

Course Component Handout. Compilation of information from: [Standard Courses](#) and [House Numbered Courses](#)

[Arizona Board of Regents \(ABOR\) Definition of a Unit of Credit](#): An hour of work is the equivalent of 50 minutes of classtime (often called a “contact hour”) or 60 minutes of independent study work. A minimum of 45 hours of work by each student is required for each unit of credit. Ordinarily, a course must cover a 1-week period for every unit of credit given. During summer sessions, however, 6 units of credit may be given over a 5-week period.

UA COURSE COMPONENT	UA DEFINITIONS	REQUIRED CONTACT AND HOMEWORK HOURS (per ABOR Policy 2-224)
Lecture (LEC)	Standard course type. Lecture courses are led by the instructor and may include a variety of pedagogy types.	At least 15 contact hours of recitation, lecture, discussion, testing or evaluation, seminar, or colloquium, as well as a minimum of 30 hours of student homework is required for each unit of credit.
Discussion (DIS)	Interactional meeting typically serving as a secondary component that can include activities such as demonstrations, hands-on engagements, case studies, field experiences.	
Proseminar and Seminar (SEM)	The development and exchange of scholarly information, usually in a small group setting. The scope of work shall consist of research by course registrants, with the exchange of the results of such research through discussion, reports, and/or papers.	
Colloquium (CLQ)	The exchange of scholarly information and/or secondary research, usually in a small group setting. Instruction often includes lectures by several different persons. Research projects may or may not be required of course registrants.	
Lab (LAB)	A course set aside for supervised laboratory or field experimentation, observation, or practice in a field of study or a course incorporating practical experience.	Laboratory courses require a minimum of 45 contact hours per unit of credit.
Workshop (WRK)	The practical application of theoretical learning within a small group setting and involving an exchange of ideas and practical methods, skills, and principles.	Workshops must involve a minimum of 45 hours for each unit of credit, including a minimum of 15 contact hours, with the balance of the requirement in homework.
Studio (STD)	A course set aside for supervised creative and/or artistic endeavors incorporating practical experiences and possibly individualized instruction.	Studios must involve as least 30 contact hours and at least 15 hours of homework for each unit of credit. *Note: Music instruction and specialized types of music performance offerings must conform to the requirement for accreditation of the National Association of Schools of Music.
Individual Studies (IND)	Consists of course types including Preceptorship, Directed Research, Internship, Practicum, Independent Study, Research, Case Studies, Master’s Report, Thesis, Master’s Recitals, Dissertation, and Doctoral Recitals. Find individual study course type definitions here .	An hour of work is the equivalent of...60 minutes of independent study work. A minimum of 45 hours of work by each student is required for each unit of credit.
Practicum (PRA)	The practical application, on an individual basis, of previously studied theory and the collection of data for future theoretical interpretation.	

Additional information regarding contact hours for field trips, credit for courses developed under contract, and credit for former or current military members can be found [here](#).

Additional information regarding Senior-level Research or Project Courses, Small Group Courses, and Individual Studies Courses can be found [here](#). Questions about information on this handout, please contact Martin Marquez (martinmarquez@email.arizona.edu) .