



Timed Justification

Course Title: Energy – Cost of energy and measuring heat loss

Total Clock Hours Requested: 1 Hour

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Video Content:

Each module includes a video. The instructional time for each video is based on its actual runtime, rounded up to the nearest whole minute for clarity and to ensure adequate time for comprehension.

- Energy 1.1: 11 minutes, 15 seconds → 12 minutes (includes 1-minute quiz)
- Energy 1.2: 13 minutes, 14 seconds → 14 minutes (includes 1-minute quiz)
- Energy 1.3: 9 minutes, 32 seconds → 10 minutes (includes 1-minute quiz)
- Energy 1.4: 14 minutes, 8 seconds → 15 minutes (includes 1-minute quiz)

- *Energy 1.5: 12 minutes, 3 seconds → 13 minutes (includes 1-minute quiz)*

Progress Check Quizzes:

Each module ends with a 1-question progress check quiz. Per ARELLO standards, each lower-order multiple choice question is allotted 1 minute. This time is included in the total for each module above.

Final Quiz:

At the end of the course, there is a 5-question final quiz. Each question is allotted 1 minute, for a total of 5 minutes.

Total Instructional Time Calculation:

- Energy 1.1: 12 minutes
 - Energy 1.2: 14 minutes
 - Energy 1.3: 10 minutes
 - Energy 1.4: 15 minutes
 - Energy 1.5: 13 minutes
 - Final Quiz: 5 minutes
- Total: 69 minutes (1 hour, 9 minutes)

ARELLO Compliance:

All timing calculations follow ARELLO's standards for quantifying instructional time:

- Video: Actual runtime
- Quizzes: 1 minute per lower-order question

Total clock hours requested: 1 hour (rounded down to the nearest half hour as required by ARELLO)
