



Western Nebraska Community College

TITLE: "Castle Top" Directions

SUPPORTING: Federal Compliance Q1

Workload Calculation – please use this chart to help you to plan how many “in class” and “outside” class activities your course will require. We do not expect you to be able to calculate to the minute how much time specific in/outside class activities will require—this table presents a rough guideline for estimation of how much work should be developed and presented.

1 credit hour = 15 contact hours (lecture/lab course) | **2 credit hours** = 30 contact hours (lecture/lab course) | **3 credit hours** = 45 contact hours (lecture/lab course)

	Credit Hours	Number of Weeks	Number of Contact Hours	Contact Activities Per Week (In class-Discussions, Wimba, Chat) Approximate amount of time required	Outside Class Activities Per Week (Based on 2 hrs. out for each in class— “homework” type activities)	Total Student/Instructor Time Per Week
	1	8	15	2 hours	4 hours	6 hours per week/8 weeks
	1	16	15	1 hours	2 hours	3 hours per week/16 weeks
	2	8	30	4 hours	8 hours	12 hours per week/8 weeks
	2	16	30	2 hours	4 hours	6 hours per week/16 weeks
	3	8	45	6 hours	12 hours	18 hours per week/8 weeks
	3	16	45	3 hours	6 hours	9 hours per week/16 weeks

The example week is based on a 3 credit hour ONLINE course taking place over 16 weeks. This example course will require 150 minutes of contact per week – these activities should take place as discussions, assigned chats, or wimba sessions. Instructor participation is expected in “in class” activities.

Example Week – Intros and EPA/OSHA “In Class” Should be approximately _3_ hours of “in class” activities	Discussion – Intros Original post/reply to 3 classmates (guidelines provided) – 30 minutes	Wimba Session – OSHA/EPA Overview Attend live and participate in discussion (guidelines provided) 60 minutes	Discussion – EPA Scavenger Hunt Original post/reply to 2 classmates (guidelines provided) 30 minutes	Discussion – OSHA Violation Case Study Summary Original post/reply to 2 classmates (guidelines provided) 30 minutes
Example Week “Outside Class” Should be approximately _6_ hours of work (“2 out for each 1 in”)		2 hours Background Reading and Videos OSHA Scavenger Hunt – build notes for discussion	2 hours Background Reading EPA Scavenger Hunt - build notes for discussion	2 hours OSHA Case Study Web Search – build notes for discussion

Week 1 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 1 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 2 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 2 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 3 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 3 -							

"Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 4 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 4 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 5 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 5 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 6 - "In Class" Should be approximately ____ hours of "in class"							

activities							
Week 6 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 7 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 7 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 8 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 8 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 9 - "In Class" Should be approximately ____ hours of "in class" activities							

Week 9 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 10 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 10 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 11 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 11 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 12 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 12 - "Outside Class"							

Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 13 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 13 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 14 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 14 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							
Week 15 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 15 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							

out for each 1 in")							
Week 16 - "In Class" Should be approximately ____ hours of "in class" activities							
Week 16 - "Outside Class" Should be approximately ____ hours of work ("2 out for each 1 in")							