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

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

Physical Education & Wellness Office
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Web: physicaleducationandwellness.mit.edu
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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, UROPS 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/