

GUIDANCE ON CREDIT HOURS

Generally, one credit represents the equivalent of one hour of lecture or recitation or at least two hours of laboratory work each week for one semester or the equivalent in honors study. The number following each course title; e.g., (3), indicates the credits offered for that course. [There is a normal expectation of two hours of outside study per credit hour.](#)

According to NYSED (NYS Education Department):

Credit means a unit of academic award applicable towards a degree offered by the institution. Semester hour means a credit, point, or other unit granted for the satisfactory completion of a course which requires at least 15 hours (of *50 minutes each) of instruction and at least 30 hours of supplementary assignments, except as otherwise provided pursuant to section 52.2(c)(4). This basic measure shall be adjusted proportionately to translate the value of other academic calendars and formats of study in relation to the credit granted for study during the two semesters that comprise an academic year.

*The University at Albany utilizes 55 minutes per credit hour for lecture/discussions and 120 minutes for lab.

How to calculate contact hours for a term/semester lecture class:

Number (#) of credits x 55 minutes per week x 15 weeks/ 60 = total hours per semester (inclusive of final exam). Final Exams are two hours long.

Lecture Courses -

Credit	Total Contact Minutes/week	Total Hours Per Semester (includes two hour final exam)	Total Contact Hours Per Semester (without final exam)
1	55 minutes	13.75 hours	11.75 hours
2	110 minutes	27.5 hours	25.5 hours
3	165 minutes	41.25 hours	39.25 hours
4	220 minutes	55 hours	53 hours
5	275 minutes	68.75 hours	66.75 hours
6	330 minutes	82.5 hours	80.5 hours
7	385 minutes	96.25 hours	94.25 hours
8	440 minutes	110 hours	108 hours
9	495 minutes	123.75 hours	121.75 hours
10	550 minutes	137.5 hours	135.5 hours
11	605 minutes	151.25 hours	149.25 hours
12	660 minutes	165 hours	163 hours
13	715 minutes	178.75 hours	176.75 hours
14	770 minutes	192.5 hours	190.5 hours
15	825 minutes	206.25 hours	204.25 hours

If there is to be a variance from the State standard, the rationale should be proposed to the College, supported and documented.

Lab Courses -

Credit	Total Contact Minutes/week	Total Hours Per Semester (includes two hour final exam)	Total Contact Hours Per Semester (without final exam)
1	120 minutes	30 hours	28 hours
2	240 minutes	60 hours	58 hours
3	360 minutes	90 hours	88 hours
4	480 minutes	120 hours	118 hours
5	600 minutes	150 hours	148 hours
6	720 minutes	180 hours	178 hours
7	840 minutes	210 hours	208 hours
8	960 minutes	240 hours	238 hours
9	1080 minutes	270 hours	268 hours
10	1200 minutes	300 hours	298 hours
11	1320 minutes	330 hours	328 hours
12	1440 minutes	360 hours	358 hours
13	1560 minutes	390 hours	388 hours
14	1680minutes	420 hours	418 hours
15	1800 minutes	450 hours	448 hours