

COURSE OUTLINE

(1) GENERAL

SCHOOL	of HEALTH and CARE SCIENCES		
ACADEMIC UNIT	BIOMEDICAL SCIENCES		
DIVISION	AESTHETICS AND COSMETIC SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	8011	SEMESTER	8
COURSE TITLE	Alternatives Therapies		
INDEPENDENT TEACHING ACTIVITIES <i>if credits are awarded for separate components of the course, e.g. lectures, laboratory exercises, etc. If the credits are awarded for the whole of the course, give the weekly teaching hours and the total credits</i>		WEEKLY TEACHING HOURS	CREDITS
Lectures		3	5
<i>Add rows if necessary. The organisation of teaching and the teaching methods used are described in detail at (d).</i>			
COURSE TYPE <i>general background, special background, specialised general knowledge, skills development</i>	OCSBC		
PREREQUISITE COURSES:	..		
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	GREEK		
IS THE COURSE OFFERED TO ERASMUS STUDENTS	...		
COURSE WEBSITE (URL)	https://eclass.uniwa.gr/courses/BISC198/		

(2) LEARNING OUTCOMES

<p>Learning outcomes</p> <p><i>The course learning outcomes, specific knowledge, skills and competences of an appropriate level, which the students will acquire with the successful completion of the course are described.</i></p> <p><i>Consult Appendix A</i></p> <ul style="list-style-type: none"> • <i>Description of the level of learning outcomes for each qualifications cycle, according to the Qualifications Framework of the European Higher Education Area</i> • <i>Descriptors for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Appendix B</i> • <i>Guidelines for writing Learning Outcomes</i>
<p>Aim and objective of the course:</p> <p>Acquisition of knowledge of manipulations and methods to promote the mental and physical well-being, use of the appropriate method of aesthetic aromatherapy after evaluation of each individual in combination with knowledge from courses related to anatomy, dermatology, physiology and psychology.</p> <p>Learning results:</p> <ol style="list-style-type: none"> 1. Being able to apply aromatherapy techniques. 2. Evaluate the incidents and choose the method or methods that would provide the best result. 3. To assess and select the appropriate program according to its indications-contraindications, for each incident. 4. To compose treatment programs 5. To apply traditional and contemporary aromatherapy techniques. 6. To comply with hygiene regulations. 7. To adapt any new method in relation to Aesthetic treatment.

General Competences

Taking into consideration the general competences that the degree-holder must acquire (as these appear in the Diploma Supplement and appear below), at which of the following does the course aim?

Search for, analysis and synthesis of data and information, with the use of the necessary technology
Adapting to new situations
Decision-making
Working independently
Team work
Working in an international environment
Working in an interdisciplinary environment
Production of new research ideas

Project planning and management
Respect for difference and multiculturalism
Respect for the natural environment
Showing social, professional and ethical responsibility and sensitivity to gender issues
Criticism and self-criticism
Production of free, creative and inductive thinking
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Others...
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- *Autonomous work,*
- *Teamwork,*
- *Work in an interdisciplinary environment,*
- *Work in an international environment*

(3) SYLLABUS

1. Aromatherapy: Analysis of the term aromatherapy, historical background.
2. Essential oils and conditions of their use.
3. Characteristics of essential oils
4. Production methods - Purity - Volatility
5. Classification of essential oils
6. Properties - use of essential oils-Dosage
7. Indications - contraindications.
8. Methods of application in Aesthetics
9. Massage using essential oils. Effect on the skin. Treatment of skin diseases.
10. Effect of aesthetic aromatherapy on the nervous system, respiratory system, muscular system.
11. Applications of Aesthetic Aromatherapy in the treatment of stress, psychological disorders and depression.
12. Essential oils and alternative therapies. Effect on infections. Efficacy of essential oils in relieving cancer patients

(4) TEACHING and LEARNING METHODS - EVALUATION

DELIVERY <i>Face-to-face, Distance learning, etc.</i>	Face to face in the classroom	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY <i>Use of ICT in teaching, laboratory education, communication with students</i>	<ul style="list-style-type: none"> • Use of ICT in teaching • Use of the e-mail and the website (eclass) for communication with the students 	
TEACHING METHODS <i>The manner and methods of teaching are described in detail.</i> <i>Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, placements, clinical practice, art workshop, interactive teaching, educational visits, project, essay writing, artistic creativity, etc.</i> <i>The student's study hours for each learning activity are given as well as the hours of non-directed study according to the principles of the ECTS</i>	Activity	Semester workload
	Lectures	60
	Study-Essay writing	30
	Course total	90
STUDENT PERFORMANCE EVALUATION <i>Description of the evaluation procedure</i> <i>Language of evaluation, methods of evaluation, summative or conclusive, multiple choice questionnaires, short-answer questions, open-ended questions, problem solving, written work, essay/report, oral examination, public presentation, laboratory work, clinical examination of patient, art interpretation, other</i> <i>Specifically-defined evaluation criteria are given, and if and where they are accessible to students.</i>	LANGUAGE: GREEK EVALUATION METHODS 70% Written Assessment (Multiple Choice Test, Short Answer Questions) 30% Essay	

(5) ATTACHED BIBLIOGRAPHY

<p>GREEK</p> <ol style="list-style-type: none"> 1. Μέθοδοι Ευεξίας και Χαλάρωσης στην Αισθητική Σώματος, ΚΑΡΑΤΣΗ ΠΑΝΑΓΙΩΤΑ, ΕΚΔΟΣΕΙΣ ΠΑΝΕΠΙΣΤΗΜΙΟΥ ΜΑΚΕΔΟΝΙΑΣ, 2014 2. Αισθητική Σώματος I Βλαχόπουλος Σπύρος, ΕΚΔΟΣΕΙΣ ΚΑΥΚΑΣ ΕΠΕ, 2010 3. Φυσιολογία του Ανθρώπου, Σταύρος Τ. Πλέσσας, Εκδόσεις Ε. Πλέσσας, 2010 3. Netter's Ανατομία I: Βασική Κλινική Ανατομία, Hansen J.T., Lambert D.R., BROKEN HILL PUBLISHERS LTD, 2011 4. Λουτροθεραπεία και αναψυχή. Ιστορική εξέλιξη των λουτρών, Σκάρπια Χόϊπελ, university Press, 1996 5. Αρωματικά φαρμακευτικά φυτά και αιθέρια έλαια , Σταύρος Κατσιώτης, Πασχαλίνα Χατζοπούλου , Αφοί Κυριακίδη, 2010 6. Τα λουτρά της Ελλάδας, Συλλογικό έργο, Εκδόσεις Καστανιώτη, 2012 <p>FOREIGN</p> <ol style="list-style-type: none"> 1. The Spa Book: The Official Guide to Spa Therapy, Jane Crebbin-Bailey, John Harcup, 2005 2. Thalassotherapy, Jesse Russell, Ronald Cohn, 2012 3. Duggan J. & Duggan S. , Massage. Hydrotherapy & Healing Oils. Inner Vision Publishing Company: Virginia Beach:VA. 4. Davis P., Aromatherapy, an A-Z, C. W. Daniel, 1988 5. Price S., Aromatherapy Workbook, Thorsons, 1993
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6. Price S. & Price L., *Aromatherapy for Health Professionals*, Churchill Livingstone, 1995
7. Rose J., *The Aromatherapy Book*, Herbal Studies Course & North Atlantic Books, 19923. Tisserand R., Balacs T. *Essential Oils Safety*, Elsevier. 2006