



PHYSICAL ACTIVITY FOR PUBLIC HEALTH @ MIT

Excellence | Community | Education | Leadership | Wellness

➤ Research

- **STE@M – Sports Technology and Education at MIT** – “An interconnected community of faculty, students, industry partners, and athletes who are passionate about tackling challenges that lie at the intersection of engineering and sports.” <http://mitsteam.wordpress.com>
- **NEWMAN Lab for Biomechanics** - The focus of the Newman Laboratory is technology to enhance human performance. The lab’s mission is to: Understand and quantify key aspects of human sensorimotor performance, including mobility manipulation touch and feel; Restore function to individuals impaired by disease, accident, birth defect, occupational hazard or the physical challenge of normal aging; create new technology to enable performance beyond unaided human capability <http://newmanlab.mit.edu/>
- **Social Analysis of Sport and the Olympic Games** – Constantine Psimopoulos’ Research
- **MIT Fit Lab – Exercise Physiology & Human Performance Assessments** – Constantine Psimopoulos’ new lab - <http://mitrecreports.com/index.php/fitness-wellness/personal-training>

➤ Teaching

- **MIT PE – Physical Education program at MIT** - The General Institute Requirement at MIT states that all students are required to complete a minimum of eight points and the swim requirement. Through a variety of physical education courses, that generally meet twice a week for 40 minutes, students are expected to complete this requirement by the end of the sophomore year. The program administers over 40 different instructional activities beginning every six weeks during the academic year. The swim requirement can be met by completing a beginner swim course or electing to test out. Students can earn physical education points through core courses or alternative options such as group exercise classes, personal training sessions, private swim lessons, or participation in varsity sports or ROTC. Swim courses are offered throughout the year and students can register through the on-line physical education registration system. <http://mitpe.com>
- **Discover Exercise & Wellness FPOP** – During the Freshman Pre-Orientation program, incoming freshman students can select to participate in lectures, workshops and activities during which they become introduced to ways in which they can engage in physically active lifestyles while at college.

➤ Practice

- **Zesiger Sports and Fitness Center (W35)** - The Zesiger Sports and Fitness Center features a triple-height natatorium, complete with an Olympic-size pool, a separate, six-lane, 25-yard instructional pool as well as amphitheater seating for 450 spectators. A myriad of fitness rooms, six international squash courts, a multipurpose activity court, locker rooms and administrative offices for athletics, physical education and recreation complement the facility's most prominent feature. <http://www.mitathletics.com/information/facilities/zcenter>



MIT
ENGINEERS™

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- **EngineerYourHealth campaign from MIT Recreational Sports** – Adopting the Engineering emphasis of MIT as a theme and as a practice, this is the newest endeavor from MIT DAPER to promote the significance of caring for one's own health by seizing opportunities to take ownership over it. This campaign assumes a condition management approach and provides monthly educational thematic areas with informational material on the causes, symptoms, treatment and prevention of diseases or conditions with an emphasis on the latter. The aim is to raise awareness on how exercise can prevent most diseases and to provide simple, tangible, measurable and realistic ways through which members of MIT Recreational sports can achieve a better health status and a physically active lifestyle by engineering their own health!
<http://mitrecsports.com/index.php/additional-programs/engineeryourhealth>

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ENGINEERyourHEALTH

