



IAP Physical Education and Wellness Registration Opens Wed, Dec 6 @ 8a ET!

Undergraduate Students:

Wed, Dec 6 @ 8a – Wed, Dec 13 @ 1p ET

Graduate Students:

Tue, Dec 12 @ 8a – Wed, Dec 13 @ 1p ET

IAP Course Dates: Jan 8 – Feb 1

Reminder: IAP is 4 weeks long, each session is 60min, and there are 7-8 sessions in total

Featured Courses + Details

(the full schedule [posted on our website!](#))

1. In-person course timelines + details:

- **MW course dates:** 1/8 – 1/31
- **TR course dates:** 1/9 - 2/1
- **In-person courses are 60 min** and start on the hour (e.g., no MIT time- start @ 2p and end @ 3p)
- **Featured Courses:**
 1. Fitness/Resiliency
 2. Yoga/CPR/First Aid (*get your CPR certification!*)
 3. Broom Ball
 4. Beginner Skate
 5. Yoga/Meditation

IAP also offers in-person Extreme PE courses!

Such as Ski/Beginner Snowboarding at Nashoba Valley and Backpacking in New Hampshire.

In addition to [reviewing the IAP schedule](#), you can [click here to learn more about Extreme PE courses](#). 😊

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

- **MW course dates:** 1/8 – 1/31
- **TR course dates:** 1/9 - 2/1
- **Remote synchronous courses are 60 min** and start on the hour (e.g., no MIT time- start @ 2p and end @ 3p)
- **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. Foundations of Physical Fitness
 2. Healthy Decision Making
 3. Wellness Foundations

Ready to embark on wellness wizardry?

Students that complete 3 different wellness courses receive a tshirt, stickers, and wellness wizard certificate- [find out more.](#)



questions?

please email physicaleducationandwellness@mit.edu

let's connect. :)

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