



Physical Education and Wellness Program

Part-time Wellness Instructor

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:

The part-time wellness instructor will teach 1-2 course sections each quarter during August-May. Summer sections may also be available. Paid training will be required. Policy and procedures will take 2-3 hours. If limited experience teaching in higher education, 10-12 hours of shadowing/assisting may be necessary.

Minimum Skills Needed:

- Familiarity with wellness issues relevant to the college age population, particularly nutrition, stress management, healthy relationships, resiliency, and meditation. Proficient with principles of health education, health promotion, and health communication.
- 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).
- 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.
- Bachelor's degree preferably in physical education, health promotion, health communication, public health, nutrition, social work, or related field (if degree not in physical education, then credible certification in group fitness such as ACE, ACSM, or 200-hour Yoga instruction required prior to teaching)
- CPR/AED/First Aid Certification required prior to teaching.



Role:

- Teach at least one of the following wellness courses: Fitness & Stress Management, Fitness & Nutrition, Fitness & Nutrition II, Fitness & Healthy Relationships, Fitness & Healthy Finance, Fitness & Meditation or Fitness/Resiliency.
 - Format - Classes meet 2x a week for 50 minutes/session for 6 consecutive weeks. The content is 50% instructional physical activity (i.e. yoga, circuit training, etc.) and 50% discussion about the wellness topic.
- Deliver coherent lessons, which include learning objectives in the affective, cognitive, and psychomotor domains for both instructional physical activity and wellness lesson as per the detailed course instructor manual (shared prior to teaching)
- Commit to a teaching schedule for a minimum of 1 year
- Follow all MIT Physical Education and Wellness policies and procedures
- Post syllabus and track attendance through Canvas (Learning Management System)
- Attend required meetings: 1-2 in-service meetings and year-end meeting
- Teaching schedule
 - **Quarter 1** September/October
 - **Quarter 2** November/December
 - **IAP** January
 - **Quarter 3** February/March
 - **Quarter 4** April/May
- Teaching hours: Summer the (4-5 pm or 5-6 pm) and academic year (5-6 pm, 6-7 pm or 7 pm-8 pm).

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)

Lead Wellness Instructor: Sarah Johnson, Wellness Instructor (skj18@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.