

# Quarter 3 Make-up options

3/27/2020

Make-up options were sent out from Physical Education & Wellness to those students who contacted the [virtualmakeup@mit.edu](mailto:virtualmakeup@mit.edu) email address and those who did not complete the Q3 requirements.

To determine how many make-ups you need to complete, check your course Stellar site. You will need a combination of 11 attendances and make-ups to earn 2 points. For example, if you need 2 make-ups – chose any two make-ups to complete. Note that you can only complete each make-up one time.

**Make-up assignment due date: by Friday, April 3, 2020.**

**Quarter 3 grades are expected to be updated to student history by Friday, April 10, 2020**

<https://physicaleducationandwellness.mit.edu/my-gir/student-course-history/>

**The four virtual make-up options (below) are available for students to complete their Quarter 3 course using the McGraw Hill platform and an e-text called “Concepts of Fitness and Wellness”:**

- **Option 1** - PE. 4000 Make Up- Shaping Your Health: How Behavior Change Works  
**Link to register** - <https://connect.mheducation.com/class/c-sampson-moore-pe4000-makeup--self-management-planning-and-health>
- **Option 2** - PE. 4000 Make Up- Health Benefits of Physical Activity  
**Link to register** - <https://connect.mheducation.com/class/c-sampson-moore-pe4000-makeup--fitness-and-health>
- **Option 3** - PE. 4000 Make Up- Stress Management  
**Link to register** - <https://connect.mheducation.com/class/c-sampson-moore-pe4000-makeup--stress-management>
- **Option 4** - PE. 4000 Make Up- Nutrition Knowledge  
**Link to register:** <https://connect.mheducation.com/class/c-sampson-moore-nutrition-knowledge>

Each make-up is designed to be approximately 40 minutes of conceptual education and includes a reading, video assignment, a lab and a quiz (no physical activity is required).

**Basic steps to complete make-up (see attached document for more detailed instructions)**

1. Click on link to make-up (above)
  - a. For free access, use **MIT code: XCOU-Z148-QNHF-CJWY-XN41**
2. Set up account **using MIT email only**
3. **Complete the reading of assigned concepts**
4. **Complete assignment by April 3 at 11:59 pm**
  - a. Use the **“check your work”** function to ensure you 100% that is needed
  - b. **Save and exit** if you do not complete in one sitting
  - c. **Submit after each assignment**
  - d. **Click on reports** to ensure you have submitted all assignments for the make-up
    1. If you did not receive 100% or complete all assignments, re-enter make-up and complete