

# Accredited Course Report

## Academy Transcript

Course Name: AWEMS 2026 Blue Mountains

Total Fellow Credits = 17.25 CPD / Fellow credits

### CORE Module 1 - Introduction to Extreme Environment Medicine (C1-IEEM)

| Module Nesting | Topic Code | Topic                                                | Credit point value for the topic |
|----------------|------------|------------------------------------------------------|----------------------------------|
| C1-IEEM        | 1.01       | Equipment, kit and carriage                          | 0.5                              |
| C1-IEEM        | 1.02       | Introduction to earths geography                     |                                  |
| C1-IEEM        | 1.03       | Planning an expedition                               | 0.25                             |
| C1-IEEM        | 1.04       | Risk assessment and planning                         |                                  |
| C1-IEEM        | 1.05       | Roles and Responsibilities in an austere environment |                                  |
| C1-IEEM        | 1.06       | Defining characteristics of an Extreme Environment   | 0.25                             |

### CORE Module 2 - Leadership in Austere Environments (C2-LAE)

| Module Nesting | Topic Code | Topic                                 | Credit point value for the topic |
|----------------|------------|---------------------------------------|----------------------------------|
| C2-LAE         | 2.01       | Incident debriefing                   | 0.75                             |
| C2-LAE         | 2.02       | Communication (human skills)          | 0.25                             |
| C2-LAE         | 2.03       | Evacuation planning                   | 0.5                              |
| C2-LAE         | 2.04       | Improvised litters and carries        | 0.5                              |
| C2-LAE         | 2.05       | Search and Rescue (SAR) techniques    | 1.25                             |
| C2-LAE         | 2.06       | Team dynamics and conflict resolution | 0.25                             |
| C2-LAE         | 2.07       | Leading teams                         | 1.5                              |

### CORE Module 3 - Expedition Field Skills (C3-EFS)

| Module Nesting | Topic Code | Topic                                                 | Credit point value for the topic |
|----------------|------------|-------------------------------------------------------|----------------------------------|
| C3-EFS         | 3.01       | Basic and improvised shelters                         |                                  |
| C3-EFS         | 3.02       | Communication (satellite phone, radio procedures)     |                                  |
| C3-EFS         | 3.03       | Dynamic route planning                                | 0.5                              |
| C3-EFS         | 3.04       | Fire starting and safety                              |                                  |
| C3-EFS         | 3.05       | Food planning & preparation in an austere environment |                                  |
| C3-EFS         | 3.06       | Knots for safety and rescue                           | 01.5                             |
| C3-EFS         | 3.07       | Navigation fundamentals                               |                                  |
| C3-EFS         | 3.08       | River crossing techniques                             |                                  |
| C3-EFS         | 3.09       | Swift water rescue techniques                         |                                  |
| C3-EFS         | 3.10       | Vertical rescue techniques                            | 0.25                             |
| C3-EFS         | 3.11       | Weather interpretation in the field                   | 0.25                             |
| C3-EFS         | 3.12       | Water purification techniques                         |                                  |

### CORE Module 4 - Expedition Medicine Skills (C4-EMS)

| Module Nesting | Topic Code | Topic                         | Credit point value for the topic |
|----------------|------------|-------------------------------|----------------------------------|
| C4-EMS         | 4.01       | Basic pharmacology            | 0.25                             |
| C4-EMS         | 4.02       | Improvised splints            |                                  |
| C4-EMS         | 4.03       | Major haemorrhage management  |                                  |
| C4-EMS         | 4.04       | Medical planning              | 1.0                              |
| C4-EMS         | 4.05       | Medical kit planning          |                                  |
| C4-EMS         | 4.06       | Wound care and field cleaning |                                  |
| C4-EMS         | 4.07       | Wound packing                 |                                  |
| C4-EMS         | 4.08       | Patient Packaging             | 0.25                             |
| C4-EMS         | 4.09       | Extrication Techniques        | 0.5                              |

