



Physical Education and Wellness: Part-time Specialty Instructor- Summer 2026

DAPER's Shared Purpose and Behaviors

DAPER's shared purpose is to bring the MIT community together in educational activities that promote wellness, a diverse and inclusive environment, leadership, teamwork, and the pursuit of excellence through competition, physical activity and recreation. We are committed to the pursuit of excellence by creating an environment that develops community, provides education, inspires leadership and promotes wellness through the following shared behaviors: DAPER develops community by embracing the uniqueness of each person, working cooperatively and providing courtesy, respect, and gratitude in all direction.

Background and Mission of the Physical Education & Wellness Program

Physical Education and Wellness is the instructional arm of DAPER introducing students to a variety of activities to further develop healthy lifestyles. The program offers 6 quarters of activity, including over 20 different courses that reach an average of 1000 students each six weeks. Undergraduates are required to complete 4 courses as part of the MIT general institute requirements. Physical Education & Wellness provides students with the knowledge and skills to lead healthy, active lifestyles, as well as experience the benefits of social interaction through student-centered instructional physical activity.

Position Description: Summer Part-time Specialty Instructor

Must be available to teach in-person the following days/times:

- June 24, 2026- July 30, 2026 *projected
- 4:15p and/or 5:15p (ET)
- 50- minute classes (must be available for the full hour)
- Mon/Wed (Tue/Thu- substitute opportunities)

Paid training for policies, procedures and Canvas is required (2-3 hours). If limited experience teaching in higher education, 10-12 hours of shadowing/assisting may be necessary prior to teaching.

Summer positions available (but not limited to)

- Swimming (beginner and/or advanced)
- Wellness
- Yoga
- Dance

Role:

- Commit to a teaching full summer schedule
 - Format - Classes meet 2x a week for 50 minutes/session for 6 consecutive weeks
- Follow all MIT Physical Education and Wellness policies and procedures
- Post syllabus and track attendance through Canvas (Learning Management System)
- Deliver coherent lessons, which include learning objectives in the affective, cognitive, and psychomotor domains (shared prior to teaching)



Minimum Skills Needed:

- Bachelor's degree required
- Specialty certification and/or experience related to instruction required prior to teaching.
- CPR/AED/First Aid Certification (Basic Life Support) required prior to teaching.
- Demonstrated teaching experience, particularly with diverse and multicultural audiences
 - Experience with at least one of the following is preferred: teaching physical activity and/or wellness concepts, facilitating small group discussion, fostering a safe and open learning environment).
- Familiarity with wellness issues relevant to the college age population such as sleep, healthy lifestyle and stress management.
- Excellent communication skills for all audiences a must.
- Ability to work independently and as part of a team.
- Ability to teach both in-person and remote is preferred.

Pay: \$30-\$43/Hour for instructional hours, \$17/Hour for training and meetings,

Key Contacts:

Supervisor: Michele McCauley, Program Manager, Physical Education and Wellness (mdm25@mit.edu)

How to Apply: If you are interested in this position or have any questions, please contact key contact or physicaleducationandwellness@mit.edu. Resumes and letters of interest are being accepted on a rolling basis and will be reviewed as they are received.

Specialty Instructor Needs

Ability to teach during the academic year may be available based on instructor schedule and facility availability

- Teaching schedule
 - **Quarter 1** September/October
 - **Quarter 2** November/December
 - **IAP** January
 - **Quarter 3** February/March
 - **Quarter 4** April/May
- Teaching hours: Academic year: between 11a – 8p (daytime hours are limited).
Note: Backpacking and Hiking trips are during the weekends; Friday-Sunday or Saturday – Monday.