Prevention of Athletic Injuries
- First Aid
- Life guarding and Water Safety Instruction

Interactive Adventures

- **Backpacking**
 - Camp Cooking
 - Canoeing
 - Cross Country Skiing
 - Kayaking and Kayak Rolling
 - Hiking
 - Rock Climbing (Indoor & Outdoor)
 - Bouldering
 - Top-Rope Set Up and Training for Climbers
 - Snow Shoeing
 - Wilderness Skills and more.

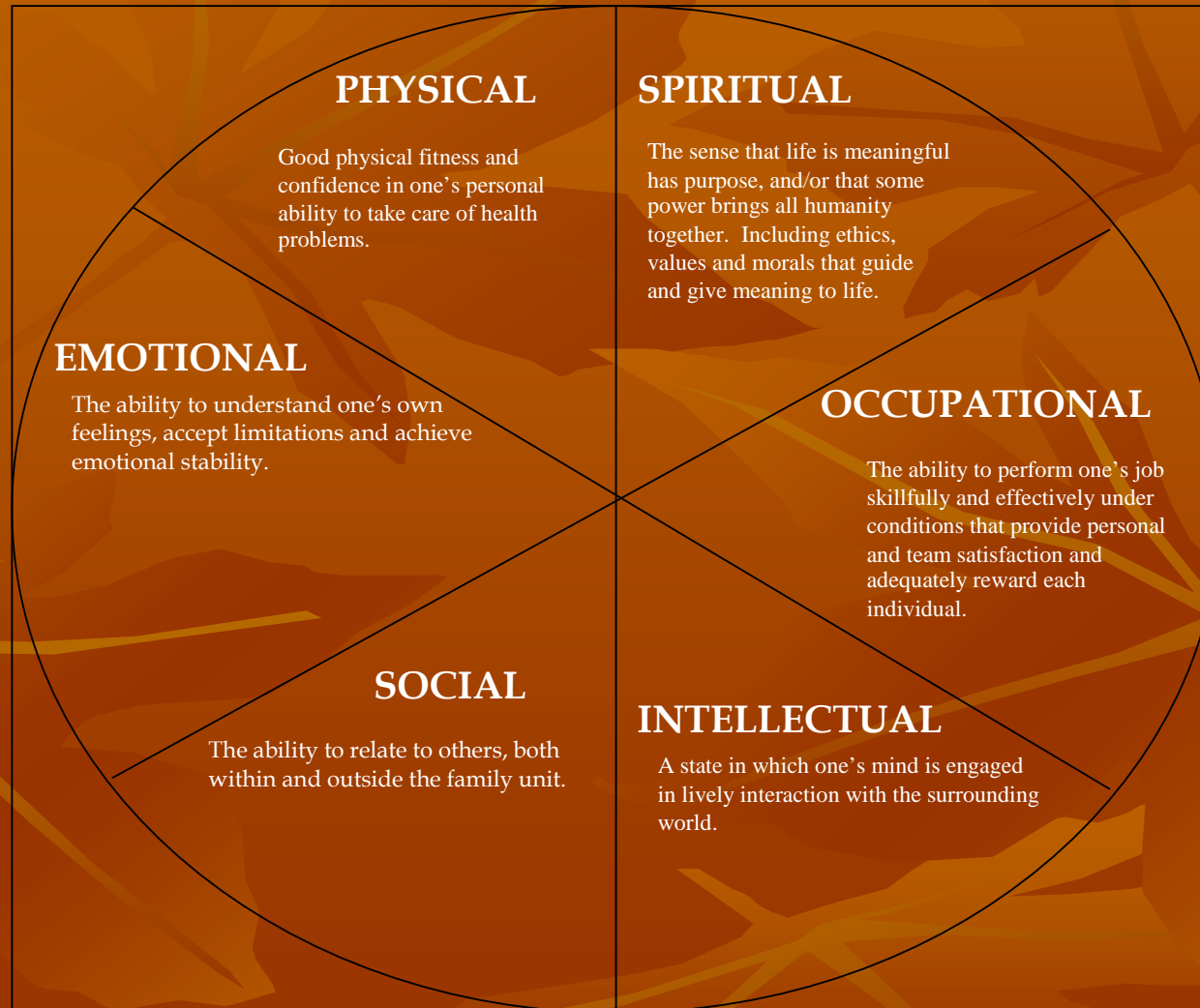
Martial Arts

- Aikido
- Cardio kickboxing
- Karate
- Kung Fu
- Qigong
- Tai Chi
- Self-Defense/Women
- Sparring
- Brazilian Capoeira

Military Science

- Army ROTC
- Air Force ROTC
- Navy ROTC

2006-07 Theme



Adapted from W. W. K. Hoeger, L.W. Turner and B. Q. Hafen, *Wellness: Guidelines for a Healthy Lifestyle* (Belmont, CA: Wadsworth/Thomson Learning, 2002)

Frequently Asked Questions

- Can freshman take classes from the wellness program their first quarter?
- What happens if students take more than the required classes?
- What if students are on co-op out of state and need to take a class to graduate?