



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Aromatherapy							
Course Code		TABİ301		Couese 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 (Human Resources and Management)

1	To use theoretical and applied knowledge in the field of human resources management
2	To examine various concepts and opinions in the field of human resources management, and evaluate related data.
3	To undertake individual and group responsibility in order to solve unforeseen complex problems and issues which are confronted in application process.
4	To be able to transmit self opinions and solutions to problems in the field of human resources management via written and oral channels.
5	To support self opinions and solutions to problems by qualitative and quantitative data and share this with other professionals or nonprofessionals.
6	To benefit from other disciplines which are related to human resources management and be acknowledged about these disciplines.
7	Legislation relevant to the profession and to follow the basic law to have knowledge in the field of public administration
8	To have societal, scientific and ethical values in gathering data, planning, executing and controlling human resources management issues.
9	Develop an awareness for the need for life long learning
10	To follow national and international contemporary issues
11	To become sensitive to Atatürk's principles and reforms, the right to use the Turkish language, the official correspondence of the basic ability to have the ability and understanding related to the field of foreign terms

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

	L1	L2	L3	L4	L5
P9	3	3	3	3	3

