

R•I•T

Center for Intercollegiate Athletics and
Recreation

WELLNESS
INSTRUCTIONAL
PROGRAM HANDBOOK

2006-07

For Institute Advisors

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The Center for Intercollegiate Athletics and Recreation Overview

- **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 8000 students per year.

RIT Wellness Program Course Offerings:

Wellness Courses: Wellness for Life, Wellness Challenge Exam, Eating, Body Image and Food, Abilities/Possibilities, Healthy Relationships and the RIT Health Challenge.

Fitness: Cardio Conditioning, Step Conditioning, Aeroboxing, Aquathenics, Aqua Size, Weight Training, Karate, Spinning, Pilates, Yoga, Turbo Kick, Running for Fitness and Competition and more.

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

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

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

Martial Arts: Aikido, Cardio kickboxing, Karate, Kung Fu, Qigong, Tai Chi, Self-Defense/Women, Sparring and Brazilian Capoeira.

Military Science: ROTC Army, Navy and Air Force

Wellness Education

For information on the wellness graduation requirement, please refer to the Center for Intercollegiate and Athletics website at <http://www.rit.edu/~311www/wellness.php3>.

1105-046 Wellness Challenge Exam

This core wellness course is designed specifically as a “test out” option for students wishing to complete the wellness requirement for graduation. Strong wellness background is required (multidimensional). Textbooks are available to prepare for the exam in the RIT bookstore (Wellness: Concepts and Applications, Anspaugh, Hamrick and Rosato). Contact Dugan Davies dnddhd@rit.edu, x56232, SLC 1260 if interested. Dates of the exam are listed on SIS/Quarterly. Study guides are available in the SLC lobby (magazine racks). Passing this exam fulfills the wellness graduation requirement for transfer students needing to take the Wellness for Life course. This does not count as a wellness activity course. A course fee applies. **(F, W, S, SU)**.

1105-058 Wellness For Life

This core wellness course is designed specifically to assist students in making healthy decisions regarding lifestyle behaviors. Students will be presented with wellness information (multidimensional) that will help students prepare for co-op. job interviews. the workplace and the building of healthy, lifelong relationships. Key areas that are covered: Behavior change strategies, stress, high risk behaviors, physical wellness, emotional wellness, psychological well being, safety and spirituality. Unique in design, this class meets once a week and includes ice breakers, instructional sessions and interactive group activities. A customized textbook is optional. This course is part of the wellness graduation requirement for transfer students. This does not count as a wellness activity course. No course fee applies. **(F, W, S, SU)**

1105-59 Abilities/Possibilities

It’s about the possibilities, not the disability! This class will focus on increasing awareness of the issues that people with all kinds of disabilities face, both here on campus and in the outside community. We will examine how, despite misconceptions and stereotypes, people you may view as ”different” or “challenged” are leading successful, inspirational lives. We will also learn about the impact of disability policy in the U.S., and what the RIT community can do to increase awareness and promote change. Recommended text for the course would include *No Excuses* by Kyle Maynard, the motivating autobiography of the 20 year-old University of Georgia wrestler and weightlifter who was born a congenital amputee. This course can be applied to the “activity class” requirement for the graduation requirement. A course fee applies. **(F, W, S)**

1105-060 Eating, Body Image & Food

This course is designed to focus on the psychology of eating behaviors, body image, and attitudes toward food. Issues that will be addressed include: the meaning of food, factors which influence body image, dieting behaviors, cultural influences on eating and body image, obesity, eating disorders, and finally-healthy eating. This course is taught by the women’s center staff. A course fee applies. Successful completion of this course counts as one (1) activity course (toward the graduation requirement).

1105-070 Relationships & Safety

This course is designed to provide students with educational concepts and strategies regarding relationships while keeping personal safety in mind. Instructors and students will explore the topic of relationships (friends, dating, and partnerships) and being able to set appropriate boundaries: so that relationships are able to thrive. Issues of relationship violence, stalking and sexual assault will also be addressed throughout the course. This course is taught by women's center staff. A course fee applies. Successful completion of this course can be applied Used as one (1) activity course credit toward the graduation requirement.

Fitness**1109-002 Aerobics or Cardio Conditioning**

This fitness course is designed to facilitate cardiovascular fitness as well as increase muscular strength, endurance and flexibility. All aerobics classes combine a balance of high and low impact moves that include a sequence of muscular strengthening and stretching exercises. In addition to the benefits of improved heart and lung function, students will have an opportunity to burn calories, increase muscular strength and endurance, and increase flexibility. Throughout the course students will be encouraged to work at individual paces, utilizing high or low impact moves where appropriate. Through instructor-lead group movements, with the use of music, brief explanations of basic aerobic principles, definitions and guidelines for proper technique will be covered. A course fee applies. **(F, W, S, SU)**

1109-003 Aquathenics

This course is designed to provide an alternative to traditional conditioning programs such as weight training, swimming and/or aerobics. Aquathenics (Choreographed exercises in a water environment/pool/with or without music accompaniment) assists in promoting physical fitness through the enjoyment of aquatic exercise by utilizing the natural resistance that water provides. Combines features of natural resistance of water and fitness exercises. Students should feel comfortable in shoulder level water (do not need to participate in swimming strokes). Major objectives: Develop overall toning, strength and circulation; improve cardiovascular strength/ relieve muscular tension. A course fee applies. **(F, W, S, SU)**

1109-006 Aeroboxing

Aeroboxing is a combination of high intensity aerobics combined with boxing movements such as punches and kicks, without the use/restriction of gloves and without contact. Aeroboxing is fairly new to the fitness circuit and is fast becoming very popular. Instructors create an aerobic-based routine and blend the program with punches and high/low kicks, allowing students to fully challenge their cardiovascular systems. Class consists of warm-ups, choreographed routines and cool downs. A course fee applies. **(F, W, S)**

1109-008 Aquasize

This course is designed to provide an exercise program that will guarantee fun and fitness development in an aquatic environment. Aqua size is a non-stop high-energy aerobic workout in the pool in both deep/shallow water. Aqua size provides constant water resistance, which will strengthen and tone every muscle in the body. For all levels of fitness, this water workout is designed to accommodate those seeking a vigorous aerobic workout as well as those needing/desiring a less strenuous workout. Activities include water jogging, resistance strengthening with noodle nautilus and stretches with the support of water. Students should feel comfortable in

shoulder level water, however this course does not require that the participant know how to fully engage in swimming strokes. Students must provide a swimsuit and a valid RIT ID to enter the pool facility. A course fee applies. (F, W, S, SU)

1109-009 Turbo Kick

Turbo kick is one of the hottest exercise classes around. It involves kickboxing, but is so much more. Students will kick, punch and groove the calories away in this action-packed, super fun, super safe and ultra-effective cardiovascular workout. Created in 1997 by Charlene Johnson, turbo kick is arguably the most popular group exercise program in the country. This program is featured at over 2,000 different health clubs and fitness chains in the United States and countless countries across the globe. The course consists of high and low kicks and punches, not gloves required, to pop music with intense cardio work out demands! This course is offered at varied times throughout the year depending on instructor/facility availability. Check SIS for more detailed course information/quarterly schedules. A course fee applies.

1109-011 Total Body Conditioning or Step Conditioning

This low-impact activity class is designed to benefit beginner, intermediate and advanced fitness enthusiasts. The class is organized to provide work sessions on muscle groups using hand weights and/or resistance bands to tone and shape muscles resulting in improved overall fitness. Alternative exercises will be demonstrated to accommodate all levels of fitness. A course fee applies (\$40). Offered periodically depending on Instructor availability (check SIS for more detailed quarterly schedules).

1109-017 Run/fitness/competition

This fitness and conditioning course is for students who enjoy running as a means to cardiovascular health: designed for all types of runners who want to improve their running form and efficiency, improve their overall cardiovascular health, or even train for a race. This course benefits all fitness levels. Every-other class is active running, the other will be a classroom session/teach the different training methods of aerobic running, lactate threshold, vo2 max training, etc. The how to's of structuring one's own running program will be covered. There will also be components on proper nutrition and shoes. Students will also learn about the resources available to race and train with others in their community. The overall goal is to provide for proper training while also improving running performance. Opportunities will be available at the end of class to enter a road race. The emphasis is on progressive/healthy running. Course fee applies. (F, W, S)

1109-021 Spinning

This course is an indoor group cycling class which uses motivating music and lights. Bikes are used for a moderate to high-intensity, low-impact aerobic and endurance program. The general fitness goals for the course are to facilitate a healthy level of cardiovascular fitness, enhance overall fitness and endurance, develop coordination and balance, and improve or maintain muscle tone, strength and flexibility. At the end of the course, students should be able to properly set up the adjustments on the spinner bikes to insure safe cycling, know the 3 basic hand positions and when they are appropriate, learn the 5 basic movements used for safe and effective indoor cycling, learn ways to monitor heart rate, be aware of contraindicated movements that could potentially cause damage to you or the equipment, understand the purpose of the various energy zones (recovery, endurance, strength and interval) and have fun! A course fee applies (F, W, S).

1109-030 Swimming for Fitness

This fitness and conditioning activity course is designed for students who enjoy the venue of swimming to develop cardiovascular health. Designed for intermediate-advanced swimmers. This is NOT an instructional swimming class. The course will focus on: General aquatic fitness; stretching; all swimming stroke refinement and development; lap swims, sprints, combination of times laps and outlined swim practices. Cool down sessions will take place followed by ideas for muscular strength and endurance development (outside of aquatic environment). This course is a perfect fit for individuals who wish to pursue physical fitness development in a “non-impact” situation. Students must provide their own swimming attire. This course is offered at various times throughout the academic year depending on instructor and facility availability, usually winter. No course fee applies.

