# Health, Wellness & Exercise Science

## Credit hour compliance guidelines for Lecture, Internship, Practicum & Activity Classes
(specify which class or classes)

We define the following for the average student for these courses.
*(Delete those not applicable to your courses and add other activities as appropriate.)*

| **Activity** | |
|---|---|
| Assigned readings | 15 pages per clock hour |
| Writing | One clock hour per page |
| Problem sets | One clock hour per problem set (EXSC 3357) |
| Technology-aided learning | One clock hour per assignment |
| Oral presentation preparation | One clock hour per presentation |
| Service Learning or Civic Engagement | Time in clock hours spent |
| Lab, Studio, or (music) practice time | Time in clock hours spent |
| Research | 3 clock hours of research for every 5 pages written (research or project paper) |
| Individual projects | 4-10 clock hours per project |
| Group projects | 2-4 clock hours per person in each group project |
| Practicum/clinicals | 45 clock hours per credit hour |
| Study/review *(must be realistic!)* | 4 clock hours per test |
| Other *(explain fully)* Activity courses | One clock hour of activity each week outside of classtime. |
| | |

Signature of Department Chair: Mary Flynn          Date: 2/1/2018

Required time for a semester course

| # of credit hours | # of minutes in-class meetingeach week | # of required minutes outside of class per semester |
|---|---|---|
| 1 | 50 minutes | 1680 minutes |
| 2 | 100 minutes | 3360 minutes |
| 3 | 150 minutes | 5040 minutes |
| 4 | 200 minutes | 6720 minutes |
| 5 | 250 minutes | 8400 minutes |