



MIT PHYSICAL EDUCATION & WELLNESS

Sample of Course Offering

- Aikido
- Archery
- Badminton
- Ballroom
- Bootcamp for Athletes
- Broomball
- Cardio Drumming
- Fencing
- Figure Skating
- Fitbit Fitness
- Fitness/Financial Health
- Fitness/First Aid/CPR
- Fitness/Nutrition
- Fitness /Sports Nutrition
- Fitness/Meditation
- Fitness/Healthy Relationships
- Fitness/Stress Management
- Functional Fitness
- Golf
- Hip Hop
- Ice Hockey
- Ice Skating
- Intro to Boot Camp
- Jogging/Running
- 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
- Taekwondo, Sport
- Tango
- Tennis
- Tchoukball
- Triathlon
- Tsegball
- Volleyball
- Weight Training
- Weight Training for Women
- Yoga
- Zumba

Extreme PE&W:

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

Physical Education & Wellness Office

Building: W35-297U

Phone: 617-253-4291

Email: mitpe@mit.edu

Web: mitpe.mit.edu

Instagram: [@mitpeandwellness](https://www.instagram.com/mitpeandwellness)

Facebook: MIT Physical Education & Wellness Office



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 to establish healthy habits in college and before the experience at MIT becomes exciting with more opportunities your Junior and Senior year. Also, the timing will be right for study abroad, UROPS and exciting research.

How Do I Register for Physical Education & Wellness Classes?

- To register for a course, proceed to our online registration system at mitpe.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 your spot in class.
- If students forget to register, 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.
- The first year swim test will be held during orientation week.

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 mitpe.mit.edu.

2019-2020 Calendar

Quarter Dates

Qtr 1	Mon, Sept. 9th — Tues, Oct. 22nd
Qtr 2	Mon, Oct. 28th — Wed, Dec. 11th
IAP	Mon, Jan. 6th — Thu, Jan. 30th
Qtr 3	Mon, Feb. 10th — Thu, Mar. 19th
Qtr 4	Wed, Apr. 1st — Tues May 12th

Registration Dates

Qtr 1	Fri, Aug. 30th at 8a — Wed, Sept. 4th at 1p
Qtr 2	Wed, Oct. 9th at 8a — Wed, Oct. 16th at 1p
IAP	Wed, Dec. 4th at 8a — Wed, Dec. 11th at 1p
Qtr 3	Wed, Jan. 29th at 8a — Wed, Feb. 5th at 1p
Qtr 4	Wed, Mar. 4th at 8a — Wed, Mar. 11th 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 card:

Students will be issued a towel card when you activate your ID for facility access. Use this card to check out a towel each time you visit. When towel is returned, students receive their towel card. 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&W course fees are billed to your student account (ranging from \$100 —\$300).