1109-048 Introduction to Wt Train

Basic weight training fundamentals offer beginners-intermediates the chance to build strength through method discovery. Content includes: Stretching; flexibility; spotting; safety; free weights; Cybex; the different kinds of program designs; and cardiovascular development. Course design will focus on individual need and desire, leading to unique and successful program designs. Instructors will present information on muscle development, basic CV training; use of free weights and Cybex equipment. Highlight: Individual program effort. Class work involves initial orientation, handouts/discussion, definitions, Cybex station techniques; free weight specifics, and routine development for total body work. A course fee applies. (F, W, S)

1109-300 Pilates

This course dramatically transforms the body to help look, feel and perform better. Pilates builds core inner strength without the excess bulk, creating a toned body with stronger legs and abdominals. This activity teaches body awareness, good posture and easy-graceful movements. Pilates improves flexibility, agility, economy of motion and alleviates back pain. Developed from the techniques of Joseph Pilates, this course is a safe, sensible exercise “system” that develops a strong “core”, or ‘center of the body’. Levels are beginner’s-section, intermediate-section. Prerequisite for the intermediate class is completion of a beginner’s class or prior Pilates experience. A course fee applies. (F, W, S, SU)

1109-320 Health/Fitness Challenge

The course is based on the RIT health challenge. This class is designed to assist and motivate individuals who are interested in making changes to live healthier. Participants will be setting and reaching goals in the 3 following areas: fitness, nutrition and wellness. Students will monitor their progress using a customized website at www.rithealthchallenge.com. Examples of past accomplishments include: cutting down on caffeine, getting more sleep, eating healthier, training for a marathon or 10k, running 3 miles a day/4x per week, added weight training to exercise routines and much more. Topics that will be covered include: fad diets, exercise options, healthy eating and caloric levels, weight management, disease prevention and making healthy habits permanent. A course fee applies. (S)

Health and Safety**1110-012 CPR & First Aid**

This course is designed to provide certification by the American Red Cross for CPR and First Aid. Upon successful completion of the course, students will receive certification cards for “PRO CPR” and First Aid. Class sessions are generally 2-4 hour formats, meeting once/week. Students will be

presented with information on the following for Infants, Children and Adults: Rescue Breathing, Blocked Airway for a conscious/unconscious person, CPR, responding to an emergency situation, controlling bleeding and splinting techniques. Class sessions include the use of video tapes, lectures, demonstrations, partner practice and skill evaluation (by the instructor). All equipment (manikins, mats, wraps) are provided by RIT. A course fee applies plus the cost of books. Students must attend all sessions for activity course credit. (F, W, S)

1110-049 Lifeguarding

RIT's Lifeguarding course is designed to provide students with a certification by the American Red Cross (ARC). Training consists of methods for individual rescue around and in the water. Basic skills and concepts will be presented. Objectives are: Successful completion and certification for each individual by the final class day, following a ten-week course. Prerequisites for this course include a continuous 500 yard swim and demonstrated accomplishment in the front crawl, side stroke, and breast stroke. Students are required to have or purchase a lifeguarding textbook. This course covers all skills required by ARC. A course fee applies (+ cost of books). (F, S)

1110-060 Water Safety Instruct

Water Safety Instruction (WSI), a certification course through The American Red Cross, enables students to teach swimming and lifesaving classes following successful completion. Preparation for teaching proper Red Cross classes follows instruction in lifeguarding skill review, strokes, teaching methods, class structuring and organization. Current Lifeguarding certification is required as a class prerequisite. Assignments, quiz evaluation and a written course final are given. Purchase of a book series is necessary for course completion. An intriguing course exploring teaching methods and problems, WSI allows actual teaching experience within the class curriculum. A course fee and cost of books applies. (S)

Lifetime Recreation Activities

1111-001 Archery

This course is designed to present the lifetime recreational activity of archery in a broad perspective for future use as a recreational and/or competitive pursuit. A major objective of the course is to develop strength in the upper back, neck and shoulder girdle. Students will be presented with the proper shooting techniques and forms. Instruction in the proper selection, use and care of archery tackle (equipment) will be provided. Students will be introduced to the rules, safety, etiquette of archery and archery competition. Once the fundamental skills have been well mastered, students will participate in a variety of class competitions (field, American, hunter, golf, clout,& flight.) Equipment provided by RIT. A course fee applies. (F, W, S, SU)

1111-003 Badminton

Most people regard badminton as a gentle, noncompetitive, backyard diversion for relaxing summer afternoon play. However, the best setting has been found to be indoors or a breezy court. Here the shuttle cock ("birdie") can zip back and forth under great control and a amazing speed: It becomes a very exciting game! Because it is physically/mentally demanding, it is one of the most invigorating and challenging sports in the world. It is also a great reducer of stress/tension and a wonderful muscle-toning activity. For the competitive person, badminton offers limitless opportunity to develop skills and for others, a wonderful recreational activity. Designed for beginners to intermediate players. Equipment provided by RIT. A course fee applies. (F, W, S)

1111-004 Basketball

This course is designed for beginner-advanced male and female students. It is designed to emphasize basic skill development and refinement, team competition and tournament play. Students will be encouraged to develop individualized skills of the game of basketball: Passing, shooting, dribbling, rebounding, offensive and defensive movement techniques. Objectives of the course are to enjoy playing the game of basketball/team competition, physical conditioning enhancement, to become more informed as to the strategies of the game and to benefit from the sociological aspects of becoming involved with a team sport. The general format of each class will include a warm-up, basic and advanced drills and in class competitions. Students must be dressed in appropriate athletic attire. A course fee applies. **(F, W, S)**

1111-007 Massage: Wholistic Therapy

Massage is an accepted part of many physical rehabilitation programs and has proven beneficial to many chronic conditions such as low back pain, arthritis and bursitis. It helps relieve the stress and tension of everyday living. It provides relief to people from all walks of life-the weekend or competitive athlete, home gardener, overstressed executive struggling to keep pace in today's economy, secretaries, laborers, waitresses - anyone can feel a need for massage at some point in time. There are more than 200 variations of massage. This course is designed to provide students with the basics of massage therapy. Students will learn the "how to's" of providing and receiving a therapeutic massage, from upper body-lower. A course fee applies. **(F, W, S)**

1111-009 Pocket Billiards

Pocket billiards is a game of skill enjoyed by people of all ages and at all levels of proficiency. The purpose of this course is to develop the fundamentals of a sound game. Emphasis is placed on stance, grip, bridges, stroking and aiming. Other topics introduced are: stop shots, follow, draw, "English", position play, banks, caroms, combinations, eliminations, break shots and safety play. Games taught and plays are: 8-ball, 9-ball, straight (14.1) and cutthroat. Each class period is divided into three segments: lecture/demonstration, practice, and play. All equipment is provided by RIT and no previous experience is necessary. The class is limited to 28 students and a course fee applies. Meets in SAU gameroom. **(F, W, S)**

1111-012 Bowling/off-campus

This course is designed for beginner, intermediate/advanced students who wish to participate in the lifetime recreational sport of bowling. The course is designed to practice the basic techniques of bowling and covers the following: Stance, push-away, back swing, approach and release (fundamental skills of the game). Students will learn the importance of proper ball selection and care of equipment (balls, shoes, gloves). The class will be presented with the rules and etiquette of the game. Once averages have been established, students will be placed on teams and will bowl as a competitive league (format) for the remainder of the quarter. Course held off campus AMF Olympic Bowl. RIT does not provide transportation. A course fee applies. For information contact AMF Olympic Lanes (235-5341). amf00619@amf.com **(F, W, S, SU)**

1111-028 Fencing

Introduction to the sport of fencing, basic moves, rules knowledge and understanding in combination with conditioning principles, stretching and flexibility design a class full of detail, competition and tactics. Objectives include basic footwork proficiency, fencing blade work skills, rules understanding, experiential learning and the opportunity to direct (officiate) for one another. Classes begin with a light warm-up, followed by stretching and conditioning exercises. Focus on the

basics and teaching fencing moves, also includes competition discussion and bouting situations. Grading is on attendance. Variety in class options are "Foil" and "Sabre" and Advanced Fencing Sabre (Spring quarter only). For more information on Advanced Fencing Sabre please contact Carl Lutzer (cvlsma@rit.edu) or Tim Goodwill (htgsma@rit.edu) A course fee applies. **(F, W, S)**

1111-032 Fresh Water Fly Fishing

Fresh water fly fishing course introduces students to fly fishing fundamentals. This includes: identifying trout species, understanding trout behavior and trout habitat, basic entomology and hatch calendar, recognizing common artificial wet and dry patterns, tying wet and dry fly patterns, viewing some popular trout streams in the northeast and western United States, and reading stream conditions. This course includes hands-on sessions for fly casting techniques. A course fee applies (via student financial services bill). Equipment rental \$25 for students who need it (rod, reel, leader material and flies). Class meets weeks 2-6 of the quarter, with the last class meeting off site at the same regular class time. RIT does not provide transportation. Car pooling with others in class exists. **(S)**

1111-033 Flag Football

Flag football offers a chance to experience football at its best. Sport equipment will be provided. Individual skills combine in an atmosphere of teamwork, goal attainment, leadership awareness and excitement. Skill presentation, demonstration, drill work and play allow students of all levels to benefit from flag football activity involvement. Passing, catching, flag techniques, offensive/defensive play, creativity, kickoffs, point after attempts, handoffs and rule review will highlight the course. Active participation progresses fitness levels in many areas. Flag football will be offered at various times throughout the school year (depending on instructor/facility availability). A course fee applies. (Check SIS for more detailed quarterly information. **(F,S)**)

1111-036 Frisbee

Ultimate Frisbee is a non-contact disc sport played by two teams of 7 players. The object of the game is to score goals. A goal is scored when a player catches any legal pass in the end zone of the opposing team. The disc (Frisbee) is advanced by throwing or passing it to team mates. The disc may be passed in any direction. Any time a pass is incomplete, intercepted, knocked down, or contacts an out of bounds area, a turnover occurs. A turnover results in an immediate change of team possession of the Frisbee (disc). Students will learn the rules, basic throws and strategies of this exciting game while developing levels of physical fitness. A course fee applies. **(F, S)**

1111-038 Golf

Beginning golf familiarizes the student with basic principles of technique, rules, etiquette, equipment and various course layouts. Players will benefit from play alongside novice and experienced level players. Unique individual critiques, etiquette discussion, grip coverage, stance, posture and swing planes are learned, as well as use of irons, woods and putters. When appropriate, videotaped presentations are shown. Stretching, technique demonstration and review combine with various club hitting practice to fill fifty minutes of experiential golf education. Professional presentation delivery and breadth of information in combination with practice, lead to a 27-hole class required performance. Written examination tests learning levels, as well as a self-performance videotape. A course fee applies. **(F, S)**