## CORE Module 5 - Medical Emergencies in Austere Environments (C5-MEAE)

| Module Nesting | Topic Code | Topic                                                   | Credit point value for the topic |
|----------------|------------|---------------------------------------------------------|----------------------------------|
| C5-MEAE        | 5.01       | Cardiac - Acute coronary syndrome in the remote setting |                                  |
| C5-MEAE        | 5.02       | Cardiac - CPR in Unique Environments                    |                                  |
| C5-MEAE        | 5.03       | Cardiac - Resuscitation - Adult                         |                                  |
| C5-MEAE        | 5.04       | Cardiac - Managing SVT                                  |                                  |
| C5-MEAE        | 5.05       | Medical - Acute dystonic reaction in the field          |                                  |
| C5-MEAE        | 5.06       | Medical - Adrenal insufficiency                         |                                  |
| C5-MEAE        | 5.07       | Medical - Anaphylaxis and allergy                       |                                  |
| C5-MEAE        | 5.08       | Medical - Diabetic emergencies                          |                                  |
| C5-MEAE        | 5.09       | Medical - Field dentistry                               |                                  |
| C5-MEAE        | 5.10       | Medical - Managing ocular injuries and irritation       |                                  |
| C5-MEAE        | 5.11       | Medical - Meningococcal septicaemia                     |                                  |
| C5-MEAE        | 5.12       | Medical - Nausea and vomiting                           |                                  |
| C5-MEAE        | 5.13       | Medical - Sepsis                                        |                                  |
| C5-MEAE        | 5.14       | Neurological - Autonomic dysreflexia                    |                                  |
| C5-MEAE        | 5.15       | Neurological - Seizure                                  |                                  |
| C5-MEAE        | 5.16       | Neurological - Stroke / Transient Ischaemic Attack      |                                  |
| C5-MEAE        | 5.17       | Respiratory - Acute pulmonary oedema                    |                                  |
| C5-MEAE        | 5.18       | Respiratory - Airway obstruction (foreign body)         |                                  |
| C5-MEAE        | 5.19       | Respiratory - Asthma                                    |                                  |
| C5-MEAE        | 5.20       | Respiratory - Chronic obstructive pulmonary disease     |                                  |
| C5-MEAE        | 5.21       | Respiratory - Croup                                     |                                  |
| C5-MEAE        | 5.22       | Respiratory - Epiglottitis                              |                                  |
| C5-MEAE        | 5.23       | Respiratory - Hyperventilation / panic attacks          |                                  |
| C5-MEAE        | 5.24       | Respiratory - Pulmonary embolus                         |                                  |
| C5-MEAE        | 5.25       | Respiratory - Tracheostomy emergencies                  |                                  |
| C5-MEAE        | 5.26       | Toxicology - Chemical Exposure                          |                                  |
| C5-MEAE        | 5.27       | Toxicology - Drug overdose                              |                                  |
| C5-MEAE        | 5.28       | Toxicology - Carbon monoxide                            |                                  |
| C5-MEAE        | 5.29       | Toxicology - Corrosive agents                           |                                  |
| C5-MEAE        | 5.30       | Toxinology - Envenomation - Reptiles                    |                                  |
| C5-MEAE        | 5.31       | Toxinology - Envenomation - Snakes                      |                                  |
| C5-MEAE        | 5.32       | Toxinology - Envenomation - Spiders                     |                                  |
| C5-MEAE        | 5.33       | Toxinology - Hymenoptera bites and stings               |                                  |
| C5-MEAE        | 5.34       | Toxicology - Toxic metals                               |                                  |
| C5-MEAE        | 5.35       | Trauma - Burn injuries                                  |                                  |
| C5-MEAE        | 5.36       | Trauma - Chest injuries                                 |                                  |
| C5-MEAE        | 5.37       | Trauma - Crush injuries                                 |                                  |
| C5-MEAE        | 5.38       | Trauma - Dental injuries                                |                                  |
| C5-MEAE        | 5.39       | Trauma - Disc battery ingestion                         |                                  |
| C5-MEAE        | 5.40       | Trauma - Electric shock                                 |                                  |
| C5-MEAE        | 5.41       | Trauma - Fluid injection injury                         |                                  |
| C5-MEAE        | 5.42       | Trauma - Hypovolaemic shock                             |                                  |
| C5-MEAE        | 5.43       | Trauma - Lightning injury                               |                                  |
| C5-MEAE        | 5.44       | Trauma - Limb injury                                    |                                  |
| C5-MEAE        | 5.45       | Trauma - Massive haemorrhage control                    |                                  |
| C5-MEAE        | 5.46       | Trauma - Pelvic injury                                  |                                  |
| C5-MEAE        | 5.47       | Trauma - Resuscitation - Traumatic                      |                                  |
| C5-MEAE        | 5.48       | Trauma - Spinal cord injury                             |                                  |
| C5-MEAE        | 5.49       | Trauma - Traumatic animal attacks                       |                                  |
| C5-MEAE        | 5.50       | Trauma - Traumatic Brain Injury                         |                                  |
| C5-MEAE        | 5.51       | Trauma - Trauma in Pregnancy                            |                                  |
| C5-MEAE        | 5.52       | Trauma - Wound management (gluing)                      |                                  |
| C5-MEAE        | 5.53       | Toxicology - Plants                                     |                                  |
| C5-MEAE        | 5.54       | Airway management                                       |                                  |
| C5-MEAE        | 5.55       | Stabilising a patient in a remote setting               |                                  |
| C5-MEAE        | 5.56       | Pain Management in the wild                             |                                  |
| C5-MEAE        | 5.57       | Paediatric patients                                     |                                  |
| C5-MEAE        | 5.58       | Pain Management                                         | 0.25                             |
| C5-MEAE        | 5.59       | Ultra Sound in the Field                                |                                  |

