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

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