



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Phytotherapy							
Course Code		BDB320		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	102 (<i>Hours</i>)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		Aim of the phytotherapy program is emphasizing the role of phytotherapy in human health improvement and treatment.							
Course Content		Medicinal plants and their use for treatment , the concept of herbal medicine, the benefits of plants and herbal medicines over human health, and the situations in which they should not be used.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study, Problem Solving					
Name of Lecturer(s)		Lec. Duygu KAYA BİLECENOĞLU							

Prerequisites & Co-requisites

ECTS Requisite	90
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Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading

1	FFD-Monografıları-Tedavide kullanılan bitkiler, Ed.s Demirezer, L. Ö., Ersöz, T., Saracoğlu, İ., Şener, B.,Medikal Nobel Tıp Kitapları, 2011
2	ESCOP Monographs, 2003
3	German Commission E Monographs.
4	Principles and Practice of Phytotherapy,Modern Herbal Medicine.Eds. Bone K,Mills S, Elsevier 2013.

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to phytotherapy, History
2	Theoretical	Basic information about treatment with plants
3	Theoretical	Basic information about treatment with plants, herbal drugs
4	Theoretical	Herbal tea and preparation methods
5	Theoretical	Phytotherapeutics used for cardiovascular system diseases
6	Theoretical	Phytotherapeutics used for respiratory system diseases
7	Theoretical	Herbal medicines for nervous system diseases
8	Theoretical	Herbal medicine for gastrointestinal system diseases (Midterm Exam)
9	Theoretical	Antineoplastic phytotherapeutics
10	Theoretical	Herbal medicine for urinary system diseases, antiobesic herbal medicine
11	Theoretical	Hepatoprotective and cholagogue herbal medicine
12	Theoretical	Antidiabetic phytotherapeutics
13	Theoretical	Geriatric herbal medicine, anti-aging agents, phytotherapeutics that used for gynecological and rheumatic disorders
14	Theoretical	Medicinal plants and Drug Interactions

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	13	3	2	65
Midterm Examination	1	19	1	20



Final Examination	1	16	1	17
Total Workload (Hours)				102
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Learn basic concepts and definitions related to the course
2	Has knowledge about the characteristics and supply of plant material used in phytotherapy and about traditional herbal medicinal products as well.
3	Learn the herbal drugs and their mechanism of effects on some symptoms of certain diseases
4	Know the similarities and differences between food and food supplements, herbal medicine, nutraceuticals
5	Has knowledge about herbal teas
6	Has knowledge about drug interactions with plants

Programme Outcomes (Nutrition and Dietetics)

1	Assess, apply and evaluate the accuracy, reliability and validity of basic knowledge and evidence based current scientific developments on nutrition and dietetics.
2	Assess scientifically the energy and nutrients need of individuals and develop nutrition plans and programs for the clients according to the principles of adequate and balanced nutrition and assessment of energy and nutrient requirements
3	Develop food and nutrition plans and policies for the prevention and promotion of healthy lifestyle applying the methods of nutritional assessment for the population.
4	Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.
5	Evaluate the factors affecting the quality of food consumed by the individuals and populations from production to consumption and implement the legal standards and legislations on food safety and food security.
6	Consider, interpret and apply the basic scientific knowledge on nutrition and dietetics especially have skills on critical thinking, problem solving and decision making and use effectively the appropriate current technologies and computer, demonstrate skills in preparing research manuscripts, project proposals, collecting and verifying data and writing report.
7	Assess, evaluate and interpret the nutritional status of the individuals and population groups using current knowledge, develop preventive measures, apply medical nutrition therapy, demonstrate active participation, teamwork and contributions with national and international stakeholders in health and social areas, in terms of ethical principles.
8	Plan menus in the institutional food service systems depending on the energy and nutrient requirements of target groups in the scope of nutrition and dietetic principles, take care of food safety in all settings from purchase of food to service, apply appropriate service using technological developments.
9	Develop and use effective strategies for the education, counseling and encouragement of individuals and population groups to facilitate behavior change and choose healthy and safety foods, prepare and update the related educational materials.
10	Apply laboratory work on product development, food analysis and related factors effecting food quality and interpret the results and evaluate them according to the legal arrangements.
11	Plan, manage, evaluate, monitor and report researches and programs to educate and increase and improve the knowledge and awareness of individuals and population groups on healthy nutrition during all lifecycle period, and lead such activities, support and take role in the preparation and implementation of national and international food and nutrition plans and policies.
12	Work and perform duties in the scope of occupational responsibilities and ethical principles, understand the importance of lifelong learning, follow the latest developments (innovations) in science, technology and health, demonstrate professional attributes for the enhancement of nutrition and dietetics profession.
13	Use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods
14	Plan, apply, monitor and evaluate individualized medical nutrition therapy within interdisciplinary approaches, considering the sociocultural, economical status of patients in various age groups and also contribute to clinical researches.

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
P1	2	3	2	4	4	3
P2	2	3	2	4	4	3
P3	3	3	3	3	3	2
P4	3	5	3	3	3	3
P5	3	2	4	2	2	2
P6	2	2	4	3	3	2
P7	3	3	2	3	4	2
P8	4	2	3	4	2	2



P9	2	1	2	2	3	3
P10	3	4	3	3	2	2
P11	3	2	3	3	3	4
P12	2	3	4	2	3	2
P13	3	3	2	4	4	3
P14	4	2	2	2	3	2

