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 adventure activities. 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 11 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 the Physical Education and Wellness Office.