

Expect Excellence Apprenticeship Program

Continuing Education Submission Outline

This submission outlines the Year 1 coursework for the Expect Excellence Apprenticeship Program. Level 1 is delivered as one asynchronous course using the Mike Holt 2026 Electrical Apprenticeship Program curriculum, based on the 2026 NEC. The curriculum contains 156 instructional hours organized into four modules. Students complete assigned coursework according to established pacing milestones and may work ahead of the recommended schedule. A mentor instructor provides instructional support, answers questions, monitors progress, and assists students with course concepts as needed.

Course Title: Expect Excellence Apprenticeship Program Level 1 (Self-Paced)

Total CE-Eligible Hours: 156 hours

Category	Hours
NFPA 70E Safety (Core subset)	4
Core (NEC)	48
Professional	104
Grand Total	156

Notes: Level 1 provides foundational electrical training through asynchronous Mike Holt coursework with mentor-instructor support. Instruction includes NFPA 70E-related electrical safe work practices and supplemental electrical safety training; electrical theory, tools, meters, motors, generators, transformers, and other trade-related professional instruction; and NEC Core instruction covering Code navigation and fundamental NEC requirements. Required hands-on laboratory instruction reinforces course concepts and is incorporated within the 156 total instructional hours rather than counted as additional hours.

CE Hour Allocation Basis

Module	NFPA 70E	Core (NEC)	Professional	Total
Module I	4	0	35	39
Module II	0	0	39	39
Module III	0	9	30	39
Module IV	0	39	0	39
Level 1 Total	4	48	104	156

Course Content

Module I - Safety, Electrical Theory, Meters & Switching: Introduction, tools and safety; electrical hazards and safe working practices; OSHA construction safety; electrical safety and PPE; falls, ladders, stairs and scaffolds; electrical theory Units 1-9; digital multimeter principles; 3- and 4-way switching; module review and quiz.

Module II - Electrical Theory & Equipment: Basic math and trigonometry; Ohm's Law and Watt's Law; series, parallel and series-parallel circuits; AC fundamentals, inductance and capacitance; true power, power factor and apparent power; motors; generators and relays; transformers; module review and quiz.

Module III - Advanced Theory & Introduction to the NEC: Overcurrent protection; GFCIs, GFPEs, AFCIs and SPDs; wire resistance and voltage drop; multiwire circuits; formula wheel; electrical theory review and exam; how to use the NEC; Article 90; Article 110; module review and quiz.

Module IV - Fundamental NEC Requirements: NEC Articles 200, 210, 250, 300, 310, 312, 314, 320, 330, 334, 336, 338, 340, 342, 344, 348, 350, 352, 358, 356, 362, 376, 380, 386, 392, 404, 406, 408, 410 and 422; grounding electrodes; conductor ampacity and selection; box fill; Level 1 review and exam.