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

Extreme PE
Backpacking/Hiking (AMC, White Mountains, NH)
Urban Backpacking/Hiking (AMC, Blue Hills, Milton, MA)
Downhill Ski/Snowboarding (Nashoba Valley, Westford, MA)
Climbing—Indoor/Outdoor (MetroRock, Everett, MA)
Kayaking (Charles River Canoe and Kayak, Kendall Dock, Cambridge, MA)
Parkour (Parkour Generations, Boston, MA)
SCUBA (United Divers, MIT Alumni Pool, on campus)

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

Physical Education & Wellness Office
Building: W35-297U
Phone: 617-253-4291
Email: physicaleducationandwellness@mit.edu
Web: https://physicaleducationandwellness.mit.edu/
Instagram: @mitpeandwellness
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/

2020-2021 Calendar

Quarter Dates

<table>
<thead>
<tr>
<th>Quarter</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Qtr 1</td>
<td>Tue. Sep. 8th — Thu. Oct. 15th (remote)</td>
</tr>
<tr>
<td>Qtr 1</td>
<td>Mon. Sep. 15th — Thu. Oct. 15th (modified in-person)</td>
</tr>
<tr>
<td>Qtr 2</td>
<td>Mon. Oct. 19th — Wed. Dec. 9th (remote)</td>
</tr>
<tr>
<td>Qtr 2</td>
<td>Mon. Oct. 19th — Wed. Nov. 18th (modified in-person)</td>
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<tr>
<td>IAP</td>
<td>Mon. Jan. 4th — Thu. Jan. 28th *</td>
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<tr>
<td>Qtr 3</td>
<td>Mon. Feb. 8th — Thu. Mar. 18th*</td>
</tr>
<tr>
<td>Qtr 4</td>
<td>Tue. Mar. 30th — Mon. May 10th*</td>
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</tbody>
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*tentative

Registration Dates

<table>
<thead>
<tr>
<th>Quarter</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Qtr 1</td>
<td>Fri. Aug. 28th at 8a — Wed. Sep. 2nd at 1p Year 4 registration opens Thu, Aug. 27th at 8am</td>
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<tr>
<td>Qtr 2</td>
<td>Wed. Sep. 30th at 8a — Wed. Oct. 7th at 1p Year 4 registration opens Tue, Sep. 29th at 8am</td>
</tr>
<tr>
<td>IAP</td>
<td>Wed. Dec. 2nd at 8a — Wed. Dec. 9th at 1p*</td>
</tr>
<tr>
<td>Qtr 3</td>
<td>Wed. Jan. 27th at 8a — Wed. Feb. 3rd at 1p*</td>
</tr>
<tr>
<td>Qtr 4</td>
<td>Wed. Mar. 3rd at 8a — Wed. Mar. 10th at 1p*</td>
</tr>
</tbody>
</table>

Graduate students can register during the last 24 hours of registration.

*tentative

Policies & Procedures

DAPER Facility Access:
All students must activate their MIT ID card at the Zesiger Center or Alumni/Wang before the first year swim test.

Towel card:
Students will be issued a towel card when they activate their ID for facility access. Use this card to check out a towel upon each visit. When the towel is returned, students will receive a towel card back for the next visit. There is a $5 replacement fee for a lost card or towel.

Lab Fees:
Some courses have fees ($5-$35) for equipment that are billed to the student’s account. There are off campus fee-based outdoor education courses arranged with local businesses that are offered for Physical Education & Wellness points. Extreme PE