### ELECTIVE Module 6 - Altitude Medicine (E6-AM)

| Module Nesting | Topic Code | Topic                                                    | Credit point value for the topic |
|----------------|------------|----------------------------------------------------------|----------------------------------|
| E6-AM          | 6.01       | Altitude physiology                                      | 0.25                             |
| E6-AM          | 6.02       | Altitude illness (HACE)                                  | 0.125                            |
| E6-AM          | 6.03       | Altitude illness (HAPE)                                  | 0.125                            |
| E6-AM          | 6.04       | Effects of altitude on pre-existing medical conditions   |                                  |
| E6-AM          | 6.05       | High altitude pharmacology                               | 0.25                             |
| E6-AM          | 6.06       | Risk management – Altitude and tools (Lake Louise score) | 0.125                            |

### ELECTIVE Module 7 - Desert Medicine (E7-DeM)

| Module Nesting | Topic Code | Topic                                     | Credit point value for the topic |
|----------------|------------|-------------------------------------------|----------------------------------|
| E7-DeM         | 7.01       | Celestial navigation (fundamentals)       |                                  |
| E7-DeM         | 7.02       | Exposure                                  |                                  |
| E7-DeM         | 7.03       | Desert dermatoses and dry skin conditions |                                  |
| E7-DeM         | 7.04       | Heat illness and dehydration              |                                  |
| E7-DeM         | 7.05       | Heat stroke                               |                                  |
| E7-DeM         | 7.06       | Ocular foreign body intrusion             |                                  |

### ELECTIVE Module 8 - Dive Medicine (E8-DiM)

| Module Nesting | Topic Code | Topic                            | Credit point value for the topic |
|----------------|------------|----------------------------------|----------------------------------|
| E8-DiM         | 8.01       | Dive planning and profiles       |                                  |
| E8-DiM         | 8.02       | Safety equipment                 |                                  |
| E8-DiM         | 8.03       | Currents & Tides                 |                                  |
| E8-DiM         | 8.04       | Diving physiology                |                                  |
| E8-DiM         | 8.05       | Diving emergencies - DCI         |                                  |
| E8-DiM         | 8.06       | Diving emergencies - AGE         |                                  |
| E8-DiM         | 8.07       | Dysbarisms & Barotrauma          |                                  |
| E8-DiM         | 8.08       | Diving emergencies (unspecified) |                                  |
| E8-DiM         | 8.09       | Shallow water Blackout           |                                  |
| E8-DiM         | 8.10       | Dive medicine general            |                                  |

### ELECTIVE Module 9 - Flight Medicine (E9-FM)

| Module Nesting | Topic Code | Topic                                             | Credit point value for the topic |
|----------------|------------|---------------------------------------------------|----------------------------------|
| E9-FM          | 9.01       | Altitude physiology and oxygen systems            |                                  |
| E9-FM          | 9.02       | Aviation medical systems                          |                                  |
| E9-FM          | 9.03       | Crew Resource Management (CRM)                    | 0.25                             |
| E9-FM          | 9.04       | Escape and survival                               |                                  |
| E9-FM          | 9.05       | Gravitational physiology and the effects G forces |                                  |
| E9-FM          | 9.06       | Landing zone marking and safety                   |                                  |
| E9-FM          | 9.07       | Low level medical retrieval                       |                                  |
| E9-FM          | 9.08       | Motion & Air sickness                             |                                  |
| E9-FM          | 9.09       | Safety around helicopters                         |                                  |
| E9-FM          | 9.10       | Spatial disorientation                            |                                  |
| E9-FM          | 9.11       | Flight medicine (general)                         | 0.25                             |