1111-041 Horseback/English

Student equitation skills, horse control, walking work, the trot and canter develop within this beginning Horseback/English course. Moving on to higher level intermediate and advanced courses, students learn fence jumping and fence course introduction, while further refining equitation skill. Course objectives include riding and stable safe work techniques, developing correct positioning, riding control and specifics dealing with a variety of horses and presented situations. Ground work education such as horse stall exiting, ground leading and correct mounting procedures along with walking, sitting, posting and two-point positioning, walking without stirrups, trotting and cantering lead into intermediate and advanced course experience with work over fences. Must call Hunting Stables (872-9924) to schedule lessons. Instructor fee of \$180 (and \$5 tuition course fee). Flexible lesson times. Leave local phone when you call Huntington Stables. **(F, W, S)**

1111-042 Horseback/Western

Pleasure riding as well as exercise, grace Western Horseback Riding on a weekly basis in Bloomfield, NY (Liberty Stables). Classes consist of lectures, demonstrations, and riding techniques work with activity involving ring and trail riding. Missed classes are made-up on an appointment basis. Attendance is important and the key to success in this class. Details include safety rules, guiding and communication, grooming and saddling, feeding and maintenance, hoof care/horseshoes, color-markings, teeth and age, and bareback riding. Riding specifics and trailwork, as well as exploration in horse care are presented. Access covers 200 riding trail acres. Fifteen lesson horses afford students a wonderful future riding foundation and an exceptional learning experience. \$180 Instructor fee applies (+\$5 direct tuition / course fee. **(F, W, S, SU)**

1111-049 Ice Hockey

This course is designed for beginning to advanced ice hockey players. Students must provide their own skates, helmet, hockey stick and gloves. Course objectives: To learn the basics of equipment, safety, skating acceleration, stick handling, skating agility (forward and backward), and basic drills. The advanced classes (POWER SKATING) are NOT for beginners! These classes will cover advanced hockey skills, including: Shooting, passing for accuracy, advanced drills, defensive zone coverage and competitive play. If the class is above average in ability, a session on Power Plays and Penalty Kills may be added. There is NO body checking allowed in class. All penalties during class will be penalty shots. Students may rent skates (rental fee applies). A course fee applies. Held at Ritter Arena. Offered periodically depending on instructor/facility availability.

1111-050 Ice Skating

This course is designed for beginner-advanced ice skaters. Instructional emphasis will be placed on safely learning the life long activity of ice skating. Early in the quarter, students will be introduced to aspects of basic use and care of equipment and safety implications. Once basic skills have been obtained, students will progress as follows: Gliding and snow plough stop; forward glide and sculling; backward glide and sculling; forward cross-overs; short jumps/turns; two foot spins; forward chasses; Killian hold; backward chasses waltz hold; foxtrot hold; forward drag, bunny hop and lunge; forward arabesque; combination jumps and spins; Sal chow and basic program development. Students may use their own skates or can rent skates at the rink. A course fee applies. **(F, W)**

1111-053 Juggling

This course is designed to acquaint students with the art of juggling in theory and practice while at the same time conditioning their minds and bodies. Course concentrates on 3 and 4 ball juggling patterns and is geared to accommodate all levels of learners. Instructor will teach one-on-one as well as group demonstration. Clubs, rings, combination cigar boxes, scarves, club swinging and 5 ball juggling will be taught (where appropriate to advanced students: Personal instruction will be supplemented with juggling movies, literature and video taping. The goal of the course is not only for each student to achieve maximum juggling ability, but also to increase their mental concentration and physical coordination. A course fee applies. **(F, W, S)**

1111-060 Officiating: basketball

Class provides competencies necessary for officiating basketball. Basic rule review covers detailed aspects of the game. Officiating techniques are presented, as well as practiced, in an understandable, growth-providing approach. Fitness level is improved through drills, on-court experience and playing options. Explanation through tape review, discussion and experiential learning provide useful skill enhancement. Basketball Officiating is offered at varied times throughout the academic year (depending on instructor and facility availability). A course fee applies.

1111-065 Racquetball

Racquetball is designed to teach skill development from beginners - advanced level players. Focus for the beginner is on skill development and refinement, while intermediates-advanced focus on perfecting the strokes and competitive strategies. Activity level is high. Students will have the opportunity to develop overall fitness elements. The basic course objectives are: skill understanding, enhancement of the social/emotional components, CV fitness, basic shots, equipment, warm up/cool down, training and game strategies. This course meets 2x/week for 50 minutes in the SLC racquetball courts. Racquets and balls are provided. Eye guards are required and may be purchased locally. All students must bring their RIT ID to every class. No course fee. **(F, W, S)**

1111-067 Scuba

Beginning, Advanced, Rescue Diver and Dive Master make up the options of the Scuba program. Introduction to Scuba (beginning) provides basic principles of skin and scuba diving. Diving physics and physiology, equipment, disease, decompression and safety procedures are studied. Experiential work strongly emphasizes skin diving and swimming ability including scuba equipment, introduction and use. Scuba certification is a follow-up course leading to certification as a recognized sport Scuba Diver. Course fees must be paid to instructor at first class (see SIS for prices). Classes will be held at Pisces School of Dive in Fairport, 783 Fairport Rd. (381-2842). RIT does NOT provide transportation. Call Dom's Scuba (388-0727, DOMSSCUB@aol.com) for more information and call Dom's Scuba for class info and car-pooling options (388-0727). Costs are Beg: **\$200; (Certification fee for Dives and Equipment is an additional \$160.00 at the completion of the course)** Advanced, Rescue Dive and Divemaster:\$360. **(F, W, S, SU)**

1111-075 Snowboarding

Participation in this program may be for wellness activity credit or just for fun. Bristol mountain will determine the cost of the class each fall. (Fees for 2005-06 were: \$125=lift pass; \$70 =ski rental if needed; \$60=lessons.) Ski instruction is optional. Note that the lift pass does not include lessons. Optional lessons for participants are given by a full complement of certified ski professionals and for all ability levels. Students who elect to just snowboard will receive wellness credit by participating

for twenty hours throughout the 6 week program. Snowboarding will start the first week of January and will run for 6 consecutive weeks. No transportation provided. Mandatory class meeting before break. Students must register in person at SLC. Students may begin skiing as early as 4 p.m. (W)

1111-077 Skiing/downhill

Participation in this program may be for wellness activity credit or just for fun. Bristol mountain will determine the cost of the class each fall. (fees for 2005-06 were: \$125=lift pass; \$70 =ski rental if needed; \$60=lessons.) Ski instruction is optional. Note that the lift pass does not include lessons. Optional lessons for participants are given by a full complement of certified ski professionals and for all ability levels. Students who elect to simply ski will receive wellness credit by participating for twenty hours throughout the 6 week program. Skiing will begin during the 1st week of January and will run for 6 consecutive weeks. No transportation provided. Students must register in person at the SLC. Mandatory class meeting. Course fees apply per Bristol Mt. Students may begin to ski as early as 4 p.m. (W)

1111-078 Soccer

Soccer, the sport of the entire world, is a game of constant action. Each player involved in this game must be able to perform as an individual, as well as be an essential part of team play. In this class, we will cover fundamentals of ball control, trapping, dribbling, passing, heading, shooting, defensive (zone, man-to-man) techniques, offensive techniques, goal keeping and soccer terms. In this class, we will also discuss how every team is comprised of individual skill, group skill and team tactics. Class format will follow a warm-up session with skill practice, instruction for the day, along with mini-games in a controlled scrimmage situation. Winter offering will be indoor. A course fee applies. (F, W, S)

1111-081 Softball

Co-ed activity class designed for beginner-advanced players of the game of slo-pitch softball. Class will meet outdoors on Intramural softball field, weather permitting. During inclement weather, class will meet in Clark gym, and play a modified game of softball: Mush- ball. Course consists of basic fundamentals of slo-pitch softball, with “speed up” rules of 3 balls and 2 strikes; including rules, out-field play, infield defensive skills, hitting, pitching techniques, base running, basic game strategies and umpiring. No metal spikes will be allowed. First class: Meets indoors and consists of orientation session and instruction regarding rules of the game. Most other classes: Outdoor drills and skill refinement. A course fee applies. (F, S)

1111-083 Swimming

Participation, enjoyment , improvement, knowledge, fitness conditioning and safety, class shares the latest swimming information and techniques. Course procedure includes individual and group instruction. Objectives involve work on skill improvement, safety development, all stroke recommendations, endurance improvement and swimming enjoyment. Course content delivers beginner, intermediate and advanced swimming skill work, freestyle, side, back, breast, fly and elementary back- stroke. In addition to turns and variation, water orientation and entry, stroke mechanics, understanding fitness conditioning, games, diving and safety skills, students explore water enjoyment. No course fee. Note: this is strictly a “beginner’s” class. (F, S, SU)

1111-087 Tennis

Participation, enjoyment, and lifetime game appreciation fulfill class expectations. Introduction to beginning fundamentals and skills will be covered. Objectives of the course reflect upon: game skills, rules, etiquette, tennis appreciation, and attaining a level of play that allows competition with comparable players. Court layout, surfaces, scoring, equipment, individual skills (forehand, backhand, serve, the volley, overheads) and footwork allow progression into preliminary games and round robin play. Depths of shots and doubles strategy are experienced by advanced beginners. Intermediates focus more on the conditioning aspect, spins, volleys, approach shots, and overhead shots. A course fee applies. **(F, S, SU)**

1111-089 Volleyball

Course designed for all levels of players of the lifetime recreational and competitive game of volleyball. Course evaluation is based on attendance, effort, improvement and enthusiasm. The basic course outline includes instruction and rehearsal of basic volleyball skills (under hand pass, over head pass, spike and serve); rules; basic formations/ positions/strategies; and tournament play. Students will have ample time to practice/refine basic-advanced skills of the game. Tournament play will take place in the form of a random team selection from class to class. Students should dress in athletic wear, with comfortable sneakers and knee pads (if desired). This course is offered on the RIT campus (Student Life Center courts) during the Fall, Winter and Spring quarters. A course fee applies. **(W, S)**

