

Quarter 4 Online Schedule

Registration dates:

- *Undergraduate students:* Opens, Mon, March 30th @ 8am to Fri, April 3rd @ 1pm
- *Graduate students:* Opens Thu, April 2nd @ 8am and closes Fri, April 3rd @ 1pm

Quarter dates (which will appear under Summer I): Mon, April 13th – Fri, May 8th

Note: Deficient May 2020 degree candidates must earn points through online option(s) during Quarter 4 by May 8th in order to graduate May 29, 2020.

Online Course Options:

- **Option 1: Foundations Physical Fitness -**
This fully online conceptual education course will provide students with the knowledge and skills needed to adopt physical activity behaviors to include the elements of fitness. Students will complete a variety of self-assessments and learn how to plan a personalized program for physical activity that focuses on aerobic fitness, resistance training, flexibility as well as posture and back care.
- **Option 2: Wellness Foundations: Stress Management, Nutrition and Fitness -**
This fully online conceptual education course will provide students with the knowledge and skills needed to adopt and maintain healthy lifestyles. Students will complete a variety of self-assessments and learn how to create a personalized wellness program focused on physical activity, nutrition, and stress management. Students will also learn consumer skills needed to make effective use of products and services related to health.

The courses are asynchronous and run for 4 weeks with two 60-minute lessons available each Monday that can be completed anytime by Thursday.

To register for a 2nd course email quarter4@mit.edu with “register for a 2nd course” in the subject line and the course name in the body of the email.

Please mail quarter4@mit.edu with any questions. *Students with special situation should email physicaleducationandwellness@mit.edu.