



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Wellness and Spa Care - I							
Course Code		SGH106		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	4	Workload	75 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		In this lesson; aimed to gain theoretical knowledge and implementation ability about wellness&SPA implements, massage that In the field of hair care and beauty services is a fundamental element							
Course Content		Anatomy, physiology, massage techniques, concept of aromatherapy, concept of SPA							
Work Placement		Students must have to complete their internship within the required time and properties. The required rules are describes at the Adnan Menderes University, Sultanhisar Vocational School, Student Internship Instructions.							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Case Study, Individual Study					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	Instructor's lecture notes
2	KANBİR, Oğuz; Klasik Masaj Ekin yayınları, Bursa, 2001.
3	Photos, videos, etc. and all resources about this topic.
4	Yenigün, Metin; Spa, Masaj ve Yöneticilik Rehberi, Astana Yayınları.

Week	Weekly Detailed Course Contents	
1	Theoretical	Definition and concepts about human anatomy
	Preparation Work	Course materials
2	Theoretical	Human physiology and body systems
	Preparation Work	Course materials
3	Theoretical	Aromatherapy application techniques and
	Preparation Work	Course materials
4	Theoretical	Aromatherapy application methods and effects of aromatherapy herbs on human physiology
	Preparation Work	Course materials
5	Theoretical	What a SPA therapist should have
	Preparation Work	Course materials
6	Theoretical	Massage kinds and effects – Classical (Swedish) massage
	Preparation Work	Course materials
7	Theoretical	Massage kinds and effects – Classical (Swedish) massage
	Preparation Work	Course materials
8	Intermediate Exam	Midterm exam
9	Theoretical	Alternative massage kinds – Shiatsu, reflexotherapy
	Preparation Work	Course materials
10	Theoretical	Alternative massage kinds – Thai & stone
	Preparation Work	Course materials
11	Theoretical	Alternative massage kinds – Ayurveda & champissage
	Preparation Work	Course materials
12	Theoretical	Natural methods in used body cares -Body care with moss -Body care with mud -body care with clay
	Preparation Work	Course materials
13	Theoretical	Natural methods in used body cares -Body care with herb puree -Body care with bath salt -body care with effective peeling herbs



13	Preparation Work	Course materials
14	Theoretical	Body care applications – Sauna
	Preparation Work	Course materials
15	Theoretical	Body care applications – Body wrap, cellulite care, oxitherapy, carboxitherapy, solarium
	Preparation Work	Course materials
16	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Lecture - Practice	14	0	2	28
Assignment	2	3	0	6
Midterm Examination	1	5	1	6
Final Examination	1	6	1	7
Total Workload (Hours)				75
[Total Workload (Hours) / 25*] = ECTS				3

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	To have information about human anatomy
2	To have information about human physiology
3	To have information and ability about the concept of aromatherapy and applications
4	To have information about qualifications that Spa therapist is necessary
5	To have information and ability about classical massage
6	To have information about alternative kinds of massage
7	To have information and ability about the methods of body care

Programme Outcomes (Hair Care and Beauty Services)

1	Ability to evaluate, to apply, to access to scientific knowledge by using theoretical and practical knowledge in basic level knowledge gained in the field of hair care and beauty services
2	Having knowledge of using effectively all kinds of tool and equipment using in the field of hair care and beauty services
3	Ability to study in a basic level project, to take responsibility for individual or team, to solve problems facing relation with the field of hair care and beauty services
4	Ability to develop oneself as the personal and professional, updating them with the awareness of lifelong learning, knowledge skills and competencies regarding in the field of hair care and beauty services.
5	Ability to communicate at least one foreign language at a basic level
6	Ability to use effectively information and communications technologies
7	Ability to communicate and to be social effectively
8	Ability to evaluate and to interpret data relation with them, to solve and to identify potential problems regarding in the field of hair care and beauty services
9	Having knowledge of legal regulations and professional standards and regarding in the field of hair care and beauty services
10	Ability to behave suitable and to attend for quality management and processes
11	Ability to be an example to the community by external appearance, personal care, manner, attitude and behavior
12	Ability to develop and to evaluate and to satisfy towards demand and needs of consumer of service processes regarding in the field of hair care and beauty services
13	Ability to consider human health, social and natural environment towards ethical principles of professional, while carrying out things regarding in the field of hair care and beauty services
14	Ability to evaluate health, safety and risk as regular regarding in the field of hair care and beauty services
15	Ability to transfer the acquired knowledge and skills, if necessary, using to appropriate learning environments

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5	L6	L7
P1	4	4	5	4	4	4	5
P2			2		2		2
P3			2		2		2
P4	3	3	4	2	4	4	4



P5	4	4	4	4	4	4	4
P6	3	3	3		3	3	3
P7			4		4	4	4
P8	2	2	4	4	4	4	4
P9	1	1	4	5	4	4	4
P10	1	1	4	5	4	3	4
P11			3	5	3		3
P12			5	5	5		5
P14	4	4	4	3	4		3
P15	4	4	4	4	4	4	4

