



Q3 Physical Education and Wellness Registration Opens Fri, Feb 3 @ 8a ET!

Undergraduate Students: Fri, Feb 3 @ 8a – Wed, Feb 8 @ 1p
ET

Graduate Students: Tues, Feb 7 @ 8a – Wed, Feb 8 @ 1p ET

Q3 Course Dates: Feb 13 – March 23

Featured Courses + Details ***(the full schedule posted on our website!)***

1. In-person course timelines + details:

- **MW course dates:** 2/13 - 3/22
- **TR course dates:** 2/14 - 3/23
- **In-person courses are 50 min** and start 5 min after the hour (e.g., start at 2:05p and end at 2:55p)
- **Featured Courses:**
 1. Aikido
 2. Parkour

3. Yoga/Emotional Intelligence, Connectedness, Belonging
4. Yoga/Healthy Relationships (*co-facilitated by PLEASURE students*)
5. Yoga/Substance Use and Wellbeing

2. Remote synchronous (Zoom) course timelines + details:

- **MW course dates:** 2/13 - 3/22
- **TR course dates:** 2/14 - 3/23
- **Remote synchronous courses are 50 min** and start 5 min after the hour (e.g., start at 2:05p and end at 2:55p)
- **Featured Course:**
 1. Yoga

3. Remote asynchronous course timelines + details:

- 4 weeks consisting of 2 Sessions/Week – 8 Sessions total
- 2 synchronous Zoom calls to check-in with peers and instructor
- **Featured Course:**
 1. Wellness Foundations: Stress Management, Nutrition, and Fitness

questions?

please email physicaleducationandwellness@mit.edu

let's connect. :)

for registration alerts, student stories, wellness resources, + more,

connect with Physical Education and Wellness on  