

PHYSICAL EDUCATION AND WELLNESS

COURSE FORMATS

WHICH WILL YOU CHOOSE?

REMOTE SYNCHRONOUS COURSES



LIVE SESSIONS THAT MEET 2 DAYS/WEEK VIA ZOOM

- **identical format** to our in-person courses
- **consistent, live interaction** between instructor and students
- **great way to structure** physical activity and stretching into your day
- **able to practice** wellness skills in real time, such as fitness, meditation, stress management, and nutrition, while receiving feedback from and getting to know your peers
- can **complete these courses anywhere** with reliable internet access and bandwidth for video and audio, as well as a quiet 6x6 space

REMOTE ASYNCHRONOUS COURSES



NEW ASSIGNMENTS + READINGS ARE DUE EACH WEEK, COMPLETED AT YOUR OWN PACE

- **2 live Zoom sessions** to meet your instructor and peers
- **flexible scheduling based on self-motivation:** you decide when you want to complete the assignments and readings before the due date each week
- **individualized, qualitative feedback from the instructor** on your personal goal setting and short answer content
- **format is similar to a traditional academic, asynchronous classroom**

IN- PERSON COURSES



COURSES TAUGHT ON-CAMPUS AND IN-PERSON

- **great way to structure** physical activity and stretching into your day
- participants should bring a water bottle and, if desired, a face-covering to class
- questions? Please email: physicaleducationandwellness@mit.edu or check out our FAQ

