

Sample of Course Offerings

- Adventure Challenge/Team Building
- Aikido
- Air Pistol
- Archery
- Badminton
- Ballroom
- Barre Fitness
- Bootcamp for Athletes
- Bootcamp, Introduction
- Broomball
- Cardio Dance Workout
- Fencing
- Figure Skating
- Fitness/Financial Health
- Fitness/First Aid/CPR
- Fitness/Nutrition
- Fitness /Nutrition II
- Fitness/Meditation
- Fitness/Healthy Relationships
- Fitness/Resiliency
- Fitness/Stress Management
- Fitness/Substance Use
- Foundations of Physical Fitness
- Golf
- Healthy Decision Making: Wellness Concepts and Substance Use
- Hip Hop
- HIIT
- Jogging/Running
- Judo
- Karate, Shotokan
- Ice Hockey
- Kickboxing
- Modern Square Dance
- Pickleball
- Pilates
- Pistol
- Rifle
- Sailing
- Salsa
- Self-Defense for Everyone
- Self Defense for Women
- Soccer, Indoor
- Spikeball
- Squash
- Strength Training at Home
- Swim
- Swing
- Taekwondo, Sport
- Tennis
- Tchoukball
- Tsegball
- Volleyball
- Weight Training
- Weight Training for Women
- Wellness Foundations
- Yoga

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)

MIT Physical Education & Wellness



General Institute Requirement

All students must earn
8 Physical Education & Wellness points
 and meet the swim requirement by the
 end of year 2

Physical Education & Wellness Office

Building: W35-297U

Phone: 617-253-4291

Email: physicaleducationandwellness@mit.edu

Web: physicaleducationandwellness.mit.edu

Instagram: @mitpeandwellness

Facebook: MIT Physical Education & Wellness Office

YouTube: MITPE



2022-2023 Calendar

Quarter Dates

Qtr 1	Mon. Sept. 12 – Thurs. Oct. 20
Qtr 2	Mon. Oct. 31 – Tue. Dec. 13
IAP	Mon. Jan. 9 – Thurs. Feb. 2
Qtr 3	Mon. Feb. 13 – Thurs. Mar. 23
Qtr 4	Wed. Apr. 5 – Tue. May. 16

Registration Dates

Qtr 1	Fri. Sept. 2 at 8a – Wed. Sep. 7 at 1p
Qtr 2	Wed. Oct. 5 at 8a – Thurs. Oct. 13 at 1p
IAP	Wed. Dec. 7 at 8a – Wed. Dec. 14 at 1p
Qtr 3	Fri. Feb. 3 at 8a – Wed. Feb. 8 at 1p
Qtr 4	Wed. Mar. 1 at 8a – Wed. Mar. 8 at 1p

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

Policies & Procedures

DAPER Facility Access:

All students must activate your MIT ID card at the Zesiger Center or Alumni/Wang before the first year swim test.

Towel service:

To opt-in to towel service, MIT students will be charged \$3.95 monthly. Monthly fee is per person and provides access to one towel per check-out. Members are welcome to use multiple towels per day, please return a towel to receive an additional towel during your visit.

Lab Fees:

Some courses have fees (\$5-\$40) 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 course fees are billed to your student account (ranging from \$100 –\$400).

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?

- 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 traditional 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/>