

Guidelines for Calculating Academic Learning Hours

Introduction:

PSU's higher education is based on the credit system in which all qualifications in the NQF have a credit value. The credit value is related to the amount of learning in the qualification, which is determined as the number of hours, a learner at a particular qualification level is expected to spend, on average, to achieve the specified learning outcomes at that level and demonstrate that achievement through relevant assessment(s). The students receive "credit hours," a metric based on the number of "contact hours" students spend in class per week in each semester.

Specially, 'academic learning hours' are defined as the estimated learning time taken by the 'average full-time student would take to gain the knowledge, skills and understanding to achieve the specified learning outcomes of the course or program. They provide students with an estimated indication of the amount of study and degree of commitment expected to achieve a learning outcome.

Academic learning time includes the following:

Directed learning: Direct contact time with teachers and trainers.

Examples: lectures, seminars, tutorials, laboratory practical, workshops, fieldwork etc.

Self-Directed: Time spent in private studying.

Examples: assignments, course projects, undertaking practical tasks, self-study, reading, searching the internet for information etc.

Assessment: Time spent in assessment.

Examples: time spent on preparing and carrying out formative and summative assessments, oral presentations, final exams etc.

Courses are also assigned a number of credit hours, indicating the estimated workload in each course. A typical three-credit module, for example, meets for 3 to four hours per week over a fifteen-week semester. A student, then, might earn ideally seventeen to eighteen credit hours per semester (fifteen is standard full-time registration for a semester, thirty for an academic year) in a four-year bachelor's degree requiring a total of 134 credits.

Program	American Semester System	Program Duration
Bachelor	Minimum of 120 credit hours	4 years

It is important to mention that the credit system is a tool that help us to quantify the quality of educational processes, however the quality of education can only be measured by the assessment of learning outcomes.

Scope:

The Learning hour guidelines are specific to number 6 qualification level for Undergraduate Program.

Calculation of Actual Amount of Academic Work

The actual amount of academic work that goes into a single semester credit hour is often calculated as follows:

ONLY Lectures [1 credit hour (1,0,1)]

One lecture (taught) or seminar (discussion) credit hour represents 1 hour per week of scheduled class/seminar time and 2 hours of student preparation time. Over an entire semester, this formula represents at least 30 hours of class time and 60 hours of student preparation.

Total Learning hours = 15+15 +60 = 90 hours.

ONLY Lectures [2 credit hours (2,0,0)]

One lecture (taught) or seminar (discussion) credit hour represents 1 hour per week of scheduled class/seminar time and 2 hours of student preparation time. Over an entire semester, this formula represents at least 30 hours of class time and 60 hours of student preparation.

Total Learning hours = 30 +60 = 90 hours.

ONLY Lectures [3 credit hours (3,0,0)]

One lecture (taught) or seminar (discussion) credit hour represents 1 hour per week of scheduled class/seminar time and 2 hours of student preparation time. Most lecture and seminar modules are awarded 3 credit hours. Over an entire semester, this formula represents at least 45 hours of class time and 90 hours of student preparation.

Total Learning hours = 45 + 90 = 135 hours.

Lectures with Tutorial Component [3 credit hours (3,1,0)]

One lecture (taught) or seminar (discussion) credit hour represents 1 hour per week of scheduled class/seminar time and 2 hours of student preparation time. This calculation represents at least 45 hours of class time, between 15 tutorial time, and 90 hours of student preparation per semester.

Total Learning hours = 45 + 15 + 90 = 150 hours.

Lectures with Lab Component [3 credit hours (3,0,1)]

One laboratory credit hour represents 1 hour per week of lecture or discussion time plus 1 hour per week of scheduled supervised or independent laboratory work, and 2 hours of student preparation time. Most laboratory modules are awarded up to 4 credit hours. This calculation represents at least 45 hours of class time, 15 hours of laboratory time, and 90 hours of student preparation per semester.

Total Learning hours = 45 + 15 + 90 = 150 hours.

Lectures with Lab Component [3 credit hours (2,0,3)]

One laboratory credit hour represents 2 hour per week of lecture or discussion time plus 3 hours per week of scheduled supervised or independent laboratory work, and 2 hours of student preparation time. Most laboratory modules are awarded up to 4 credit hours. This calculation represents at least 30 hours of class time, 45 hours of laboratory time, and 60 hours of student preparation per semester.

Total Learning hours = 30 + 45 + 60 = 135 hours

Lectures with Lab Component [4 credit hours (3,0,2))

One laboratory credit hour represents 1 hour per week of lecture or discussion time plus 2 hours per week of scheduled supervised or independent laboratory work, and 2 hours of student preparation time. Most laboratory modules are awarded up to 4 credit hours. This calculation represents at least 60 hours of class time, 30 hours of laboratory time, and 90 hours of student preparation per semester.

Total Learning hours = 45 + 30 +90 = 165 hours

Lectures with Lab Component [4 credit hours (4,0,2))

One laboratory credit hour represents 1 hour per week of lecture or discussion time plus 2 hours per week of scheduled supervised or independent laboratory work, and 2 hours of student preparation time. Most laboratory modules are awarded up to 4 credit hours. This calculation represents at least 60 hours of class time, 30 hours of laboratory time, and 90 hours of student preparation per semester.

