

**AWARDING COPE CREDIT**

**Credit Hours:**

The minimum credit for any COPE-Accredited Activity is 0.25 hours. COPE credit hours are defined in the following increments:

• 0.25 hours of credit equals a minimum of 15 minutes of instructional time.

• 0.50 hours of credit equals a minimum of 25 minutes of instructional time.

• 1.00 hours of credit equals a minimum of 50 minutes of instructional time.

**Formats**:

COPE credit may be given to activities that are presented in the following formats:

1. **LIVE:** A live format is when the instructor is in the same room with the participants, even if other formats are used as audiovisual aids for teaching the course. The instructor is face-to-face with the audience and can touch the participants.
2. **DISTANCE LEARNING:** The course instructor is not physically present (not face to face).
3. **Interactive Distance Learning:**

* ***Examples***: Webinar, video conference, teleconference, or other format that allows for immediate interaction and feedback between the audience and the instructor. Once the event has taken place, learners may no longer participate in that activity.

1. **Enduring Distance Learning (Non-Interactive):**

* ***Examples***: Webcast, podcast, video, journal, website, written or other format that provides one-way content to the audience without immediate interaction with the instructor. There is not just one time on one day to participate in the activity, rather, the participant determines when he/she participates.

**COPE Course Categories:**

Please review a full list of COPE Course Categories and definitions here: [cope\_categories.pdf](https://s3.amazonaws.com/arbo.org/public/cope_categories.pdf)

At this time, courses in the following content areas are not eligible for COPE accreditation:

* Mindfulness, personal well-being (physical and mental), stress management
* Educational methodology
* Self-assessments