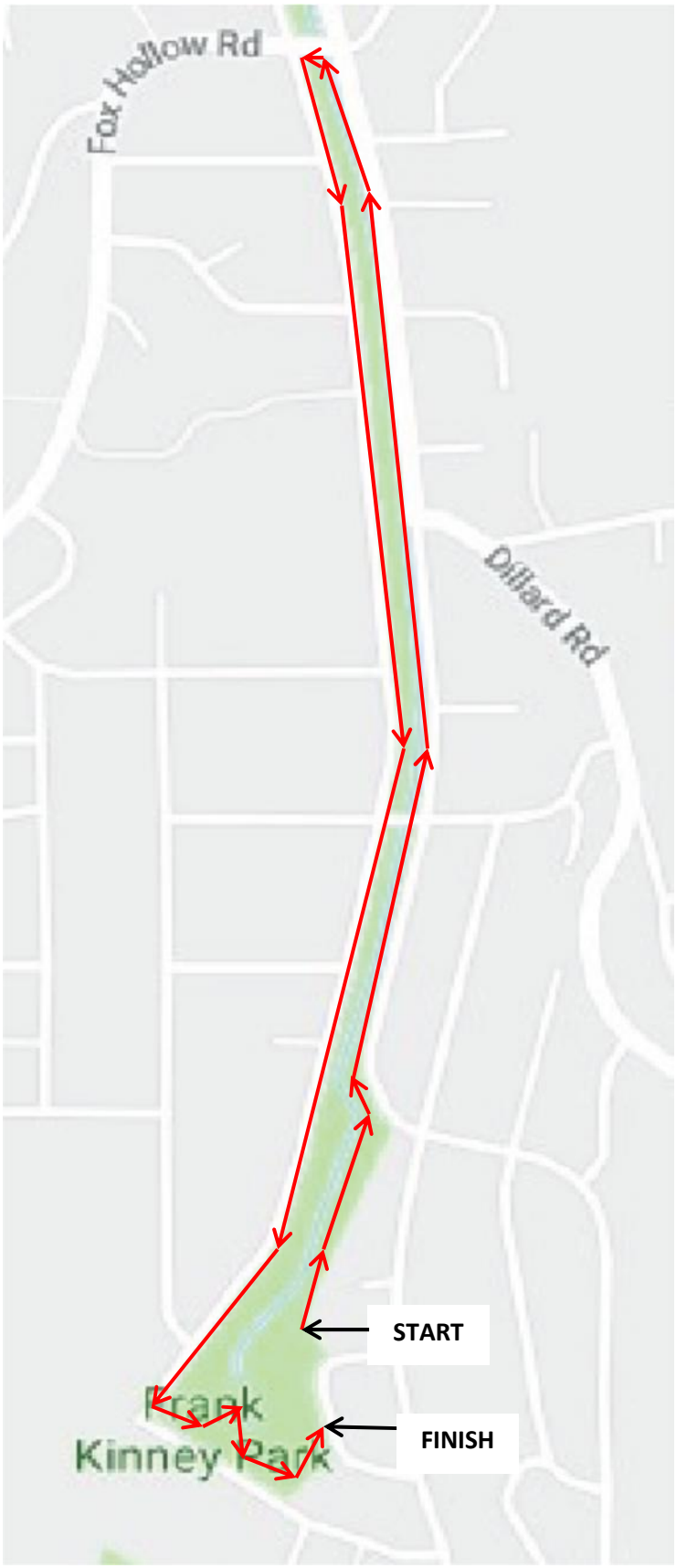3K COURSE MAP