

## CREDIT HOUR POLICY

VaYU offers only Online programs currently. In an online format, faculty are in charge of academic engagement through video lectures, interactive tutorials, and managing discussion boards for individual and collective interaction with the students. Student time is spent on online faculty tutorials, online chats, faculty-moderated group discussions, online study or group projects, online assignments, and peer interactions.

For VaYU courses in an online lecture format, “one credit hour” represents the subject content that can be delivered in one academic hour of contact time each week for the full duration of one academic semester, which is typically fourteen weeks along with a week for two midterms combined, and, a final examination week.

For graduate courses, 3-4 hours of ‘outside classwork’ is expected for each academic hour of contact time. For courses taught in other than lecture format such as Personal Contact Program (PCP) or research project, one credit hour represents an amount of content and/or student effort that in aggregate is no less than that described before - typically 28 hours per semester or 2 hours/week/credit.

VaYU courses for the Master in Science (Yoga) can vary from 2 or 3 credit hours each, with the Master’s Research project taking 6 credit hours for a total of 30 credit hours for the program. PCP is 28 to 40 hours or 1 credit each in Semester I and Semester III, respectively.

VaYU courses for the Ph.D. (Yoga) program can vary from 2 or 3 credit hours each, with the Doctoral Thesis taking 16 credit hours for a total of 36 credit hours beyond the Master’s program.

### References:

Adapted from “Credit hour definition,” Wilkes University, <https://www.wilkes.edu/academics/office-of-the-registrar-recorder/credit-hour-definitions.aspx>, accessed Aug 24, 2021.