



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Phytotherapy and Aromatherapy							
Course Code		KZM204		Coure 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, Implact on Modern Medicine: why should we know about phytotherapy, types of Herbal Medicine Products (HMPs): Crude drugs,herbal teas , nutraceutics,phytotherapeutics,phytopharmaceutics,etc. Factors influen cing the quality of plant-derived drugs. Methods for the standardization and quality assessment in HMPs. Parameters affecting bioavailability,pharmacokinetic,and pharmacodinamic features in HMPs. Scientific evaluation if toxicity reports on HMPs: Herbal pharmacovilance ,adverse effect ,and side effects Phytotherapy:Main concepts and definitions, General regulations and directives for the legislation of formulations in Turkey and the World, Implact 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	70

Recommended or Required Reading

1	Nimet Özata, 2006, PHYTOTHERAPY and AROMATHERAPY, Arıtan Yayınevi, 132 p., İstanbul
---	---

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	Intermediate Exam	Midterm Exam
9	Theoretical & Practice	What are essential oils? How Do Essential Oils Work? How Do I Choose and Use Essential Oils?
10	Theoretical & Practice	Classification
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	How do we choose an application method? How can we inhale essential oils? What carrier oil should we use?
13	Theoretical	Usage Safety of Oils
14	Theoretical	Usage Safety of Oils
15	Theoretical & Practice	General Assesment
16	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	1	14



Lecture - Practice	14	1	2	42
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

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)

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

