



# 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](mailto:physicaleducationandwellness@mit.edu)

**let's connect. :)**

for registration alerts, student stories, wellness resources, + more,  
connect with Physical Education and Wellness on  