### ELECTIVE Module 10 - Humanitarian Healthcare (E10-Hc)

| Module Nesting | Topic Code | Topic                                         | Credit point value for the topic |
|----------------|------------|-----------------------------------------------|----------------------------------|
| E10-HM         | 10.01      | Community hygiene                             |                                  |
| E10-HM         | 10.02      | Clinical management of vulnerable populations | 0.125                            |
| E10-HM         | 10.03      | Distilling water in the field                 |                                  |
| E10-HM         | 10.04      | Field sterilisation of equipment (clinical)   |                                  |
| E10-HM         | 10.05      | Fundamentals of epidemiology                  |                                  |
| E10-HM         | 10.06      | Healthcare in resource poor environments      |                                  |
| E10-HM         | 10.07      | Human rights in health care                   |                                  |
| E10-HM         | 10.08      | Intro to international community development  |                                  |
| E10-HM         | 10.09      | Obstetric emergencies in the field            |                                  |
| E10-HM         | 10.10      | Principles of public health                   |                                  |
| E10-HM         | 10.11      | Resuscitation - Paediatric                    |                                  |
| E10-HM         | 10.12      | Sustainability and development                |                                  |
| E10-HM         | 10.13      | WASH principles                               |                                  |
| E10-HM         | 10.14      | Mass water purification                       |                                  |
| E10-HM         | 10.15      | Controlled Human Infection Models (CHIMs)     |                                  |
| E10-HM         | 10.16      | Respiratory bacterial infections              |                                  |
| E10-HM         | 10.17      | Vaccine education and delivery                |                                  |
| E10-HM         | 10.18      | Infectious disease mapping                    |                                  |
| E10-HM         | 10.19      | Outbreak management and safety                |                                  |

|        |       |                      |      |
|--------|-------|----------------------|------|
| E10-HM | 10.20 | Vaccination programs |      |
| E10-HM | 10.21 | Special populations  | 0.25 |
| E10-HM | 10.22 | Field surgery        | 0.75 |

### ELECTIVE Module 11 - Marine Medicine (E11-MaM)

| Module Nesting | Topic Code | Topic                                   | Credit point value for the topic |
|----------------|------------|-----------------------------------------|----------------------------------|
| E11-MaM        | 11.01      | Confined space resuscitation techniques |                                  |
| E11-MaM        | 11.02      | Envenomation – Marine stings            |                                  |
| E11-MaM        | 11.03      | Hand Arm Vibration Syndrome (HAVS)      |                                  |
| E11-MaM        | 11.04      | Marine environment search and rescue    |                                  |
| E11-MaM        | 11.05      | Shallow water blackout                  |                                  |
| E11-MaM        | 11.06      | Sunburn and dehydration                 |                                  |
| E11-MaM        | 11.07      | Wound management (suturing)             |                                  |
| E11-MaM        | 11.08      | Fish hook removal techniques            |                                  |
| E11-MaM        | 11.09      | Person-over-board / recovery            |                                  |
| E11-MaM        | 11.10      | Transferring a patient vessel to vessel |                                  |

### ELECTIVE Module 12 - Mountain Medicine (E12-MoM)

| Module Nesting | Topic Code | Topic                                    | Credit point value for the topic |
|----------------|------------|------------------------------------------|----------------------------------|
| E12-MoM        | 12.01      | Avalanche safety                         | 0.25                             |
| E12-MoM        | 12.02      | Avalanche rescue                         | 0.25                             |
| E12-MoM        | 12.03      | Brief overview of HAPE & HACE            | 0.25                             |
| E12-MoM        | 12.04      | Search and rescue in mountainous terrain | 0.25                             |
| E12-MoM        | 12.05      | Vertical rescue techniques               | 0.25                             |