Total Learning hours = 60 + 30 +90 = 180 hours

Lectures with Lab Component [4 credit hours (3,0,3))

One laboratory credit hour represents 1 hour per week of lecture or discussion time plus 3 hours per week of scheduled supervised or independent laboratory work, and 2 hours of student preparation time. Most laboratory modules are awarded up to 4 credit hours. This calculation represents at least 45 hours of class time, between 45 and 45 hours of laboratory time, and 90 hours of student preparation per semester.

Total Learning hours = 45 + 45 +90 = 180 hours

Lectures with Lab Component [4 credit hours (3,0,2))

One laboratory credit hour represents 1 hour per week of lecture or discussion time plus 2 hours per week of scheduled supervised or independent laboratory work, and 2 hours of student preparation time. Most laboratory modules are awarded up to 4 credit hours. This calculation represents at least 45 hours of class time, 30 hours of laboratory time, and 90 hours of student preparation per semester.

Total Learning hours = 45 + 30 +90 = 150 hours

Lectures with Tutorial/Lab Component [4 credit hours (3,1,2)]

One laboratory credit hour represents 3 hours per week of lecture or discussion time plus 2 hours per week of scheduled supervised or independent laboratory work, and 2 hours of student preparation time. Most laboratory modules are awarded up to 4 credit hours. This calculation represents at least 45 hours of class time, 15 hours of tutorial, between 30 hours of laboratory time, and 90 hours of student preparation per semester.

Total Learning hours = 45+15+30+90= 180 hours.

Only Lab Component [3 credit hours (2,0,3)]

One laboratory credit hour represents 1 hour per week of lecture or discussion time plus 3 hours per week of scheduled supervised or independent laboratory work, and 2 hours of student preparation time. Most laboratory modules are awarded up to 4 credit hours. This calculation represents at least 30 hours of class time, 45 hours of laboratory time, and 90 hours of student preparation per semester.

Total Learning hours = 30 + 45 +90 = 165 hours

Studios

One practice credit hour (visual or performing art studio, supervised student teaching, field work, etc.) represents 3-4 hours per week of supervised and /or independent practice. This in turn represents between 45 and 60 hours of work per semester. Blocks of 3 practice credit hours, which equate to a studio or practice module, represent between 135 and 180 total hours of academic work per semester.

Learning Hours at the Program Level (without COOP)

Option A:

Credits	Learning Hours
1 credit	45 hours
35 credits/per year	1575 hours
124 credits per program (without COOP)	5580 hours.

Option B

Example

Credits	# of Courses	Learning Hours
1 credit hour courses	1	1 x 60 =120 hours
2 credit hour courses	7	7 x 90= 630 hours
3 credit hour courses (Lecture ONLY)	3	3 x 135= 540 hours
3 credit hour courses	29	29 x 150=4500 hours
4 credit hour courses	3	3 x 180=360 hours
124 credits (without COOP)		5985 hours

References: Guidelines-for-Programme-Design-and-Using-ECTS.pdf (European Council for Theological Education)

Appendix -A

Benchmarking on Learning Hours

Credit is awarded to a student on successful completion of the outcomes associated with a particular block of learning at a specified Academic Level, up to and including Level 7 Qualifications. Credits are awarded in line with the Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (FHEQ) where one credit equates to 10 notional learning hours.

European Credit Transfer and Accumulation System (ECTS)

United States (US) Credit System

Notional Hours: All planned learning activities leading toward the achievement of program or qualification learning outcomes.

Program	Credit Hours	Learning Hours	Reference	Credit System
Bachelor with honors	180 hours(3 years) 240 hours (4 years)	1 credit is 10 notional hours	University of College London	ECTS
Bachelor Program	120 hours in a year 480 hours (4 years)	1 credit is 10 notional hours	New Zealand Qualifications Authority	
Bachelor Program	480 hours (4 years)		University of Bahrain	
	120 credits per year	United Kingdom, New Zealand, South Africa and other jurisdictions, a single academic credit equates to 10 hours of student learning. In the ECTS, one credit equates to 25 to 30 learning hours. 120 x 25=3000 3000 x 3 = 9000 hours.	Dr. Simon Paul Atkinson (PFHEA)	ECTS
	360 credits for a three-	1 credit takes 10 hours. 1 course takes 15 credits and 150 Notional Students hours (NSH)	Dr. Simon Paul Atkinson(PFHEA)	NZS

Program	Credit Hours	Learning Hours	Reference	Credit System
	year degree.	8 courses in a semester takes 120 credits which means 1200 hours. In total 3600 hours in 3 years.		
	The global workload of an academic year of study is equal to 60 credits.	one ECTS is quantified in approximately 25-30 hours of learning activity. 60 credits (36-40 weeks per year of full-time study) corresponds to 1680 hours of learning related activities. $(25+30)/2 * 60 = 1680$ hours. This means $1680 \times 3 = 5040$ hours. Workload refers to the notional time in which an average learner might expect to complete the required learning outcomes.	Guidelines for Programme Design And ECTS	ECTS
4-year bachelor degree	120 credit hours	One lecture (taught) or seminar (discussion) credit hour represents 1 hour per week of scheduled class/seminar time and 2 hours of student preparation time. Over an entire semester, this formula represents at least 45 hours of class time and 90 hours of student preparation	Guidelines for Programme Design And ECTS	US