



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

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|--|---|---|------------|---|---|----------------------------------|---|------------|---|
| Course Title | | Phytotherapy and Aromatherapy | | | | | | | |
| Course Code | | KZM204 | | Course Level | | Short Cycle (Associate's Degree) | | | |
| ECTS Credit | 3 | Workload | 74 (Hours) | Theory | 1 | Practice | 2 | Laboratory | 0 |
| Objectives of the Course | | Basic Phytotherapy. To develop an understanding of some basic principles and concepts about aromatherapy technology. | | | | | | | |
| Course Content | | Phytotherapy: main concepts and definitions, general regulations and directives for the legislation of formulations in Turkey and the World, Impact on Modern Medicine: why should we know about phytotherapy, types of Herbal Medicine Products (HMPs): Crude drugs,herbal teas , nutraceuticals,phytotherapeutics,phytopharmaceutics,etc. Factors influencing the quality of plant-derived drugs. Methods for the standardization and quality assessment in HMPs. Parameters affecting bioavailability,pharmacokinetic,and pharmacodynamic features in HMPs. Scientific evaluation of toxicity reports on HMPs: Herbal pharmacovigilance ,adverse effect ,and side effects Phytotherapy:Main concepts and definitions, General regulations and directives for the legislation of formulations in Turkey and the World, Impact on Modern Medicine: Why should we know about phytotherapy, What is Aromatherapy, What is the history of aromatherapy , Why do I need to know about essential oils,What are common therapeutic uses? What is the difference between “aromatherapy” and “essential oil therapy”, What are essential oils, How Do Essential Oils Work, How Do I Choose and Use Essential Oils, How do I use essential oils, How do I choose an application method, How can I inhale essential oils, What carrier oil should I use, Are Essential Oils Safe | | | | | | | |
| Work Placement | | N/A | | | | | | | |
| Planned Learning Activities and Teaching Methods | | | | Explanation (Presentation), Demonstration, Discussion, Individual Study | | | | | |
| Name of Lecturer(s) | | | | | | | | | |

Assessment Methods and Criteria

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

Recommended or Required Reading

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| 1 | Nimet Özata, 2006, PHYTOTHERAPY and AROMATHERAPY, Arıtan Yayınevi, 132 p., İstanbul |
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| Week | Weekly Detailed Course Contents | |
|------|---------------------------------|--|
| 1 | Theoretical | Phytotherapy and history |
| 2 | Theoretical | General regulations and directives for the legislation of formulations in Turkey |
| 3 | Theoretical | Impact on Modern Medicine |
| 4 | Theoretical & Practice | Researches at Phytotherapy, Why do we use Phytotherapy, side effects of Phytotherapy |
| 5 | Theoretical | Aromatherapy and history |
| 6 | Theoretical & Practice | What are the uses of aromatherapy and aromatherapy |
| 7 | Theoretical & Practice | What are essential oils? How Do Essential Oils Work? How Do I Choose and Use Essential Oils? |
| 8 | Theoretical & Practice | What are essential oils? How Do Essential Oils Work? How Do I Choose and Use Essential Oils? (Midterm exam evaluation) |
| 9 | Theoretical & Practice | Classification |
| 10 | Theoretical & Practice | How do we choose an application method? How can we inhale essential oils? What carrier oil should we use? |
| 11 | Theoretical & Practice | How do we choose an application method? How can we inhale essential oils? What carrier oil should we use? |
| 12 | Theoretical & Practice | Usage Safety of Oils |
| 13 | Theoretical | Usage Safety of Oils |
| 14 | Theoretical | General Assessment |

Workload Calculation

| Activity | Quantity | Preparation | Duration | Total Workload |
|--------------------|----------|-------------|----------|----------------|
| Lecture - Theory | 14 | 0 | 1 | 14 |
| Lecture - Practice | 14 | 1 | 2 | 42 |



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|---------------------------------------|---|---|---|----|
| Midterm Examination | 1 | 8 | 1 | 9 |
| Final Examination | 1 | 8 | 1 | 9 |
| Total Workload (Hours) | | | | 74 |
| [Total Workload (Hours) / 25*] = ECTS | | | | 3 |

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

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|---|---|
| 1 | To be able to understand the history of phytotherapy and aromatherapy |
| 2 | To be able to recognize the plants used for healing purposes for the public |
| 3 | To be able to understand the side effects of overdose usage of medicinal plants |
| 4 | To be able to understand the aims of aromatherapy and plants parts used in this therapy |
| 5 | To be able to attain which features the plants used in aromatherapy should include |

Programme Outcomes (Cosmetic Technology)

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| 1 | To define and classify cosmetics. |
| 2 | To learn the classification of cosmetic raw materials, purposes, products to use and what properties should be carried. |
| 3 | To describe and classify toxicity, to learn toxic substances and analyze methods. |
| 4 | To learn laboratory safety, to apply safety precautions when working with dangerous chemicals. |
| 5 | To learn and apply necessary tests for cosmetic raw materials, intermediates and finished products. |
| 6 | To perform a scientific study, analyze study and report results of study scientifically. |
| 7 | To interpret experimental results, to evaluate data in point of cosmetic science. |
| 8 | To act in accordance with the principles of ethics, to have awareness of professional and ethical responsibility. |
| 9 | To be individuals who are committed to Atatürk's Principles and Revolutions, contemporary, democratic, secular, protecting and developing their country, protecting their nation, respecting human rights, protecting nature, non-discriminatory, adhering to their traditions and customs, and protecting their values. |
| 10 | To be an individual who has completed his personal development, can adapt to society and contribute positively |

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 | 2 | 2 | 2 | 2 | 2 |
| P3 | 4 | 5 | 4 | 4 | 5 |
| P5 | 4 | 5 | 4 | 4 | 5 |
| P8 | 4 | 4 | 4 | 4 | 5 |

