



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Wellness and Spa Care - II							
Course Code		SGH215		Couse 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		SPA, Wellness, the mental body cares, psychological effects							
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	Fitness and Wellness Sharon A. Hoeger, Wener W.K. Hoeger
3	Salon ovations' Day Spa Techniques Erica MILLER

Week	Weekly Detailed Course Contents	
1	Theoretical	The Place And Importance Treatments Of Wellness & Spa Tourism
	Preparation Work	Course material
2	Theoretical	Wellness & Spa Practices Impact On Human Psychology
	Preparation Work	Course material
3	Theoretical	Thalassotherapy
	Preparation Work	Course material
4	Theoretical	Balneotherapy
	Preparation Work	Course material
5	Theoretical	Hydrotherapy
	Preparation Work	Course material
6	Theoretical	Plant Baths
	Preparation Work	Course material
7	Theoretical	The Concept Of Bio-Energy
	Preparation Work	Course material
8	Intermediate Exam	Midterm
9	Theoretical	Color Therapy, Voice Therapy
	Preparation Work	Course material
10	Theoretical	Reiki, Meditation
	Preparation Work	Course material
11	Theoretical	Exercise-Based Body Care Methods - Stretching, Aerobic
	Preparation Work	Course material
12	Theoretical	Exercise-Based Body Care Methods – Dance, Step, Fitness
	Preparation Work	Course material
13	Theoretical	Peace Of Mind, The Effects Of Fragrances On Psychology
	Preparation Work	Course material
14	Theoretical	The Effects Of Colors On Human Psychology
	Preparation Work	Course material



15	Theoretical	The Effects Of Music On Human Psychology
	Preparation Work	Course material
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
Studio Work	4	0	3	12
Midterm Examination	1	2	1	3
Final Examination	1	3	1	4
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 Wellness & SPA treatments where the tourism sector and the importance
2	To have information about body treatments carried out with water
3	To have information about mental body treatments
4	To have information about Wellness & SPA treatments effects on human psychology
5	Able to achieve Wellness & SPA treatments

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
P1	4	4	4	4	4
P2		3			4
P3					4
P4	4	4	4	4	4
P7	4				4
P8				3	
P9	4				4
P11					4
P12					4



P13					4
P14					4
P15	3	3	3	3	3

