Understand the *TrinityPlus Wellness Requirement*
Effective for Class of ’25

1. Four Wellness Requirements* must be completed to graduate. Two Wellness Requirements must be completed by the end of Sophomore year.

2. The Wellness Requirement has three main categories:
   a. **Mind, Body, and Spirit** includes traditional physical education, team sports, and other activities like yoga and mindfulness. Also includes training in topics like nutrition and self-defense.
   b. **Civic and Environmental Engagement** includes community and environmental service activities with campus and community partners, and training in topics like leadership and financial literacy.
   c. **Community Health and Wellbeing** includes training on topics like first aid, sexual health, and substance abuse prevention.

3. Certain academic courses also fulfill a Wellness Requirement. Just as courses may count for Humanities (HUM) and Global Emphasis (GLB) distribution requirements, certain academic courses also carry a Wellness (WEL) code.

4. Certain co-curricular experiences also fulfill a Wellness Requirement.

5. To find a course or experience that fulfills a Wellness Requirement, go to the portal, select “Course Schedules” and filter for Wellness under “department/program.”

6. Certain Wellness Requirements registered for directly via the portal (like Swimming 1). For other experiences that fulfill the Wellness Requirement, students should email the facilitator indicated in the Notes section to learn more and enroll. The facilitator will keep track of student involvement and submit student IDs/names to the Registrar’s Office at the end of the experience to ensure the Wellness Experience will be recorded on the transcript.

* Wellness Requirement is prorated for Transfer Students (SO 3, JR 2, SR 1)