

## **Current 2006-07**

### **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 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.

## **Approved Change for 2007-08: Effective Fall 2007\***

(\*Note: All students will be "Grandfathered" into the new requirement if graduating Fall 2007 and beyond)

### **Students seeking a Bachelor's Degree**

-two different wellness activity courses

*-Important Note: 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**

- one wellness activity course

### **Transfer Students Please Read\*:**

Transfer students may apply course work successfully completed at a previous institution. The student's home department will **determine and** make decisions regarding transfer of health, wellness or activity courses. The Center for Intercollegiate Athletics & Recreation will be available for consultation.

\*Meaning that *Departments/Advisors* will complete paper work/waivers/graduation portfolio, CIAR can/will provide feedback/input if departments have questions about previously completed courses.

### **Disciplines:**

1107 (Health & Wellness Seminars)

1108 (Dance)

1109 (Fitness)

1110 (Health & Safety)

1111 (Lifetime Recreation & Leisure)

1112 (Interactive Adventures)

1113 (Martial Arts)

1114 (ROTC)

Other “Credit Scenarios”:

- Varsity Sports (1 activity per complete season, multiple participations count)
- Club Sports (1 activity per sport, *cannot be counted multiple times* for the same sport)
- Medical (rare)
- Age (25+ *at the time of matriculation*)
- Nonmatriculated (exempt)
- Prior Bachelor’s Degree (Exempt)
- ROTC (1 activity per physical training labs)
- Veterans 6 months of active duty (exempt)
- Intramurals (No ACTIVITY CREDIT for participating)
- “Credit by Experience” (rare, common activity within 1 year, retroactive, must have documentation, 15 hours of instructional activity)
- Working out at a local gym/facility with/without a trainer (No Activity credit granted)