

CONTACT HOUR GUIDELINES

Number of Contact Hours/ Credits	Days/ week	1 week	2 weeks	4 weeks	5 weeks	6 weeks	8 weeks	12 weeks	16 weeks
800 min/1 credit	5	160 min/day	80 min/day	**	**	**	**	**	**
	4	200 min/day	100 min/day	50 min/day	**	**	**	**	**
	3	**	135 min/day	70 min/day	55 min/day	**	**	**	**
	2	**	200 min/day	100 min/day	80 min/day	70 min/day	50 min/day	**	**
	1	**	**	200 min/day	160 min/day	135 min/day	100 min/day	70 min/day	50 min/day
1600 min/2 credits	5	**	160 min/day	80 min/day	65 min/day	55 min/day	**	**	**
	4	**	200 min/day	100 min/day	80 min/day	70 min/day	50 min/day	**	**
	3	**	**	135 min/day	110 min/day	90 min/day	70 min/day	**	**
	2	**	**	200 min/day	160 min/day	135 min/day	100 min/day	70 min/day	50 min/day
	1	**	**	**			200 min/day	135 min/day	100 min/day
2400 min/3 credits	5	**	**	120 min/day	100 min/day	80 min/day	60 min/day	**	**
	4	**	**	150 min/day	120 min/day	100 min/day	75 min/day	50 min/day	**
	3	**	**	200 min/day	160 min/day	135 min/day	100 min/day	70 min/day	50 min/day
	2	**	**	**	240 min/day	200 min/day	150 min/day	100 min/day	75 min/day
	1	**	**	**	**	**	**	**	150 min/day
3200 min/4 credits	5	**	**	160 min/day	130 min/day	110 min/day	80 min/day	55 min/day	**
	4	**	**	200 min/day	160 min/day	135 min/day	100 min/day	70 min/day	50 min/day
	3	**	**	**	215 min/day	180 min/day	135 min/day	90 min/day	75 min/day
	2	**	**	**	**	**	200 min/day	135 min/day	100 min/day
	1	**	**	**	**	**	**	**	200 min/day
4000 min/5 credits	5	**	**	200 min/day	160 min/day	135 min/day	100 min/day	70 min/day	50 min/day
	4	**	**	**	200 min/day	170 min/day	125 min/day	85 min/day	65 min/day
	3	**	**	**	**	225 min/day	170 min/day	115 min/day	85 min/day
	2	**	**	**	**	**	250 min/day	170 min/day	125 min/day
	1	**	**	**	**	**	**	**	**

** not appropriate (either too few or too many minutes)

For classes meeting 150 minutes, 2 ten-minute breaks are appropriate; these are not included in the above times.

All times have been rounded up to the next 5-minute increment.