



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Aromatherapy							
Course Code		TABİ301		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The aim of this course is to let student be able to learn and be able to apply aromatherapy as a supportive treatment method applied by massage, compresses, inhalations and baths with essential oil and plants containing essential oil.							
Course Content		Having knowledge on aromatic oils, benefits preparation and their applications							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study					
Name of Lecturer(s)		Lec. Şebnem Nalan AKAROĞLU							

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Course notes of Lecturers
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Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to Aromatherapy, definitions and history
2	Theoretical	The effects of aromatherapy
3	Theoretical	The benefits of aromatherapy
4	Theoretical	Application methods of aromatherapy
5	Theoretical	Massage, compresses, inhalation and scenting of place
6	Theoretical	SPA and Bath
7	Theoretical	Oils used in Aromathreapy
8	Intermediate Exam	Exam
9	Theoretical	Oils used in Aromathreapy
10	Theoretical	Practices of aromatherapy massage
11	Theoretical	Client and Practitioner Preparation
12	Theoretical	Preparation aromatic mixture
13	Theoretical	Planning of massage, duration, frequency selection and manipulation
14	Theoretical	Massage Room Features and Hygiene
15	Theoretical	Aromatherapy Massage General Practice and Procedure Steps

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Assignment	3	2	0	6
Term Project	1	4	0	4
Midterm Examination	1	4	1	5
Final Examination	1	6	1	7
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	Learning basics of aromatherapy
2	Lerning the preparation of foundations and benefits of essential oils and aromatic oils



3	Performing aromatherapy application
4	Learns the preparation of massage oil mixtures
5	Knows the effects of drugs in treatment

**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
P1	1