### ELECTIVE Module 13 - Polar Medicine (E13-PM)

| Module Nesting | Topic Code | Topic                       | Credit point value for the topic |
|----------------|------------|-----------------------------|----------------------------------|
| E13-PM         | 13.01      | Frost bite and trench foot  |                                  |
| E13-PM         | 13.02      | Hypothermia                 | 0.25                             |
| E13-PM         | 13.03      | Overview of polar medicine  | 0.5                              |
| E13-PM         | 13.04      | Resuscitation - Hypothermic |                                  |
| E13-PM         | 13.05      | Snow blindness              |                                  |

### ELECTIVE Module 14 - Space Medicine (E14-SM)

| Module Nesting | Topic Code | Topic                                       | Credit point value for the topic |
|----------------|------------|---------------------------------------------|----------------------------------|
| E14-SM         | 14.01      | Effects of zero gravity on the human body   |                                  |
| E14-SM         | 14.02      | Isolation and confinement                   |                                  |
| E14-SM         | 14.03      | Muscle loss                                 |                                  |
| E14-SM         | 14.04      | CBRIN                                       |                                  |
| E14-SM         | 14.05      | Space sickness                              |                                  |
| E14-SM         | 14.06      | Space travel & aerospace medicine           |                                  |
| E14-SM         | 14.07      | Nutrition in space                          |                                  |
| E14-SM         | 14.08      | Life Support systems                        |                                  |
| E14-SM         | 14.09      | Spaceflight and confined environments       |                                  |
| E14-SM         | 14.10      | Psychological considerations and management |                                  |
| E14-SM         | 14.11      | Life support systems                        |                                  |
| E14-SM         | 14.12      | Radiation                                   |                                  |
| E14-SM         | 14.13      | Space legal and ethical considerations      |                                  |

### ELECTIVE Module 15 - Tactical Medicine (E15-TaM)

| Module Nesting | Topic Code | Topic                              | Credit point value for the topic |
|----------------|------------|------------------------------------|----------------------------------|
| E15-TaM        | 15.01      | AAO                                |                                  |
| E15-TaM        | 15.02      | Blast injuries                     |                                  |
| E15-TaM        | 15.03      | CBRIE                              |                                  |
| E15-TaM        | 15.04      | Hunting Accidents                  |                                  |
| E15-TaM        | 15.05      | Penetrating injury (high velocity) |                                  |
| E15-TaM        | 15.06      | Penetrating injury (slow velocity) |                                  |
| E15-TaM        | 15.07      | Principles of TCCC                 |                                  |
| E15-TaM        | 15.08      | Roles and Responsibilities         |                                  |

### ELECTIVE Module 16 - Tropical Medicine (E16-Tro)

| Module Nesting | Topic Code | Topic                                                                             | Credit point value for the topic |
|----------------|------------|-----------------------------------------------------------------------------------|----------------------------------|
| E16-Tro        | 16.01      | Hyperthermia                                                                      |                                  |
| E16-Tro        | 16.02      | Mosquito & vector borne illness                                                   |                                  |
| E16-Tro        | 16.03      | Respiratory diseases (such as measles, respiratory syncytial virus, tuberculosis) |                                  |
| E16-Tro        | 16.04      | STIs                                                                              |                                  |

|         |       |                                         |     |
|---------|-------|-----------------------------------------|-----|
| E16-Tro | 16.05 | Tick removal (Lyme disease)             |     |
| E16-Tro | 16.06 | Tropical diseases                       |     |
| E16-Tro | 16.07 | Tropical skin conditions                |     |
| E16-Tro | 16.08 | Managing ulcers                         |     |
| E16-Tro | 16.09 | Infectious gastrointestinal disease     |     |
| E16-Tro | 16.10 | Infectious and tropical disease (other) |     |
| E16-Tro | 16.11 | Tropical medicine (general)             | 0.5 |

