

Student Story | Alejandro Diaz | Physical Education During Interphase

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I had the chance to correspond with Alejandro, a first-year MIT student, about his thoughts on participating in the Interphase EDGE program during the summer before his first semester and his thoughts on physical education at MIT.

The Interphase program, as described by Alejandro, is “an incredible program that truly prepares students for life at MIT.” The program, run through MIT’s Office of Minority Education, is a two-year scholar enrichment program that includes a seven-week summer session where students are exposed to the rigors of a full subject load and life on campus.

Why did he choose to take on a full subject load before many of his peers even arrived on campus? He wrote, “I chose to do Interphase because I needed to freshen up on some course material and was looking to do something academic [over the] summer. I really wanted to get a feel for the city and the general MIT environment.” For Alejandro, a typical day began at 9 am and finished by 4 pm, taking courses in physics, chemistry, calculus, writing/communication, and physical education.

For his physical education requirement Alejandro took “Fitness and Nutrition” – one of the Health and Wellness courses offered through MIT Physical Education. According to Alejandro, “[he] enjoyed the break the class afforded and the practical lifestyle tips [he] could apply to [himself]” as the course allowed him to “learn about [his] diet and an overall healthy lifestyle.”

On the skills he gained through the course, Alejandro wrote “Alongside fitness, I really enjoyed the sections about dietary choices... [l]earning about the different kinds of fat, like unsaturated and Trans fat, allow me to make better decisions about the food I eat.” Additionally, the information on the different types of stress allowed him to identify his symptoms of distress and develop coping skills.

When asked if he would recommend the course to others, he wrote “I would recommend this course to others because not only is it a way to fit in a little exercise and get a break, but it is also a way to evaluate and improve your lifestyle. I benefitted from the stress and dietary information, but more content is covered which could be equally valuable to someone else.”

To his peers adjusting to life at MIT, Alejandro advises students to “focus on academics, but make sure to plan other fun and different things to do outside of your classes. This release can be found through music, reading, and going out with friends, but it can also be found through physical education. There are such a variety of classes that it’s easy and fun to pick a class you truly enjoy” – providing an opportunity to exercise your body as well as your mind!

Alejandro will be taking “Indoor/Outdoor Climbing” during quarter one, an extreme sport, and is really looking forward to it! In fact, when it comes to physical education, he plans

on taking more classes than the four required, because he has an interest in parkour and dance – just two areas out of the variety of courses offered through MIT Physical Education!

If you're interested in learning more about physical education at MIT, check out mitpe.mit.edu! For more information on the interphase program, head to The Office of Minority Education's website at ome.mit.edu.