



**AYDIN ADNAN MENDERES UNIVERSITY  
SULTANHISAR VOCATIONAL SCHOOL  
PLANT AND ANIMAL PRODUCTION  
SEEDLING PRODUCTION  
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        | 60             |

| Recommended or Required Reading |                           |
|---------------------------------|---------------------------|
| 1                               | Course notes of Lecturers |

| Week | Weekly Detailed Course Contents |   |
|------|---------------------------------|---|
| 1    | Theoretical                     | Aromatherapy entry, 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 (Seedling Production)

|    |   |
|----|---|
| 1  | Having knowledge of physiology and morphology characteristics, growth, development and biochemical events occurred in fruits, vegetables and ornamentals plants |
| 2  | Having knowledge of soil, climate and irrigation conditions grown fruits, vegetables and ornamentals plants   |
| 3  | Having knowledge of identification, classification and the use areas of fruits, vegetables and ornamentals plants   |
| 4  | Having practical and theoretical knowledge of production techniques of fruits, vegetables and ornamentals plants  |
| 5  | Having ability to identify and to maintain diseases and pests of fruits, vegetables and ornamentals plants  |
| 6  | Having knowledge of marketing techniques, standards, contributions to the economy of fruits, vegetables and ornamentals plants, legal issues                    |
| 7  | Having knowledge of facilities and builds grown fruits, vegetables and ornamentals plants, and tools and materials used.  |
| 8  | Having ability to use effective own language and having knowledge of language in order to communicate own colleagues and own customers,                         |
| 9  | Having knowledge of Atatürk Principle and Revolutions and, ability to assimilate Atatürk Principle and Revolutions  |
| 10 | Having an enough foreign language to able to follow new development in relation with nursery production   |

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

|    | L1 | L2 | L3 | L4 | L5 |
|----|----|----|----|----|----|
| P6 | 4  | 4  | 4  | 4  | 4  |

