



Q1 Physical Education and Wellness Registration Opens Fri, Sep 1 @ 8a ET!

Undergraduate Students: Fri, Sep 1 @ 8a – Wed, Sep 6 @ 1p
ET

Graduate Students: Tue, Sep 5 @ 8a – Wed, Sep 6 @ 1p ET

Q1 Course Dates: Sep 11 – Oct 19

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

1. In-person course timelines + details:

- **MW course dates:** 9/11 - 10/18
- **TR course dates:** 9/12 - 10/19
- **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. Spec Tennis
 2. Discovery/Adventure and Team Building
 3. Yoga/Meditation

4. Yoga/Financial Health
5. Fitness/Resiliency

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

- **MW course dates:** 9/11 - 10/18
- **TR course dates:** 9/12 - 10/19
- **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 Courses:**
 1. Wellness Foundations: Stress Management, Nutrition, and Fitness
 2. Healthy Decision Making: Substance Use and Wellbeing

questions?

please email physicaleducationandwellness@mit.edu

let's connect. :)

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

connect with Physical Education and Wellness on  