



Timed Outline

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

Total Clock Hours Requested: 1 Hour

Prepared by: Liam Reitsma - Digital Learning & Media Coordinator |

Sterling Pro Ed

Date: Aug 4, 2025

Module/ Section	Content Type	Description	Estimated Time (minutes)	Timing Methodology
Energy 1.1	Video + Quiz	11:15 video + 1-question progress check	12	Video duration + quiz time
Energy 1.2	Video +	13:14 video +	14	Video duration +

	Quiz	1-question progress check		quiz time
Energy 1.3	Video + Quiz	9:32 video + 1-question progress check	10	Video duration + quiz time
Energy 1.4	Video + Quiz	14:08 video + 1-question progress check	15	Video duration + quiz time
Energy 1.5	Video + Quiz	12:03 video + 1-question progress check	13	Video duration + quiz time
Final Quiz	Assessmen t	5-question final quiz	5	Quiz time per item