1111-093 Yoga

A body/mind discipline, Yoga enables posture improvement, flexibility development and learned relaxation. Mastered through learning an ancient posture series incorporating breath control, the body and mind relationship is explored. The practice of meditation gives one an opportunity to experience stress management. Relaxation is Yoga practice's key. Attendance is required. Classes contain sequential stretches, postures and relaxation exercise, incorporated with breathing and visualization. Recommended clothing is comfortable and loose fitting. Mats are provided. Music featuring New Age and mainstream artists provide an inspiring atmosphere. Hatha Yoga exploration includes a diverse discipline collection for improving mental and physical health. A course fee applies. **(F, W, S)**

1111-098 Kundalini Yoga

Kundalini yoga as taught by yogi bhajan is a 5,000-year-old authentic system of yoga exercise and meditation that promotes health, happiness, and spiritual awareness. Kundalini yoga is taught in over 300 centers in 35 countries by teachers trained through the international kundalini yoga teacher's association. Combining breathing, movement, stretching and sound, kundalini yoga is a safe, comprehensive technology that can be practiced by everyone. Through yogic breathing and meditation peace of mind can be obtained, giving an experience of deep inner calm and self-confidence. Kundalini yoga is more than a system of physical exercise. The technology is aimed at the spirit that has no boundaries therefore, it is universal and non-denominational. No matter what path of religion one follows, kundalini yoga helps practitioners experience what they believe. Check sis for quarterly schedules. A course fee does apply. **(F, W, S)**

1111-110 Rollerhockey/Power Skate

This course is designed for beginning to advanced roller hockey/ice hockey players. Students must provide their own helmet, hockey stick, inline skates, gloves and wrist guards (off ice training). Course objectives: Learn the basics of equipment, safety, skating acceleration, stick handling, skating

agility (forward and backward), and basic drills. The advanced classes (Power Skating) are NOT for beginners! These classes will cover advanced skills, including: Shooting, passing for accuracy, advanced drills, defensive zone coverage and competitive play. If the class is above average in ability, a session on Power Plays and Penalty Kills may be added. There is NO body checking allowed in class. All Penalties during class will be penalty shots. Offered Spring quarter on RIT campus at Ritter Memorial Ice Arena. Course fee applies. Variations of course include: In-line Power Skate/Ice Power Skate, Roller Hockey (offered periodically/see SIS).

1111-120 Inline Skating & Ice Skate

This course is designed to introduce students to the sport of in-line skating and ice skating. Instructional emphasis will be placed on safely learning the life long activities of both in-line skating and ice skating. The first 1/2 of the course will focus on basic-intermediate ice skating skills. The second part of the quarter will focus on the skills and enjoyment of in-line skating outdoors. Instruction will be given on skating basics, including: Skating forwards and backwards, turning, cross-overs and braking/stopping. Additional topics include: Discussions on the proper use of protective gear and the proper maintenance of equipment. Students are required to provide their own set of in-line skates, helmets and wrist guards. Ice skates may be rented from the ice rink (nominal fee). Offered periodically (check SIS). A course fee applies.

1101-130 Team Handball

The verbal similarity between team handball and the more familiar “handball” played in a small court causes much confusion when talking about the game of team handball. The similarity of the 2 sports stops with the name. Team handball is played on a court like Basketball. Each team has 7 players-six court players and a goalie who plays both offense and defense. The basic objectives are to throw the ball into the goal of the opposing team and to defend one’s own goal against attacks by the other team. Team Handball is a rapid, continuous play type of activity. Students will learn the rules, throws and basic strategies of the game while at the same time develop cardiovascular fitness levels. A course fee applies. **(S)**

1111-200 Ballet

This course introduces the art of ballet, its vocabulary (French, Sig and English), discipline base, protocols, and specific movements. Students are introduced to key concepts through lecture-demonstration video, and floor, center, and barre work. Class offered through NTID Dept. of Cultural and Creative Studies in the LBJ Building (Building 60) Instructor uses sign language, but classes are open to hearing and deaf/hard of hearing students. Ballet offered through the Center for Intercollegiate Athletics and Recreation/The SLC dance studio. A course fee applies. **(F, W, S)**

1111-210 Ballroom Dance

This foundational course is designed for the complete beginners to intermediates, covering dances that are currently socially trendy and popular. The focus is on a mixture of melodies and Latin rhythms to give the student an overall feel for social dancing. The intent is to create a sense of student competency as an above average ballroom dancer. Major course objectives include: Body and self-awareness, how to mix well with the same and opposite sexes, boosting self confidence, developing natural body rhythms and improving posture and poise. Dances covered are: Foxtrot, Merengue, Swing, Salsa, Jazz, Tango, Waltz, Cha-cha, Ballet and Jitterbug. A course fee applies. **(F, W, S)**

1111-215 Contemporary Jazz Dance

This course provides students with a wider range of dance vocabulary, which is created from ballet, modern dance and ethnic traditions. The styles of Bob Fosse and the fall/rebound and style of Jose Limon are a basis for this course. It focuses on the fundamental movements required for successful and enjoyable jazz dancing. The class is held in the SLC Dance Studio. A course fee applies. **(F, W, S)**

1111-220 Country Line Dance

Covering the latest line dances, club, and studio couples dances, Country Line Dancing is designed for beginning to intermediate dancers. Traditional dances give depth and background to the various basic terminology and techniques. Becoming familiar with today's social sector, dance adds excitement to body coordination, improved memorization, gained confidence, partner skills, self-confidence and enhanced creativity. The Electric Slide, Chattahoochee, Dr. CC, Earthquake and Bubba are line dances of distinction. Couples pursue the Cha-Cha, Two Step, Waltz and the Sugar Waltz (full of turns and spins). Beginning with music beats and basic dance choreography counting, students pursue understanding that lies foundation to all. A course fee applies. **(F, W, S)**

1111-224 Irish Step Dance

Often marked with a blur of flashing feet, Irish step dancing has emerged from the pubs of Ireland to the international stage. This course teaches the style of dance made famous by the shows Riverdance and Lord of the Dance. In addition to being introduced to the rich history of Irish dance, students will learn soft shoe, hard shoe and ceili (group) dances. Be prepared for a great cardiovascular workout. Irish dance requires endurance, coordination and strength. The first dances (reels, jigs and slip jigs) are taught in soft shoe. These dance begin to teach the fundamentals of Irish dance. As you progress, you will start to learn more complex soft shoe dances, and then move onto learning hard shoe dances (treble jigs and hornpipes). A course fee applies. **(F, W, S)**

1111-235 Swing Dance

Swing Dance encompasses most of the forms of dance such as West Coast Swing, Lady Hop, Balboa, Shag, Jitterbug, Bop, Whip, Jive and dances under many other names. There is a recent resurgence in Swing Dance all around the world! All the elements exist today that are necessary to bring on a new dance craze throughout the world (movies, music, funky clothes, places to learn and places to dance, and new television commercials featuring swing dance). This course is designed for ALL levels of students who wish to learn and participate in the fun and exciting activity of swing dance. The instructor will introduce a variety of dance steps and movements to music. Students will work in pairs and small groups. A course fee applies. Advanced section offered during the Winter and Spring (pre-requisite is an beginner's class or an equivalent). **(F, W, S)**

1111-240 Tap Dance

Smooth dance movement, quick style changes, transitional moves, and the all-familiar sound of the known tap shoe can be yours. Beneficial cardiovascular improvement along with muscular coordination, self-presentation, musical accompaniment and sheer expression grace this course. Experience will grow with participation. Tap dance history, development, art-form presentation, skill expression and step improvement will be enhanced. Tap shoes may be purchased locally. Building new dance steps will conclude with individual and group presentation. Skill sharing and learning include musical selection and choreographic recommendation. Tap is offered periodically throughout the school year (depending on instructor and facility availability). Class meets in SLC

Dance Studio. A course fee applies. Advanced section is offered in the Winter and Spring. Prerequisite is a beginner's class and/or an equivalent. **(F, W, S)**

1111-300 Dance/ballet-spec Topics

This course introduces the art of ballet, its vocabulary (French, Sig and English), discipline base, protocols, and specific movements. Students are introduced to key concepts through lecture-demonstration video, and floor, center, and barre work. Class offered through NTID Dept. of Cultural and Creative Studies in the LBJ Building (Building 60) Instructor uses sign language, but classes are open to hearing and deaf/hard of hearing students. No fees. **(F, W, S)**

1111-310 Dance/Jazz-Special Topics

This course provides students with a wider range of dance vocabulary, which is created from ballet, modern dance, and ethnic traditions. The styles of Bob Fosse and the fall and rebound style of Jose Limon are a basis for this course. It focuses on the fundamental movements required for successful and enjoyable jazz dancing. The class is offered through NTID Dept. of Cultural and Creative Studies in the LBJ Building (Building 60). Instructor uses sign language. Classes are open to both hearing and deaf/hard of hearing students. No fees. **(F, S)**

1111-320 Dance Performance

This course is designed to provide an introduction to dance that give students access to the language as well as the fundamental movements of modern dance. The styles and technique of Martha Graham (contraction) and Jose Limon (fall and rebound) are explored. The basic structure of the body will be studied as it applies to creative movement. Ensemble work, performance standards and creation of character and theme are stressed with respect to performance in the studio and on stage. Class sessions are held through NTID Dept. of Cultural and Creative Studies in LBJ Building (Building 60). Instructor uses sign language, but classes are open to both hearing and deaf/hard of hearing students. No course fees. **(S)**

Interactive Adventures

1112-001 Snowshoeing/Hiking

This class is designed to utilize the sport of snowshoeing as a means of promoting and imparting physical fitness, outdoor preparedness, outdoor winter skills and knowledge of our local parks and natural resources. Students can expect to gain the necessary knowledge to continue enjoying this sport on their own. This class will typically meet at the Red Barn and depart for one of our many local trails and parks. In the event of a "no snow" day, hiking will be the substitute activity for the day. Equipment is provided by RIT. Offered in Winter periodically (check SIS)A course fee applies. Please refer to SIS for possible offerings and/or visit the Interactive Adventures website at www.interactiveadventures.rit.edu.

