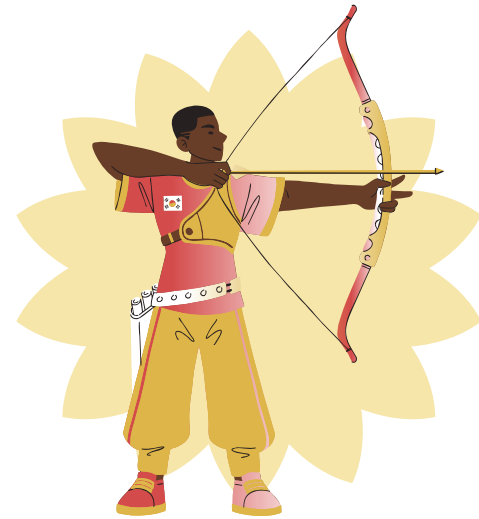


P.E. & W. COURSE POINTS

*...and get paid
\$100!*



Physical Education & Wellness Research at MIT

Can the way you move change the way you think?



MOVEMENT FOR MIND-BODY WELLNESS

Courses:

Choose Yoga in Motion, Archery, (points)
or the Non-Activity Group (no points)

**Register for PE&W
courses starting
10/07/26**



**A project for all
undergraduate, graduate, &
post-doc students**

**Join the non-activity
group**



**Contact Anique
anique27@mit.edu
Subject line: wellbeing**

HOW TO REGISTER FOR COURSES AND ENROLL IN THE STUDY

Undergraduate Students

- **Registration opens for Q2 PE&W courses on 10/07/26.**
- Access the Physical Education & Wellness Registration System online through physicaleducationandwellness.mit.edu. Students must have Duo and a valid certificate in order to access the system.
- Select and register for Yoga in Motion or Archery.
- Students will see a confirmation message on the screen when successfully registered for the class. Students will also receive a confirmation via e-mail.
- You will receive an email from the MMBW study team inviting you to complete the eligibility screening and consent form.

Non-Active Participants

- To enroll in the study as a non-active participant and earn up to \$100 in compensation (no P.E. & W. points), email Anique (anique27@mit.edu) with the subject line “wellbeing” and state your interest.
- You will receive an email from the MMBW study team inviting you to complete the eligibility screening and consent form.

Graduate Students

- **Registration opens for Q2 PE&W courses on 10/13/26.**
- Graduate students can register the last 24 hours of the registration period for the upcoming quarter.
- Access the Physical Education & Wellness Registration System online through physicaleducationandwellness.mit.edu. Students must have Duo and a valid certificate in order to access the system.
- Select and register for Intro to Kuchipudi or Archery.
- Students will see a confirmation message on the screen when successfully registered for the class. Students will also receive a confirmation via e-mail.
- You will receive an email from the MMBW study team inviting you to complete the eligibility screening and consent form.

Post-Docs

- All faculty, staff, alumni or other non-students must have an active DAPER membership to register for Physical Education & Wellness courses.
- Non-students may submit an email request for a specific course. Include in your request, the course name(s), day(s), time(s) along with additional choices if applicable. Requests will be honored based on availability remaining after MIT student registration is complete. Please note that there is a \$100 fee per course for non-students.
- You will receive an email from the MMBW study team inviting you to complete the eligibility screening and consent form.