

Physical Education and Wellness
Open Course List

as of 9/6/19

Section	Title	Day	Time	Location	Start Date	End Date	Capacity	Spots Available	Equipment	Fee Amount	Prerequisites
PE.0800-1	Aikido	TR	1:00 PM	Du Pont Wrestling Room	09/10/2019	10/22/2019	18	1	Workout clothes	none	None
PE.0604-6	Golf	MW	2:00 PM	Briggs Field C	09/09/2019	10/21/2019	14	3	None	\$ 10.00	None
PE.0720-1	Tchoukball	TR	6:00 PM	Zesiger MAC Court	09/10/2019	10/22/2019	18	3	Court shoes recommended	\$ 5.00	None
PE.0911-1	Backpacking and Hiking - Urban	Fri-Sun	8:00 AM	Off Campus	10/04/2019	10/6/2019	13	4	Gather or borrow bandana/handkerchief, synthetic clothing- pants and shirts, sturdy shoes or boots, baseball cap, rain coat and pants, winter hat and mittens.	\$ 75.00	Contact physicaleducationandwellness@mit.edu to register. Must be available for pre-trip meeting on 9/16 5p-6:30p from (W35-299 Mosher conference room, 2nd Floor) and Oct. 4th-6th (Fri.at 3p to Sun. at 3p). Must complete all forms provided by PE&W office to confirm registration with Docusign.
PE.0646-1	Pickleball	MW	1:00 PM	Rockwell Cage South	09/09/2019	10/21/2019	16	6	Workout Clothes. Court shoes recommended.	\$ 5.00	None
PE.0440-1	Group Exercise - Cardio Drumming	TR	4:00 PM	Du Pont T Club Lounge	09/10/2019	10/22/2019	25	7	Workout clothes and footwear	none	None
PE.0909-1	Sailing, Intermediate	W	11:15 AM	Sailing Pavilion	09/11/2019	10/28/2019	30	7	None	none	Students must attend the first 2 classes. Q1- Wednesday:11:15p-12:45p - 9/11, 9/18, 9/25, 10/2, 10/9, 10/16 Successfully complete swim and boat test by Wed. 9/4/19. MUST attend first 2 classes. Participants must be proficient sailors and have completed the basic sailing course or its equivalent.
PE.0525-1	Fitness/Financial Health	TR	6:00 PM	Du Pont Multi-Purpose Room	09/10/2019	10/22/2019	18	9	Workout clothes and footwear	none	None
PE.0307-1	Modern Squares, Beginner	T	8:15 PM	Student Center W20	09/10/2019	10/22/2019	30	10	Wear comfortable clothes and shoes	none	None
PE.0402-1	Jogging/Running	MW	11:00 AM	Steinbrenner Track	09/09/2019	10/21/2019	20	11	Workout clothes	none	None
PE.0907-1	Kayak	M	3:30 PM	Off Campus	09/09/2019	9/30/2019	20	11	Swimsuit or synthetic shirt and shorts/tights are required. All other equipment provided by Charles River Canoe & Kayak- kayak, paddle, PFD, dry suit and jacket.	\$ 100.00	Contact physicaleducationandwellness@mit.edu to register. Students must attend ALL 3 classes to receive PE&W points. Q1- Mon:9/16, 9/23, 9/30 3:30-6:30pm. Weather back up date:10/7 Successfully complete swim and boat test. Registration is pending until all forms sent from PE&W office have been completed.
PE.0646-2	Pickleball	MW	2:00 PM	Rockwell Cage South	09/09/2019	10/21/2019	16	12	Workout Clothes. Court shoes recommended.	\$ 5.00	None
PE.0521-1	Fitness / Healthy Relationship	TR	5:00 PM	Du Pont Multi-Purpose Room	09/10/2019	10/22/2019	18	13	Workout clothes and footwear	none	None
PE.0721-1	Tsegball	MW	6:00 PM	Zesiger MAC Court	09/09/2019	10/21/2019	18	13	Court shoes recommended	\$ 5.00	None
PE.0436-1	Boot Camp for Athletes	TR	3:00 PM	Johnson Infield	09/10/2019	10/22/2019	20	17	Workout clothes	\$ 10.00	Timed mile: 9 minute mile or less Push ups in 1 minute: 25 or more Body-Weight squats in 1 minute: 30 or more Full sit ups in 1 minute: 30 or more
PE.0439-1	Fitbit Fitness	TR	11:00 AM	Du Pont T Club Lounge	09/10/2019	10/22/2019	20	20	Workout clothes	none	Students must be in good health. The course is not recommended for students with any health conditions that are aggravated by cardiovascular exercise or who have had any serious illness, injury to any joint, or surgery in the last 6 months.