A possibly useful guide to rendering composites in After Effects

The render queue box lets you set the output quality and the coder for your composition. This map is an attempt to guide you through the various options.

The output module box is where you tell After Effects to output both video and audio, and it is where you select the coder to use.

Click here to output audio! Otherwise, your movie will be silent.

This is a standard QuickTime coder selection box. You will see it in other video applications. Choose the coder you want, choose the quality (best), and it should automatically set the frames for you.

If you enable the "keyframe every" box, your movie will look better but will take up a little more memory. You might want to experiment with this before you hand in your final MP4.

The Render Settings box lets you choose between draft quality and high quality. You may want to use draft quality as you preview your work, but I recommend test quality for the version that you hand in.

The Quality box is where you select the output quality. Draft is lower quality, but the file size is smaller. Test quality is the standard, and it is recommended for final output.