1112-005 Adirondack Snowshoeing

This class consists of a mandatory pre-trip meeting followed by a weekend trip to the Adirondack state park. Skills introduced include: snowshoe use, cold-weather preparedness and backcountry travel. This class meets for the (mandatory) pre-trip meeting and the weekend trip only. Must attend both for full activity course credit. Check the sis system for more detailed class information. A course fee applies (via student financial services bill) that includes all equipment, transportation, lodging and instruction.

1112-015 Ice Climbing

This course is an introduction to ice climbing. The class will begin with a mandatory pre-trip meeting and then is followed by a weekend trip to the Adirondack state park for a weekend of climbing. Skills covered will include: proper and effective use of crampons including front-pointing and “French technique”, ice tool techniques, belays and rope work, and general winter outdoor preparedness. This class is open to all skill levels. Check sis for more detailed quarterly class trip offerings and more specific meeting/trip dates and times. Class fee applies (via student financial services bill) that includes all equipment, transportation, lodging and instruction.

1112-020 Cross Country Skiing

Cross Country Skiing is one of the best fitness workouts around, burning 499 calories an hour while working all the major muscle groups (hamstrings, calves, quads, shoulders, arms, back and abdominals). This course is designed to provide a basic overview of the fundamentals of cross country skiing. This fun, challenging lifetime activity is offered on the RIT campus during the Winter quarter (weather permitting). The general course content addresses the following: Equipment (skis, shoes, poles, clothing), proper technique (gliding) climbing hills, skiing downhill with cross country skis, and cardio-vascular fitness benefits. Students must dress appropriately for the cold weather. All equipment will be provided by RIT, although students are encouraged to use their own equipment. The course is coordinated through the Interactive Adventures program. A course fee applies. The website is www.interactiveadventures.rit.edu

1112-050 Rock Climbing/indoor

This class is designed to educate students about the sport of indoor rock climbing. Subject matter includes a variety of climbing techniques, proper stretching and warm up, proper use of gear and equipment as well as all safety practices related to indoor climbing. Each class will consist of demonstrations, short lectures, opportunities to practice what has been learned as well as time for “free” climbing. This class is appropriate for all experience levels and all necessary gear and equipment is provided. A course fee applies. Check quarterly schedule on SIS for possible offerings and/or visit the Interactive Adventures website at www.interactiveadventures.rit.edu

1112-051 Climbing Gyms Tour

This class meets for (3) day trips to different climbing gyms in the western New York and southern Ontario area. Skills taught/reviewed: belaying with a “gri-gri”, tying in and various other indoor climbing techniques and strategies that apply to the multitude of routes, features, boulder problems, caves and climbing walls that exist among the gyms visited. Students will also gain knowledge of where to go during the colder months to satisfy various climbing cravings. **A passport and/or a birth certificate for travel to Canada is required for this class** check sis for more detailed quarterly offerings and trip dates/times. A course fee applies (via student financial services bill) that includes all equipment, transportation, gym passes and instruction.

1112-052 Rock Climbing/Training Climbers

This class is designed for those with climbing experience and who already possess strong fundamental climbing skills (technical knowledge of ropework or technical climbing experience is not necessary). This class will introduce a variety of specific climbing training methods and exercises. Students will have the opportunity to take advantage of the increased motivation and synergy of group training. All exercises will be climbing related and target such areas as contact (finger) strength, endurance, power, balance, as well as the mental aspects of enhancing climbing ability. A

course fee applies Offered periodically (check SIS for quarterly schedules). Visit interactiveadventures.rit.edu

1112-055 Rock Climbing/outdoor

This class is designed as an introduction to outdoor rock climbing. Subject matter includes a variety of climbing techniques, proper use of gear and equipment as well as all safety practices related to indoor climbing. Class consists of one evening session and an all-day trip. The evening session will acquaint classmates with each other, cover all rope handling and climbing techniques and prepare the class for the outdoor trip. The trip usually takes place in Ontario, Canada and transportation is provided. Here, students will have the opportunity to spend the day climbing on the cliffs of the Niagara Escarpment. All necessary gear is provided. You must attend the evening session to go on the trip, and both sessions are required for a passing grade. A course fee applies. Check quarterly schedule on SIS.

1112-060 Rock Climbing/Bouldering

Bouldering is the sport of climbing typically short distances without ropes or harnesses. These safety precautions are replaced with spotters and crash pads. This class is designed to expose students to the sport of bouldering, while teaching a variety of climbing techniques, mental and physical preparedness, proper spotting and other areas of climbing safety. The first session(s) will meet at the Red Barn and future sessions will take place in Niagara Glen bouldering area. All gear and transportation are provided. A course fee applies. Check quarterly schedule on SIS for possible offerings and/or visit the Interactive Adventures website at www.interactiveadventures.rit.edu

1112-065 Rockclimbing/Top-rope Set-up

This class is designed to teach students how to assemble safe and reliable anchors for top-rope climbing using natural anchors (no artificial protection will be used). Participants should know how to belay and have had some climbing experience. Skills taught will include: Basic knowledge of all gear and equipment being used, choosing an anchor, tying off anchors, creating equalized and redundant anchor systems, anchoring the belay, redirected belays, top belays, escaping the belay and basic mechanical advantage systems. Class consists of one evening session and a full day trip. The trip will be to Ontario, Canada where participants will learn to set up and use their own climbs. Both sessions are mandatory. All necessary gear and transportation are provided. a course fee applies. Check sis for schedules.

1112-067 Climbing/Technical/Skill

This class is designed for those with some outdoor climbing experience. The class will be taught inside, but in simulated outdoor situations, covering such skills as anchor building and management in a variety of situations; various belay methods and considerations; belay escapes and basic rescue skills; mechanical advantage and hauling systems; and, above all, safety and it's many components in the climbing discipline. Climbing movement will only be covered inasmuch as it pertains to ropework and other technical considerations A course fee applies. Offered periodically (check SIS for more detailed course information or www.interactiveadventures.rit.edu).

1112-080 Backpacking

This class will impart basic backpacking skills such as fitting and properly packing your backpack, camping skills, and general outdoor awareness and preparedness. These skills will be put to use on an overnight backpacking /camping trip. The difficulty of the hike will be based on the abilities of

the class. A course fee applies. Offered periodically (Check SIS for quarterly schedules) visit our website at www.interactiveadventures.rit.edu.

1112-085 Hiking/Adirondack Peak

This class meets for one evening preparatory session and one overnight trip. The evening session will cover: Acquainting the group, appropriate gear for the trip, outdoor preparedness, and general expectations and logistics for the trip. The overnight trip will depart from RIT Friday afternoon in an RIT van. That night, the class will stay in the Adirondacks with bunk-style accommodations. Saturday we will hike one of the many peaks in the Adirondack region. Hiking is typically strenuous on average, but the pace will be moderate and effort will be made to accommodate the abilities of the class when selecting a hike. Because of changing weather conditions and other unforeseeable factors, a peak may not be summated. Participants should possess dependable, well fitting hiking boots and clothing necessary to spend the day outside in varying conditions (covered in first class). A course fee applies. See SIS &/or visit website at www.interactiveadventures.rit.edu.

1112-100 Canoeing

This class meets for one evening session and one full day trip. The evening session will cover: acquainting the group, basic canoe/paddle parts and terminology, launching the canoe, paddle strokes and maneuvers, and basic canoeing safety with opportunity to practice skills learned on flat or slow moving water. The trip will be an all-day venture on moving water with sections of mild white water. Skills taught include: Review of evening session skills and strokes/skills for negotiating moving water. Participants should expect to be on the water for both sessions. Both sessions are mandatory. A course fee applies. Check quarterly schedule on SIS for possible offerings and/or visit the Interactive Adventures website at www.interactiveadventures.rit.edu.

1112-120 Kayaking-rolling

This class is taught as an introduction to kayaking. It is typically taught in the pool and covers the following skills: Kayak parts, accessories and terminology, wet exits, hip snaps, paddle strokes, j-leans, Eskimo rescues and Eskimo rolls. All skills are taught in progression using drills, games and exercises leading up to a full roll. This class is taught in white water kayaks. All necessary gear and equipment is provided. Participants should expect to be in the water each class. Course fee applies.

1112-125 Whitewater Kayaking

This course is an intermediate approach to whitewater kayaking. The participants should have some, but not necessarily extensive, kayaking experience. A preliminary class meeting will take place in the RIT competitive pool. This meeting will address/review the basics of whitewater paddling, maneuvering, righting and rescue techniques. An all-day trip will follow on easy to moderate whitewater. The meeting and the class trip are required to receive full activity course credit. Additional skills taught will include: whitewater safety skills, river reading/navigation, ferrying, eddying and peeling. Depending on the skill level of the class, other more advanced skills may be introduced as well. A course fee applies (via SFS bill) for instruction, all equipment (boats, gear), transportation, park fees.

1112-150 Wilderness Skills

This class will cover a variety of topics and is designed to impart a number of skills that pertain to safely and effectively enjoying the backcountry. Skills covered will include water treatment, bear bagging, camping skills, orienteering, backcountry first aid, environmental awareness and preparedness, wilderness ethics, and more. This class will be taught both in and outdoors. A course

fee applies. Offered periodically (check SIS for detailed course listings) and/or visit www.interactiveadventures.rit.edu.

1112-155 Camp Cooking

This is a hands-on course that focuses on the safe operation and practical use of a variety of camping stoves and other backcountry cooking methods to prepare meals in the backcountry. Topics covered will include: stove/method selection, safe and effective use of the chosen apparatus, backcountry nutrition and related considerations, water purification, meal planning and preparation, food dehydration methods, non-cooked nutrition options and a variety of other factors and considerations. Students will be given a light-weight camp stove to keep. A course fee applies. Offered periodically (check SIS for detailed course listings) www.interactiveadventures.rit.edu.

