

Contact Hours Chart

From CUA's [Academic Regulations for Undergraduates](#), [Academic Regulations for Masters and Licentiate Degrees](#), and [Academic Regulations for Doctoral Degrees](#):

A **credit hour** is an amount of work represented in intended learning outcomes and verified by evidence of student achievement that is an institutionally established equivalency that reasonably approximates not less than either:

1. One hour of classroom or direct faculty instruction and a minimum of two hours of out of class student work each week for approximately fifteen weeks for one semester or trimester hour of credit or the equivalent amount of work over a different amount of time; or
2. At least an equivalent amount of work as required in paragraph (1) of this definition for other academic activities as established by the institution including laboratory work, internships, practica, studio work, and other academic work leading to the award of credit hours.

		1 meeting/wk	2 meeting/wk	3 meeting/wk	4 meeting/wk	5 meeting/wk	6 meeting/wk
1 credit	Classroom instruction, per class meeting	50 minutes					
	Out of class student work, per week	2 hours					
2 credits	Classroom instruction, per class meeting	100 minutes	50 minutes				
	Out of class student work, per week	4 hours	4 hours				
3 credits	Classroom instruction, per class meeting	150 minutes	75 minutes	50 minutes			
	Out of class student work, per week	6 hours	6 hours	6 hours			
4 credits	Classroom instruction, per class meeting	200 minutes	100 minutes	66.6 minutes	50 minutes		
	Out of class student work, per week	8 hours	8 hours	8 hours	8 hours		
5 credits	Classroom instruction, per class meeting	250 minutes	125 minutes	83.3 minutes	62.5 minutes	50 minutes	
	Out of class student work, per week	10 hours	10 hours	10 hours	10 hours	10 hours	
6 credits	Classroom instruction, per class meeting	300 minutes	150 minutes	100 minutes	75 minutes	60 minutes	50 minutes
	Out of class student work, per week	12 hours	12 hours	12 hours	12 hours	12 hours	12 hours

*[credit hour = 50 minutes of instruction](#)

Three credit courses meeting one, two, or three times per week should be scheduled in accordance with the [University Scheduling Grid](#). Start times for courses worth more or less than three credits should also adhere to the [University Scheduling Grid](#), although end times for those courses may vary.