

Sample of Course Offerings

- Aikido
- Archery
- Badminton
- Ballroom
- Bootcamp for Athletes
- Bootcamp, Introduction
- Broomball
- Cardio Drumming
- Circus Circuit
- Dance Fitness
- Fencing
- Figure Skating
- Fitbit Fitness
- Fitness/Financial Health
- Fitness/First Aid/CPR
- Fitness/Nutrition
- Fitness /Nutrition II
- Fitness/Meditation
- Fitness/Healthy Relationships
- Fitness/Resiliency
- Fitness/Stress Management
- Golf
- Hip Hop
- HIIT
- Ice Hockey
- Ice Skating
- Jogging/Running
- Judo
- Karate, Shotokan
- Kickboxing
- Modern Square Dance
- Pi/Yo
- Pickleball
- Pilates
- Pistol
- Rifle
- Sailing
- Salsa
- Self-Defense for Everyone
- Self Defense for Women
- Soccer, Indoor
- Spikeball
- Squash
- Swim
- Swing
- Taekwondo, Sport
- Tennis
- Tchoukball
- Tsegball
- Volleyball
- Weight Training
- Weight Training for Women
- Yoga
- Zumba

Extreme PE

Backpacking/Hiking (AMC, White Mountains, NH)
 Urban Backpacking/Hiking (AMC, Blue Hills, Milton, MA)
 Downhill Ski/Snowboarding (Nashoba Valley, Westford, MA)
 Climbing—Indoor/Outdoor (MetroRock, Everett, MA)
 Kayaking (Charles River Canoe and Kayak, Kendall Dock, Cambridge, MA)
 Parkour (Parkour Generations, Boston, MA)
 SCUBA (United Divers, MIT Alumni Pool, on campus)

MIT Physical Education & Wellness



General Institute Requirement
 All students must earn
8 Physical Education & Wellness
 points and meet the
 swim requirement

Physical Education & Wellness Office

Building: W35-297U

Phone: 617-253-4291

Email: physicaleducationandwellness@mit.edu

Web: physicaleducationandwellness.mit.edu

Instagram: @mitpeandwellness

Facebook: MIT Physical Education & Wellness Office

YouTube: MITPE



Why Is There a Physical Education & Wellness Requirement?

- It is critical to establish healthy habits during transitional years, high school to college.
- It is expected that students complete the Physical Education & Wellness GIR by the end of their second year. This helps students establish healthy habits early in college and before more opportunities become available in the 3rd and 4th year at MIT. Also, the timing will be right for study abroad, UOPS and exciting research during junior and senior years.

How Do I Register for Physical Education & Wellness Courses?

- **During COVID conditions, remote asynchronous, remote synchronous and in-person modified courses will be offered.**
- To register for a course, proceed to our online registration system at <https://physicaleducationandwellness.mit.edu/>. Note that registration is first come, first serve.
- Undergraduate students will have the first five days to register, graduate students registration is the last full day of the registration period.
- Students must attend the first day to secure their spot in class.
- If students miss the online registration period, attend the first day of class to learn if there are open spaces.
- For alerts and information, "Like" our page on Facebook– MIT Physical Education & Wellness Office.

How Can I Fulfill the Swim Requirement?

- Students can fulfill the swim requirement by either successfully completing a swim course or testing out during the times posted on our website.
- The first year swim test will be offered when students are on campus.

Are There Other Ways to Fulfill the Physical Education & Wellness Requirement?

- Varsity Athletics: student athletes can earn 4 points during a major season.
- ROTC: students can earn 2 points for each year of ROTC; up to 4 points total.
- Alternative points: students purchasing personal training, private swim lessons and group exercise pass can earn points (440 minutes = 2 points).

Can Graduate Students take Physical Education & Wellness Courses?

Graduate students can take courses and register online the last full day of the registration period at <https://physicaleducationandwellness.mit.edu/>

2020-2021 Calendar

Quarter Dates

Qtr 1	Tue. Sep. 8th — Thu. Oct. 15th (remote)
Qtr 1	Mon., Sep. 14th–Thu. Oct. 15th (modified in-person)
Qtr 2	Mon. Oct. 19th — Wed. Dec. 9th (remote)
Qtr 2	Mon, Oct. 19th—Wed, Nov. 18th (modified in-person)
IAP	Mon. Jan. 4th — Wed., Feb. 3rd
Qtr 3	Mon. Feb. 22nd — Thu. Apr. 6th
Qtr 4	Mon. Apr. 12 — Thu. May 20th

Registration Dates

Qtr 1	Fri. Aug. 28th at 8a — Wed. Sep. 2th at 1p
Qtr 2	Wed. Sep. 30th at 8a — Wed. Oct. 7h at 1p
IAP	Wed. Dec. 2nd at 8a — Wed. Dec. 9th at 1p
Qtr 3	Wed. Feb. 10th at 8a — Wed. Feb. 17 th at 1p
Qtr 4	Wed. Mar. 24th at 8a — Wed. Mar. 31st at 1p

Graduate students can register during the last 24 hours of registration.

**tentative*

Policies & Procedures

DAPER Facility Access:

All students must activate your MIT ID card at the Zesiger Center or Alumni/Wang before the first year swim test.

Towel card:

Students will be issued a towel card when they activate their ID for facility access. Use this card to check out a towel upon each visit. When the towel is returned, students will receive a towel card back for the next visit. There is a \$5 replacement fee for a lost card or towel.

Lab Fees:

Some courses have fees (\$5-\$35) for equipment that are billed to the student's account. There are off campus fee-based outdoor education courses arranged with local businesses that are offered for Physical Education & Wellness points. Extreme PE course fees are billed to your student account (ranging from \$100 —\$300).