Martial Arts

1113-020 Cardiokickboxing

This fairly new and exciting course is designed to develop physical fitness, strength, stamina, power, speed, endurance and flexibility. Students will have the opportunity to develop self-defense skills by utilizing the combination of boxing and karate techniques. Instructors will introduce basic kicking and punching skills and combine the element of aerobic activity with music to provide an outstanding work-out! Students will be encouraged to enhance their overall health, thus helping them look and feel good about themselves. Teaching methods include explanation, demonstration, program guidance and motivational lecturing. New students to class must purchase training gloves (\$30) through the instructor. A course fee applies. (F, W, S, SU)

1113-021 Karate

Course designed to help students increase their stamina, flexibility and basic techniques in self-defense. Main course objectives: become more physically fit to enhance self-esteem; develop self-confidence to help students deal with every day situations; relieve stress by providing an outlet to “blow off steam”; and to gain self-discipline to enable students develop better study, work and life habits. Course content: calisthenics; stretching; upper body/lower body exercises; kata (a prearranged set of movements which deal with being attacked). Course options include: beginners, advanced, self-defense/women, sparring. A course fee applies. **(F, W, S, SU)**

1113-022 Self-defense/women

This empowering Self Defense course, exclusively for women, is designed to help students increase their stamina, flexibility, and basic fundamental techniques needed to feel confident in the ability to protect oneself. In this positive, non-threatening environment, the class will teach proper use of hands and feet as weapons, how to fend off multiple attackers, as well as techniques that can be used against a person with a knife, gun or club. Main course objectives: become more physically fit, enhance self-esteem and gain necessary awareness of potential dangers, develop confidence and self-discipline to help deal with every day situations, relieve stress, provide resources needed to develop better study, work and life habits. A course fee applies. (F, W, S)

1113-030 Kung Fu: Shaolin System

There are literally hundreds of different Kung Fu styles, and then there are sub-styles and family styles within. The variations can be complex and wide-ranging. These different styles of Kung Fu encompass what can be termed the ‘soft’ or ‘internal’ as well as ‘hard’ or ‘external’. Some styles emphasize strikes and kicks, others include grappling, ground fighting or pressure point attacks. In

general, Kung Fu is a label used to describe any martial art that comes from China. It is the generic name for literally hundreds of individual Chinese fighting arts, both internal and external, ancient and of relatively recent invention. This Kung Fu course is designed using the Shaolin System. A course fee applies. **(F, W, S, SU)**

1113-030 Kung Fu: Rank Test Review

A typical class lasts between 1- 2 hours, depending on the class, where all students work together. Most classes start with exercises, which are followed by the introduction of basic techniques and their application. Students can learn about the philosophy, history, and analysis of Kung Fu techniques in the review class. Kung Fu provides an excellent method of getting in shape and students will feel a definite improvement in overall well-being as they develop their offensive and defensive abilities. For more information visit <http://www.rit.edu/~kungfu/> COURSE FEE APPLIES TO ALL CLASSES). **(F only)**

1113-040 Tai Chi-chuan

This course is designed to be a soft and continuous martial art that can be practiced by individuals of any age and/or skill level, focusing on physical, mental and spiritual dimensions of human development. Students will learn to balance the body with gentle movements that improve health conditions with each progressive section. Tai Chi was created 400 years ago and provides students with strong internal power as well as good external appearance. Students will be provided with the instruction to the more “freeform” of Tai Chi that expands knowledge, strength and capabilities; thus bringing individuals to the next level of progression. The basic format: History of Tai Chi; health benefits; warm-up exercises; movement from the ‘yang’ form; cool down; and use with special situations. A course fee applies. **(F, S)**

1113-050 Qigong

This martial arts course focuses on ‘internal energy exercise’ based on practices from 2000 years ago. The powerful combination of slow movement, breathing, postures and meditation practices allow the body to open energy channels instantly, thus dramatically healing disease that conventional medicine has failed to overcome. Students will focus on using ‘health energy’ to pursue success, peace and happiness. Basic course content: Flying Crane Qigong (combines movement with mental concentration); Fragrance Qigong (repeats simple movements in specific frequency for maximal biophysical energy); and Qigong Meditation (involves applying physical pressure to transform ‘bad’ energy to ‘good’ energy) to heal at a subconscious state. A course fee applies. **(S)**

1113-060 Aikido

Aikido was founded by Master Morihei Uyeshiba as a synthesis primarily of Aiki-jitsu, Aiki-ken, Judo and founder’s philosophy of peaceful reconciliation of conflict. One of the founder’s students, Koichi Tohei Sensei, founded a branch school called the Ki-Society, which emphasizes the development of personal “ki” through Aikido practice. RIT aikido traces its lineage back to the original Hombu dojo in Japan. The objective of this course is to provide physical conditioning by educating and coordinating the whole body-mind-spirit system. Basic ideas and techniques will be taught. The four basic principles to be presented: ‘Keep one-point’, ‘Relax completely’, ‘Keep weight underside’, and ‘Extend Ki’. A course fee applies. **(F, W, S)**

1113-061 Aikido: Bokken & Jo

Aikido: “Bokken and Jo” places an emphasis of the study of Aikido in a learning movement, timing and extending “ki” through an outside wooden object (the bokken or jo), as opposed to a “regular”

Aikido class where students learn movement, timing and extending “ki” through themselves in response to being physically attacked. The bokken and jo are weapons only in a traditional sense, not in a 21st century sense. A course in bokken and jo would actually be safer than the regular class in that no contact is allowed at all, and most of the study involves “kata” (a series of movements that a student does on his/her own, similar to a dance). The course would only be open to those who have previously taken Aikido (or an equivalent), as this is an advanced class. No mats are needed for this class. It is a highly disciplined, mentally challenging activity. A course fee applies. (Check Sis for course offerings/offered periodically).

1113-070 Karate: sparring

This exciting Martial Arts course is designed to help students increase their stamina, flexibility and basic techniques in self-defense, with emphasis on controlled fighting bouts (2 students matching their skills against each other). Main course objectives: develop confidence through physical fitness, relieve tension by providing a healthy forum for stress relief and gain the self-discipline to enable students to lead a more productive lifestyle. Course content: calisthenics, stretching, and punching and kicking drills (include bag work and sparring with other students to promote the development of footwork, distancing timing, focus and strategies needed to be a skillful fighter. A course fee applies. **(F, W, S)**

1113-090 Brazilian Capoeira

This exciting martial art course is one of the few, if not the only one still in existence, native to Americans, developed in Brazil by the descendants of African slaves brought there by the Portuguese during the era of the Atlantic Slave trade. Capoeira is characterized by dynamic body play, kicking, sweeping, takedowns, aggressive feinting and head butt movements. It is played within a circle of onlookers and fellow participants, called a “Roda”. The game is played when two contestants enter the circle and begin to “ginga” (“to swing” in Portuguese), launching various attacks, counters and initiating defenses. Class meets at Kim Murray’s Karate Academy (shihankim@aol.com). RIT does not provide transportation. A course fee applies. (check SIS for more detailed course offering information/offered periodically).

Military Sciences

1114-001 Air Force ROTC/Physical Training

This course is designed to help the individual establish a physical readiness program. “Physical Readiness” are those factors that determine one’s ability to perform heavy, physical work and those that help maintain good health and appearance. Factors/components of readiness: muscular strength, muscular endurance and cardio-respiratory endurance. Major goals of the course: To physically challenge students and help students develop self-confidence, discipline and spirit. Students will work to develop physical readiness to a degree that will enable them to achieve or exceed the physical readiness standard established by the U.S. Air Force. Must be enrolled in RIT ROTC Air Force. There is no course fee. **(F, W, S)**

1114-010 Army Conditioning Drills

This course is designed to help the individual establish a physical readiness program. “Physical Readiness” are those factors that determine one’s ability to perform heavy, physical work and those that help maintain good health and appearance. Factors/components of readiness: muscular strength, muscular endurance and cardio respiratory endurance. Major goals of course: To physically challenge students and help them develop self-confidence, discipline and spirit. Students will work

to develop readiness to a degree that will enable them to achieve or exceed the physical readiness standard established by the U.S. Army Evaluation will be determined by the use of the Army's Physical Readiness Test. Must be enrolled in RIT ROTC Army. No course fee applies.

1114-011 Army Leadership Lab: ROTC

Prerequisite: Successful completion of Army Conditioning Drills (must be enrolled in Army ROTC). Course offered fall, winter and spring quarters. See section notes on SIS under the "Military Sciences" discipline, 1114) for more information on this required Army ROTC class. No course fee applies. **(F, W, S)**

1114-020 Navy Drill/ROTC/U of R

This course is designed to help the individual establish a physical readiness program. "Physical Readiness" are those factors that determine one's ability to perform heavy, physical work and those that help maintain good health and appearance. Factors/components of readiness: muscular strength, muscular endurance and cardio-respiratory endurance. Major goals of the course: to physically challenge students and help them develop self-confidence, discipline and spirit. Students will work to develop physical readiness to a degree that will enable them to achieve or exceed the physical readiness standard established by the U.S. Naval Sciences. Must be enrolled in U of R ROTC Navy. There is no course fee. Call 275-4275 at U of R for more information. **(F, W, S)**

Wellness Instructional Staff Contact Information

Michelle A. Schrouder, M.S.

-Assistant Director/Wellness

-Certifications include counseling, coaching, wellness program management and fitness certifications from the American Association of Lifestyle Counselors, Cooper Institute, Summex Health Management (Web MD) Aerobics and Fitness Association of America and TurboKick™. Campus involvement includes Student Advocate: RIT Office of Student Conduct and Mediation

-Mailing Address: Rochester Institute of Technology

Student Life Center

113 Lomb Memorial Drive

Rochester, New York 14623

- Phone: 585-475-6995 Fax: 585-475-5378

-E Mail: michelle.schrouder@rit.edu

Office Hours: Wednesday Afternoons, 2-4 pm

Note: Please be sure to call ahead to make an appointment or to stop in during office hours. I will not be available on a stop-in basis like last year so please be considerate of this request.

Dugan Davies, M.S.

