

## Examples of Classes That Meet Appalachian State University Credit Hour Guidelines

The following are but a few examples of courses that meet THE UNIVERSITY and SACS expectations for in-class meetings and out-of-class preparation.

**INTERNATIONAL EXAMPLE :** The BIO/GHY Costa Rica field course. The departments of Biology and Geography and Planning have been taking students to Costa Rica over the December/January break since 1989. Dr. Saskia van de Gevel and Dr. Eva Gonzalez currently lead this trip and typically take eight students from each of the two departments. Students get three hours of credit in GHY **or** BIO, so 37.5 hours of formal class meeting time are required. Class meeting requirements are realized by meeting for two three-hour classes in November (9 hours); the trip lasts for 12-13 days and formal class activities occupy approximately 5-6 hours per day (50+ hours). The remainder of the day is typically spent traveling by bus, eating meals, and in class prep time for the students. Out-of-class requirements are met by having students read over 300 pages of textbook chapters and journal articles, by having the students prepare presentations that are given in the field, by requiring the students to write for an average of two hours per day in a course journal, and by having the students study for and take a final exam

Description of Activity	Contact Hours
Pre-trip course meetings on campus	2@3 each=6 contact hours
Daily class in Costa Rica	12 days@5 hrs=60 contact hours
Outside class time Student reading (300+ textbook), journal articles, course journal 2 hours per day, study for final exam, prepare presentation	Course Work will require a minimum of 88 hours of outside work.
Total must =37.5+ for Study Abroad	
Outside class work=75+	

**DOMESTIC EXAMPLE:** Dr. Phillip Ardoin (GJS) takes students to Washington, DC. for a General Education required course in the theme, This American Life. Students get 3 hrs. credit for PS 1100 American Government. Students meet prior to leaving for the trip and after the trip to work on their final course projects. During the week in DC, students meet with various government officials, tour the Supreme Court, Library of Congress and the Capitol. During these visits they have particular topics to discuss and have completed relevant readings before the visits.

Description of Activity	Contact Hours
Pre-trip course meetings on campus	2@3 each=9 contact hours
Daily class in Washington DC	6 days@2 hrs=12 contact hours
Directed study tours, visits, and discussions in DC	6 days@5 hrs. =30 contact hours
Individual meetings with students on campus	2 days@1=2 contact hours
Post-trip meeting	1 day@=3 contact hours
Out of class work: course pack of articles; monograph; writing and researching a 10-15-page research paper or other final project with drafts and rewrites.	Course Work will require a minimum of 75 hours of outside work.

Total must =37.5+ for Study Away 3 crh.  
Outside class work=75+

INTERNATIONAL ALTERNATIVE SPRING BREAK EXAMPLE: International Alternative Spring Break (I-ASB) trips carry one hour of academic credit, requiring 12.5 hours of class time and 25 hours or more of out-of-class work. All I-ASB meet for ten hours of class prior to departure and require common readings on the geography and culture of the host country. Typical I-ASB groups meet for eight hours per day during five or six days in the field. A lot of that time is spent on service learning activity and at least one hour per day is spent on reflective learning on cultural differences. The I-ASB trips clearly meet both in- and out-of-class requirements.

Description of Activity	Contact Hours
Pre-trip course meetings on campus	10 contact hours
Daily class about cultural differences	6 days@1 hrs=6 contact hours
Service learning activity	6 days@8 hrs.=48 contact hours
Post-trip meeting	1 day@=3 contact hours
Out of class work: course readings on geography and culture of host country.	Course work will require minimum of 25 hours of outside work.

Total must =12.5+ for I-ASB 1 crh