### ELECTIVE Module 17 - Travel Medicine (E17-Tra)

| Module Nesting | Topic Code | Topic                                      | Credit point value for the topic |
|----------------|------------|--------------------------------------------|----------------------------------|
| E17-Tra        | 17.01      | Chronic diarrhea in the returned traveller |                                  |
| E17-Tra        | 17.02      | Haemorrhagic fevers                        |                                  |
| E17-Tra        | 17.03      | Infectious disease in adventure travel     |                                  |
| E17-Tra        | 17.04      | Parasites in a traveller                   |                                  |
| E17-Tra        | 17.05      | Traveller's diarrhea                       |                                  |
| E17-Tra        | 17.06      | Travel dermatology                         |                                  |
| E17-Tra        | 17.07      | Yellow fever                               |                                  |
| E17-Tra        | 17.08      | Integrating travel health into practice    |                                  |
| E17-Tra        | 17.09      | Fundamentals of travel medicine            |                                  |
| E17-Tra        | 17.10      | Hepatitis                                  |                                  |
| E17-Tra        | 17.11      | Drugs and alcohol abroad                   |                                  |
| E17-Tra        | 17.12      | Fever in returned travellers               |                                  |
| E17-Tra        | 17.13      | Climate change and its effects on health   |                                  |
| E17-Tra        | 17.14      | Travel Medicine (general)                  | 0.25                             |
| E17-Tra        | 17.15      | Epidemiology                               |                                  |
| E17-Tra        | 17.16      | Culture Shock                              |                                  |

### ELECTIVE Module 18 - Sports and Endurance Medicine (E18 -SEM)

| Module Nesting | Topic Code | Topic                             | Credit point value for the topic |
|----------------|------------|-----------------------------------|----------------------------------|
| E18-SEM        | 18.01      | Exercise-Associated Muscle Cramps |                                  |
| E18-SEM        | 18.02      | Orthopaedic injuries              |                                  |
| E18-SEM        | 18.03      | Lower limb splinting              |                                  |
| E18-SEM        | 18.04      | Hyperkalaemia & Hypokalaemia      |                                  |
| E18-SEM        | 18.05      | Rhabdomyolysis                    |                                  |

### ELECTIVE Module 19 – Universal Skills (E19 -US)

| Module Nesting | Topic Code | Topic                                           | Credit point value for the topic |
|----------------|------------|-------------------------------------------------|----------------------------------|
| E19 -US        | 19.01      | Cultural considerations in health care          | 0.125                            |
| E19 -US        | 19.02      | Law and ethics                                  |                                  |
| E19 -US        | 19.03      | Peer support / seeking help                     |                                  |
| E19 -US        | 19.04      | Primary patient assessment                      |                                  |
| E19 -US        | 19.05      | PTSD versus PTG                                 |                                  |
| E19 -US        | 19.06      | Self-care (nutrition, sleep and exercise)       | 0.125                            |
| E19 -US        | 19.06      | Self-care (mental health)                       | 0.25                             |
| E19 -US        | 19.07      | Operations management                           | 0.125                            |
| E19 -US        | 19.08      | Time Criticality                                |                                  |
| E19 -US        | 19.09      | Managing the deteriorating patient              | 0.25                             |
| E19 -US        | 19.10      | Fire Suppression                                |                                  |
| E19-US         | 19.11      | The importance of deliberate documentation      |                                  |
| E19-US         | 19.12      | Multi-Casual Management                         |                                  |
| E19-US         | 19.13      | AI in Remote Health Care                        |                                  |
| E19-US         | 19.14      | Safe Defibrillation                             |                                  |
| E19-US         | 19.15      | Contract Tracing, Surveillance & Global Threats | 0.25                             |
| E19-US         | 19.16      | Prescribing & pharmacy                          |                                  |
| E19-US         | 19.17      | Governance & Scope of practice                  |                                  |
| E19-US         | 19.18      | Women's health in extremes                      | 0.5                              |

### ELECTIVE Module 20 – Telehealth (E20 - TeH)

| Module Nesting | Topic Code | Topic                                                       | Session name and mode of delivery (theory/practical) |
|----------------|------------|-------------------------------------------------------------|------------------------------------------------------|
| E20 -TeH       | 20.01      | Telehealth Terminology                                      | 0.125                                                |
| E20 -TeH       | 20.02      | Equipment, technical, and network requirements              | 0.25                                                 |
| E20 -TeH       | 20.03      | Remote patient monitoring (RPM) and mobile health (mHealth) |                                                      |
| E20 -TeH       | 20.04      | Assessment considerations                                   | 0.125                                                |
| E20 -TeH       | 20.05      | Medico-legal consideration                                  |                                                      |



#### Application Explanation

- One credit point is the equivalent of approximately one hour of **practical work** on a specific topic, (0.75 credit points = 45 minutes, 0.5 credit points = 30 minutes, 0.25 credit points = 15 minutes).
- One credit point is the equivalent of approximately half a day (4 hours) of **theoretical work** on a specific topic (15-30min = 0.25 credits).