- Wellness Curriculum Coordinator, Instructor and Fitness Center Support Staff

-Certifications and campus involvement include: Cooper Institute Fitness Instructor Certified, ACSM Health/Fitness Certified, American Red Cross Instructor Certified, Bader Grant Task Force, Coordinator/Certificate of Excellence in Fitness & Wellness Program.

-Mailing Address: Rochester Institute of Technology

Student Life Center

113 Lomb Memorial Drive

Rochester, New York 14623

- Phone: 585-475-6232 Fax: 585-475-5378

-E Mail: dnddhd@rit.edu

RIT Wellness Instructional Program Team

FULL TIME STAFF: 2006-07

Bodenstedt, Jim	Crew Coach/Wellness Instructor	jcbalt@rit.edu
Buckholtz, John	Fitness Center Mgr./Employee Health/Fitness	jpbped@rit.edu
Buff, Deb	Women's Basketball Coach/Wellness Instructor	dxbchp@rit.edu
Cahill, Mike	Swim Coach/ Aquatics Center Manager	mlcatl@rit.edu
Connelly, Tom	Interactive Adventure Coordinator	tpcsce@rit.edu
Davies, Dugan	Fitness Center/Curriculum Coord/Wellness Instr	dnddhd@rit.edu
McDonald, Scott	Women's Hockey Coach/Wellness Instructor	sjmatl@rit.edu
McVean, Bob	Men's Basketball Coach/Wellness Instructor	rhmatl1@rit.edu
Nealon, Ann	Wellness Instructor	amnped@rit.edu
Schrouder, Michelle	Assistant Dir/Wellness, TurboKick , Health Challenge	Michelle.schrouder@rit.edu
Sleeman, Lex	Assistant Dir:Intramurals/Compliance/Wellness Instructor	atsped@rit.edu
Strine, Jan	NTID Faculty/Wellness Instructor	jnsdhd@rit.edu
Warth, David	Track/X-Country Coach/Wellness Instructor	djwatl@rit.edu
Wetzel, Marsha	NTID Education Specialist/Wellness Instructor	mlwphy@rit.edu
Worsley, Roger	Volleyball Coach/Wellness Instructor	rwvatl@rit.edu

Total Full-time Instructors: 15

ADJUNCT FACULTY: 2006-07

BADDELEY, Austin	Kung Fu	sihing_austin@yahoo.com
BIRMINGHAM, Shawn	Aikido	sbirmingham@rochester.rr.com
BOUCHARD, Terese	English Horseback	rbouchar@rochester.rr.com
BOWMAN, Robert	Fly Fishing	rjbeeee@rit.edu
BUCCI, Carol	Aeroboxing	bucciteam4@frontiernet.net
CAMPBELL, Colleen	AquaSize	acampbell@rochester.rr.com
CARDENAS, Florinda	Relationships and Safety	fbcvom@rit.edu
CARLSON, Stefane	Country Line Dance	stefanecarlson@hotmail.com
CLINTON, Colin	Fencing	colinclinton@hotmail.com
COHN, David	Ultimate Frisbee	dscter@rit.edu
COON, Brennan	Abilities and Possibilities	bdcsid@rit.edu
CURRAN, Jack	Bowling	jxcchp@rit.edu
DAVIDSON, Shawna	Hip Hop Dance,	srdciar@rit.edu
DELGADO, Joe	Spinning and Weight Training	jddciar@rit.edu
FISHER, Christine	Ballroom Dance	crf6110@rit.edu
FULLER, Earl	Golf	ewfped@rit.edu
FYKE, Terry	Ballet and Jazz	tfsdarts@hotmail.com
GOODWILL, Harold T.	Fencing	htgsma@rit.edu
GOEBEL, Linda	Dance Program Coordinator	jhgpe1@aol.com
HERNANDEZ, Anthony	Kayaking	axhsce@rit.edu
HOFFMAN, Karen	Ice Skating	kxhchp@rit.edu
HURNY, Shari	Intermediate Yoga	Crazypest30@aol.com

KHALSA, Baldev Kaur
KLLC, Mike
LUTZER, Carl
McArdle, Seann
McLEAN, Cheryl
MORTELLARO, Stephanie
MURRAY, Kim
NODAR, Jacques
PEDEN, Jeff
PARIS, Janet
PORTER, Brett
RUBIN, Donna
RUTA, Kandy
ROTHMAN-MARSHALL, Gail
SOBLE, Ken
SOLOME, Frank
STEFFEY, Laura
SWEENEY, Debbie
TREZZA, Jen
VAETH, James
WEISS, Joe
YAO, Lin
YOUNG, Rachel
YUST, Bill
ZANDY, Bill

Kundalini Yoga bkknss@rit.edu
Golf mxkchp@rit.edu
Fencing/Sabre cvlsma@rit.edu
Interactive Adventures slmciar@rit.edu
Step Conditioning c_mclean@gccis.rit.edu
Pilates sgmciar@rit.edu
Martial Arts Coordinator shihanmurray@mmac.us
Spinning and Weight Training jlnciar@rit.edu
Juggling jpeden@gmail.com
Cardio Conditioning paris_janet@hotmail.com
Aikido oceanillus@aol.com
Eating, Body Image and Food dcrdhd@rit.edu
Aquathenics kruta@rochester.rr.com
Cardio Conditioning and Spinning garncd@rit.edu
Softball, Ultimate Frisbee, Soccer khsped@rit.edu
Cardio Tennis (tennis coach) fjsatl@rit.edu
Ice Skating xschp@rit.edu
Western Horseback Riding libtystables@aol.com
Kung Fu jentrezza@frontiernet.net
Massage jvlmt@yahoo.com
Yoga jrwped@rit.edu
Tai Chi linyaotj@aol.com
Irish Step Dance ryoungone@hotmail.com
Yoga wfydhd@rit.edu
Pocket Billiards wjzciar@rit.edu

Total Adjunct Instructors (not including Assistant Instructors): 47

Wellness Graduation Requirement

Students seeking a Bachelor's Degree

-two different wellness activity courses

-Important Note: Two different courses would include different levels of and/or forms of a course that may have the same course number (e.g. Karate/Beginners and Karate/Advanced would count as 2 different activity courses).

Students seeking an Associate's Degree (and AAS or AOS)

-Wellness for Life course (or an acceptable transfer equivalent) and one wellness activity course

Transfer Students

-Transfer students entering in their **first** or **second year** must complete the Wellness for Life course plus TWO different wellness activity courses.

-Transfer Students entering RIT in their **third, fourth, or fifth year** must successfully complete the Wellness for Life course and ONE wellness activity course.

Transfer Students Please Read:

Courses taken at previous colleges that mirror our courses will be accepted in transfer at RIT. Transfer students may (as approved) apply course work successfully completed at the previous institution. Decisions regarding transfer of health, wellness or activity courses will be based on the course description at the college from which the student is transferring and be reviewed for decision by the Assistant Director of Wellness, Michelle A. Schrouder, in the Center for Intercollegiate Athletics and Recreation. These activity experiences will be accepted in lieu of wellness course work, as long as:

1. The experience was completed no more than one year before matriculation at RIT

and

2. The experience was the same as a course that is offered within the Wellness Instructional Program curriculum.

RIT Wellness Program Course Waiver Policy for Transfer Students

Approved May 2006, Michelle A. Schrouder

Michelle.schrouder@rit.edu, (585)475-6995

Course Number: **1105-058**

Course Title: **Wellness for Life**

Credits: **0 Credits**

Description: *A course designed to provide This course is designed to provide collegiate wellness education concepts and behavioral strategies that will support healthy lifestyle decision-making to support their academic and social interactions. Instructors and students will explore selected top core wellness dimensions including Social, Physical, Intellectual, Career, Emotional and Spiritual Wellbeing.*

*If transfer students have successfully completed the following course or similar courses offered at Monroe Community College, please **waive the above Wellness for Life class** when completing the Transfer Credit Articulation Form. Please provide the following information when completing that document:*

-College Name: MCC: Previous College Coursework Accepted

-RIT Course Number: 1105-099-01 Wellness for Life

-Credit Awarded: Waive

Course Number: **PEC 148**

Course Title: **Physical Fitness Theory and Practice**

Credits: **2 Credits**

Description: A course designed to provide a complete fitness experience. It will include a comprehensive fitness assessment and interpretation that will generate a personalized exercise prescription, which will be executed in a monitored program specific to assigned fitness subject, topic, or theme. Lecture topics will include the benefits of exercise, safety, program design, components of fitness, and other timely topics. This course includes sections for yoga and Tai Chi. One class hour, two laboratory hours.

Grading Policies:

Individual Course Grading:

Wellness for Life course: The grading system currently used by the Center for the Wellness for Life course (A-F and I/W/A) is the same as the academic areas and complies with the Institute's grading policies. This grade is not averaged in to the student's grade point average. The Wellness for Life course is a non-academic graduation requirement for transfer students. (See more information listed above)

Wellness activity course: The grading system currently being used by the Center for all activity courses are primarily based on attendance and issued as Pass/Fail only. This grade is not averaged into the student's grade point average. Wellness activity courses are a non-academic graduation requirement.

Incomplete Grade

An Incomplete ("I") may be given to students who do not fulfill attendance and/or course requirements (due to illness, injury or personal reasons) at the instructor's discretion. The student is responsible for making arrangements with the instructor to complete the course requirements within two academic quarters following the quarter in which the "I" was issued. If not completed within two quarters, the "I" grade is changed to an "F" on the student's academic transcript.

Audit Procedures

Students wishing to receive an "Audit" grade in a wellness course must obtain approval from the Instructor of the course. Courses taken for "audit" carry no credit and do not apply toward graduation requirements, satisfy prerequisites or count toward determining enrollment status. Generally, students who enroll as an "audits" are wishing to participate in the class primarily for the activity benefits, rather than for credit. An audit form must be submitted for departmental approval *prior to the end of the formal add/drop period*. Requests for audits will not be accepted after the formal add/drop period has ended. Audit forms are available in the Registrar's office and in the SLC central office (Bldg. 23).

