

GENERAL INSTITUTE REQUIREMENTS

Physical Education and Wellness Requirement

The mission of the Physical Education and Wellness General Institute Requirement is to provide learners with the instruction and skills necessary to lead healthy, active lifestyles and to foster both personal growth and a sense of community through physical activity. The program enables students to engage in physical activity while they are involved in rigorous academic study. Major emphasis is placed on the development of skills that can be used for lifetime fitness and wellness. Students receive a strong background in the fundamentals of the activity selected. Instruction is offered in fitness, wellness, individual and team sports, martial arts, dance, aquatics, and outdoor education. Information on classes (<https://physicaleducationandwellness.mit.edu>), including descriptions of current offerings, is available at the Physical Education and Wellness website.

To satisfy the Physical Education and Wellness Requirement, undergraduates entering MIT as first-year students must take four physical education and wellness courses (for eight points) and complete the swimming requirement. Transfer students need to complete four points (two courses) as well as the swimming requirement. A student may repeat a course at any level and receive points. The swimming requirement can be satisfied by taking a beginning swim class or by passing the swim test during orientation week in the fall. First-year students are expected to complete the swim test during orientation or, if they cannot swim, register during the orientation swim test for a first-quarter swim course. Visit the website to see a video of the swim test (<https://physicaleducationandwellness.mit.edu/swim-and-boat-test>).

In addition to taking traditional physical education and wellness courses, students may earn points in the following ways:

- Varsity sports: Four points are awarded to players for each year of competition.
- ROTC Programs (Air Force, Army, Navy): Two points are awarded per year of ROTC participation up to a maximum of four points.
- Approved personal training, private swim lessons, and group exercise classes offered through the Department of Athletics, Physical Education, and Recreation.

Students find it best to complete their four courses during their first year, and they are responsible for completing the Physical Education and Wellness Requirement by the end of their second year. In general, students must attend 9 sessions/classes to receive the two points that are awarded per course. Students who do not complete the entire requirement by the end of their second year must submit a plan for a time extension with Physical Education and Wellness.

Physical education and wellness courses are offered in two six-week quarters during the fall term and during the spring term. A fifth "quarter" is offered during the January Independent Activities Period. There is also a summer session. Two points are awarded for each course per quarter.

Physical education and wellness registration is open to undergraduates and graduate students. Registration is first come, first serve and is conducted online through the Physical Education and Wellness website. Information on registration (<https://physicaleducationandwellness.mit.edu>), including registration dates, can be obtained on the Physical Education and Wellness website.

Physical education and wellness courses offered last year included Group Exercise (Cardio Dance, Functional Fitness, HIIT, Spinning, Pilates, Step, Yoga, Zumba), Aikido, Archery, Backpacking, Badminton, Boot Camp, Broomball, Climbing, Dance (Ballroom, Hip Hop, Modern, Salsa, Swing, Square, Jazz Funk), Fencing, Figure Skating, Fitness/First Aid/CPR, Fitness/Nutrition, Fitness/Stress Management, Fitness/Resiliency, Fitness/Meditation, Fitness/Relationship Health, Fitness/Sport Nutrition, Fitness/Healthy Finance, Fitness/Emotional Awareness and Connection, Golf, Ice Hockey, Judo, Karate, Kayaking, Parkour, Pickleball, Air Pistol, Pistol, Air Rifle, Rifle, Tchoukball, Tseball, Running/Jogging, Sailing, SCUBA, Self Defense, Sport Taekwondo, Skating, Skiing/Snowboarding, Soccer, Spec Tennis, Swimming, Tennis, Volleyball, and Weight Training. Three remote asynchronous wellness courses are also available.

Students must wear appropriate attire for activity classes. Goggles are provided for swim courses, and non-marking court shoes are required for squash and tennis. Most courses provide all necessary equipment. Lab fees are assessed for some courses; all fees are listed with the course descriptions on the Physical Education and Wellness website and will be charged to the student's bursar bill. Undergraduate and graduate students must activate their MIT ID card annually to gain access to all MIT sport facilities.

For further information, contact the Physical Education and Wellness Office (physicaleducationandwellness@mit.edu), W35-297X, 617-253-4291, or visit the program's website (<https://physicaleducationandwellness.mit.edu>).