



**Course Schedule: EXW 100x Introduction to Health and Wellness
Spring B 2017**

Items are listed in UTC. Please calculate equivalents for your time zone. (07:00 UTC is 7am UTC, 18:00 UTC is 6pm UTC)

Note:

- *All quizzes will remain open for their entire week.*
- *Review pre-course content, “Before the Course Begins” section, starting March 13, 07:00 UTC.*

Course Element	Date
Before the Course Begins	Opens Monday, March 13, 07:00 UTC
Week 1: Introduction to Health & Wellness	Opens Monday, March 13, 07:00 UTC
Adult Obesity - Interactive Week 1 Quiz Case Study 1	Opens Monday, March 13, 07:00 UTC Closes Monday, March 27, 07:00 UTC
Week 2: Healthy Food	Opens Monday, March 20, 07:00 UTC
<i>Deadline to ID Verify for the Course</i>	<i>Friday, March 24, 07:00 UTC</i>
Nutrient Needs - Interactive Week 2 Quiz Case Study 2	Opens Monday, March 20, 07:00 UTC Closes Monday, March 27, 07:00 UTC

Week 3: Physical Fitness	Opens Monday, March 27, 07:00 UTC
Physical Activity - Interactive Week 3 Quiz Case Study 3	Opens Monday, March 27, 07:00 UTC Closes Monday, April 3, 07:00 UTC
Week 4: Sleep, Stress, and Health Communication	Opens Monday, April 3, 07:00 UTC
<i>Midterm Exam (weeks 1 - 3 inclusive) (proctored exam for ID Verified students - open during weekday business hours)</i>	<i>Opens Monday, April 3, 15:00 UTC Closes Friday, April 7, 18:00 UTC</i>
Sleep - Interactive Week 4 Quiz Case Study 4	Opens Monday, April 3, 07:00 UTC Closes Monday, April 10, 07:00 UTC
Week 5: Healthy Weight	Opens Monday, April 10, 07:00 UTC
Food and Physical Activity – Interactive Week 5 Quiz Case Study 5	Opens Monday, April 10, 07:00 UTC Closes Monday, April 17, 07:00 UTC
Week 6: Infectious Disease	Opens Monday, April 17, 07:00 UTC
Foodborne Illness - Interactive Week 6 Quiz Case Study 6	Opens Monday, April 17, 07:00 UTC Closes Monday, April 24, 07:00 UTC
Week 7: Chronic Disease	Opens Monday, April 24, 07:00 UTC
World Cancer Map – Interactive Week 7 Quiz Case Study 7	Opens Monday, April 24, 07:00 UTC Closes Monday, May 1, 07:00 UTC
<i>Final Exam (weeks 4 -7 inclusive) (proctored exam for ID Verified students - open during weekday business hours)</i>	<i>Opens Monday, May 1, 15:00 UTC Closes Friday, May 5, 18:00 UTC</i>

****ID Verified students can expect to receive their edX certificates by May 19, 2017.***