Add/Drop/Procedures

Students may add or drop wellness education courses during the six-day add/drop period for the fall, winter and spring quarters (*Note: See Summer schedule of courses for summer information*). Students cannot be added to or dropped from classes after this period ends. Students are NOT automatically dropped from a class if they never attend and are solely responsible for dropping a course during the official add/drop period as established by the Institutes' Office of the Registrar. Students are encouraged to add/drop using SIS.

Withdrawal Procedures

If a student wishes to drop a wellness education class after the initial six-day add/drop period, they must complete a *Withdrawal* form. Students can obtain these forms in the Registrar's office, Academic Advisors or in the SLC lobby. This form must be signed by the instructor before it is returned to the Wellness Center office for processing. Students who wish to withdraw must do so by the end of the sixth week of the quarter. If this procedure is not followed accordingly, the student will be issued an "F". Once a student is registered for a class, they are responsible for attending class and fulfilling the requirements of the course or they must follow the proper add/drop/withdrawal process listed above. *Important: No refunds are granted for "withdrawing" from a course.*

Class-Related Injuries

All injuries that occur in Wellness classes must be reported to the instructor regardless of how minor they may appear. If emergency medical treatment is required, the instructor will contact the appropriate

personnel. Medical expenses resulting from class injuries must be covered by the Institute's student health insurance or the student's private health plan. No expenses are covered by the Center. Please fill out an **Incident Report Form** for any injury that occurs in your class, including minor injuries. See attached form.

Exemption/Special Credit Scenarios:

Age: Students who are 25 or older *at the date of matriculation* are exempt from the wellness education requirement but may enroll in any course on a space-available basis

Club Sports Participation: Students participating in an RIT recognized club sport may be granted one (1) activity course credit for the year of participation. Multiple participation on the same club (e.g. rugby four seasons) can only be counted one time for activity course credit toward the graduation requirement. Students must see the club sports advisor before the end of the spring quarter add/drop period to facilitate the credit process.

Credit by Experience: Retroactive credit *may* be granted (rarely) for certain independent activities if completed within one year before matriculation at RIT. A formal written request must be submitted that clearly outlines the activity that is being considered for wellness education credit along with all documentation of the experience (signatures of instructors/copy of certificate). A minimum of 16 hours of a previous activity is required. Formal requests should be submitted to Dugan Davies (Wellness Instructional Program), dndhd@rit.edu, phone 585-475-6232.

Intercollegiate Athletics: Students participating in the Institute's intercollegiate athletic programs will be granted wellness activity course credit for the season (s) of participation, but must still successfully complete First Year Enrichment or Wellness for Life. The Center for Intercollegiate Athletics & Recreation encourages student athletes to enroll in wellness activity courses that are different from their Intercollegiate experience to ensure full engagement in a variety of leisure time pursuits.

Intramural Participation: No credit is granted for intramural sports participation.

Medical Excuse: A medical excuse *may* exempt a student from participation in the activity segment of the graduation requirement, but must still successfully complete First Year Enrichment or Wellness for Life. The exemption will be granted only by the College Dean, with input from the Director /Wellness/ Center for Intercollegiate Athletics & Recreation. One copy of the medical excuse (signed physician's memo) should be filed with the Center for Intercollegiate Athletics & Recreation and the other copy taken to the student's academic department.

Military Duty: Students who have completed six months or more of active military duty are not required to complete the wellness education program, but are encouraged to enroll in any wellness course on a space available basis.

Nonmatriculated Status: Nonmatriculated students are exempt from the wellness education requirement.

NTID Students

NTID Pre-Baccalaureate, AAS or AOS are required to complete the Wellness for Life course and one wellness activity course to satisfy their graduation requirement.

Prior Bachelor's Degree

Students who have acquired a prior Bachelor's degree are exempt from the wellness education requirement.

Interpreting Support: The Department of Access Services

Access Services provides interpreting support for deaf/hard of hearing students in all colleges. Many wellness classes are 'flagged' for having interpreting support throughout the registration process. Interpreting requests must still be made on-line (if students want interpreting services) by visiting the Center for Baccalaureate and Graduate (CBGS), after registering for a class. Go to "NTID REQUEST FOR SERVICE" link on the SIS main menu to request services on-line. *Important Note:* Registering for a course is NOT a request for services. For more information visit the Access Services Website at <http://www.ntid.rit.edu/AccessServices/index.cfm>

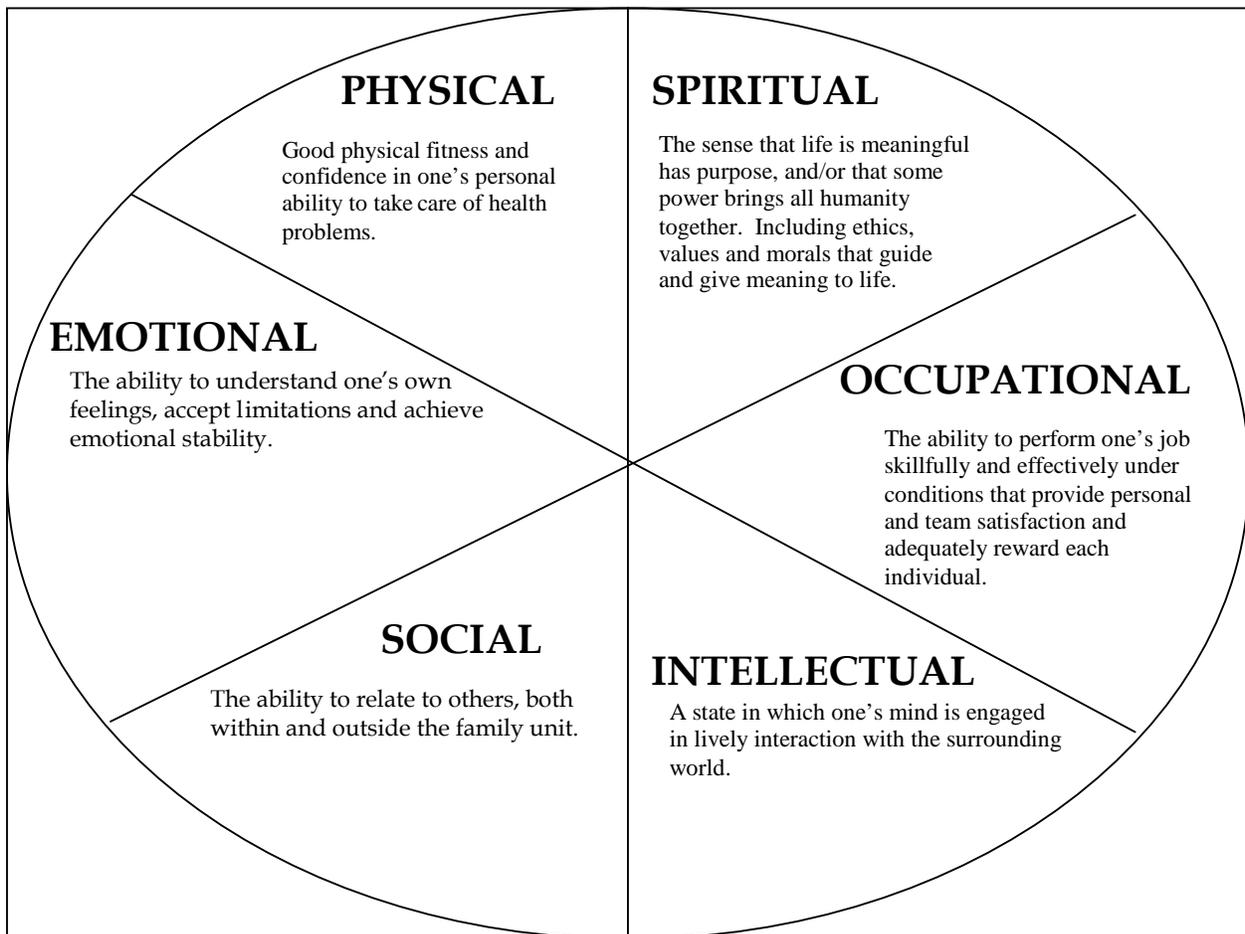
Certificate of Excellence in Fitness and Wellness

The Certificate Program was initiated in the Fall of 2002 and is designed to motivate and guide students to embrace a lifestyle of physical activity. The fundamental driving force is to encourage healthy lifestyle practices and promote physical well-being on a daily basis. Students who complete the program requirements are recognized campus-wide and are provided with an incentive package at the end of each academic year. Program brochures/applications are located throughout all the CHP facilities. Students can also [apply online](#) at www.rit.edu/CIAR at the "Wellness" link.

The 6 Dimensions of Wellness

2006-07 Theme

Wellness: The constant and deliberate effort to stay healthy and achieve the highest potential for well-being. It encompasses seven dimensions of wellness and integrates them into a quality of life.
(This model excludes Environmental wellness due to the nature of the learning objectives for this Wellness Program.)





Turbo Kick™

*Spring Quarter, 2006-07
Tuesday and Thursday 5-5:50
SLC Dance Studio*

Instructor: Michelle A. Schrouder
AFAA and TurboKick Certified
E Mail: michelle.schrouder@rit.edu
Phone: 475-6995
Office Location: Student Life Center, 1220

Class Description:

Turbo Kick™ is the hottest exercise class around! Sure, it's kickboxing, but it's so much more! You'll kick, punch and groove the calories away in this action-packed, super fun, super safe and effective cardiovascular workout. Created in 1997 by Chalene Johnson, Turbo Kick™ is arguably the most popular group exercise kickboxing program in the country. This program is featured at over 2,000 different health clubs and fitness chains in the US and countless countries across the globe. Visit www.turbokick.com for more information.

Attendance:

All students must attend 16/20 classes to pass.
Please be sure to fill out an audit form if you are not taking this class for credit.

Class Format:

We will start each class with a warm up, then move into harder more intense punches and kicks and then will finish each class with a weight workout for arms, abdominal work and then a final stretch.

What to Wear and Bring:

All participants must wear a good supportive running/cross training footwear and workout gear. Please be sure to bring a water bottle with you to every class and get a towel from the cage before each class to have with you during your workout. Note: You must have your RIT ID to get a towel from the cage.