

DESCRIPTION OF THE COURSE OF STUDY

Course code	1012.7.KOS1.F13.AROM	
Name of the course in	Polish	Aromaterapia
	English	Aromatherapy

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1. Field of study	Cosmetology
1.2. Mode of study	Full-time/ Extramural studies
1.3. Level of study	Bachelor's degree
1.4. Profile of study*	Practical
1.5. Person/s preparing the course description	Dr Monika Michalak
1.6. Contact	monika.michalak@ujk.edu.pl

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	English
2.2. Prerequisites*	Fundamentals of chemistry

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	lectures, classes	
3.2. Place of classes	Teaching rooms of the UJK	
3.3. Form of assessment	Credit with grade	
3.4. Teaching methods	Information lecture, discussion. Work with the printed source, work in groups.	
3.5. Bibliography	Required reading	1. Konopacka-Brud I., Brud W.S. Aromaterapia w Gabinetach Kosmetycznym, Ośrodka Odnowy Biologicznej Wellness i Spa. Wyd. WSZKiPZ, Warszawa 2010 2. Brud W.S., Konopacka-Brud I. Podstawy perfumerii. Historia, pochodzenie i zastosowanie substancji zapachowych. Oficyna Wydawnicza MA, Łódź 2009 3. Góra J., Lis A. Najcenniejsze olejki eteryczne. Wyd. Naukowe UMK, Toruń 2005 4. Aromatic substances-structure, obtaining and use in cosmetology. Pol J Cosmetol 2008, 11(3): 183-196
	Further reading	1. Aromaterapia-Kwartalnik Polskiego Towarzystwa Aromaterapeutycznego

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

<p>4.1. Course objectives (including form of classes)</p> <p>Lecture</p> <p>C1. Introducing students with definition, meaning and place of aromatherapy in medicine and everyday life.</p> <p>Classes</p> <p>C2. Presentation of the practical use of essential oils in aromatherapy, cosmetology, and perfumery.</p> <p>C3. The ability to properly select essential oils in later professional practice</p>
<p>4.2. Detailed syllabus (including form of classes)</p> <p>Lecture</p> <p>1. History of aromatherapy. Contemporary aromatherapy. Essential oils. 2. Types of aromatherapy treatments. 3. Safety rules in aromatherapy.</p> <p>Classes</p> <p>1. Possibilities of using essential oils in cosmetology. 2. Domestic and exotic essential oils in cosmetic treatments and cosmetology (Aromatic substances-structure, obtaining and use in cosmetology. Pol J Cosmetol 2008, 11 (3): 183-196) 3. Principles of creating aromatherapy blends.</p>

4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of KNOWLEDGE:		
W01	The student knows the basic concepts used in aromatherapy, methods of obtaining and properties of essential oils	KOS1P_W03
W02	The student knows the possibilities of using essential oils in cosmetology and perfumery.	KOS1P_W03
within the scope of ABILITIES:		
U01	Student is able to characterize oil raw materials	KOS1P_U14
U02	Student is able to choose the right essential oil for the patient's needs.	KOS1P_U01
within the scope of SOCIAL COMPETENCE:		
K01	The student sees the need to improve their competences through systematic education	KOS1P_K09

4.4. Methods of assessment of the intended learning outcomes

Teaching outcomes (code)	Method of assessment (+/-)																							
	Exam oral/written*			Test*			Project*			Effort in class*			Self-study*			Group work*			Others* e.g. standardized test used in e-learning					
	Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes					
	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...
W01				+	+		+	-		-	+					-	+							
W02				+	+		+	-		-	+					-	+							
U01				+	+		+	-		-	+					-	+							
U02				+	+		+	-		-	+					-	+							
K01				+	+		+	-		-	+					-	+							

*delete as appropriate

4.5. Criteria of assessment of the intended learning outcomes

Form of classes	Grade	Criterion of assessment
lecture (L)	3	Class attendance in accordance with the study regulations. 61-68% successfully passed the written exam. Mastering the content of the curriculum at the basic level.
	3,5	Presence at classes in accordance with the regulations of studies. 69-76% of successfully passed the written exam. Mastering the content of the curriculum at the basic level.
	4	Presence at classes in accordance with the regulations of studies. 77-84% of successfully passed the written exam. Mastering the content of the curriculum at the basic level.
	4,5	Presence at classes in accordance with the regulations of studies. 85-92% successfully passed the written exam. The scope of the presented knowledge goes beyond the basic level based on the supplementary literature provided.
	5	Presence at classes in accordance with the regulations of studies. 93-100% of successfully passed the written exam. The scope of the presented knowledge goes beyond the basic level based on self-acquired scientific sources of information.
classes (C)	3	Class attendance in accordance with the study regulations. Activity during exercises. Mastering the content of the curriculum at the basic level. Preparation of a paper in accordance with the requirements specified by the lecturer. Participation in group work. Student does not always take into account the individual situation of the patient, and is not always able to assess and analyze own behavior
	3,5	Class attendance in accordance with the study regulations. Activity during exercises. Mastering the content of the curriculum at the basic level. Preparation of a paper in accordance with the requirements specified by the lecturer. Participation in group work. Student takes into account the individual situation of the patient, makes an effort to assess and analyze own behavior.
	4	Class attendance in accordance with the study regulations. Activity during exercises. Mastering the content of the curriculum at the basic level. Preparation of a paper in accordance with the requirements specified by the lecturer. Participation in group work. Student pays attention to the individual situation of the patient, shows awkwardness in the assessment and analysis of own behavior.

4,5	Class attendance in accordance with the study regulations. Activity during exercises. The scope of the presented knowledge goes beyond the basic level based on the supplementary literature provided. Preparation of a paper in accordance with the requirements specified by the lecturer. Participation in group work. Student shows concern for taking into account the individual situation of the patient, sometimes requires guidance in the selection of communication methods, shows efforts to evaluate and analyze own behavior.
5	Class attendance in accordance with the study regulations. Activity during exercises. The scope of the presented knowledge goes beyond the basic level based on self-acquired scientific sources of information. Preparation of a paper in accordance with the requirements specified by the lecturer. Participation in group work. Student takes into account the patient's situation, plans and performs activities completely independently, spontaneous, constructive and independent selection of content adequate to the recipient's expectations, is able to assess and analyze own behavior, visible identification with the professional role.

5. BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT

Category	Student's workload	
	Full-time studies	Extramural studies
<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	25	20
<i>Participation in lectures</i>	15	10
<i>Participation in classes</i>	10	10
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	25	30
<i>Preparation for the lecture</i>	5	10
<i>Preparation for the classes</i>	15	15
<i>TOTAL NUMBER OF HOURS</i>	50	50
ECTS credits for the course of study	2	2

**delete as appropriate*

Accepted for execution (date and legible signatures of the teachers running the course in the given academic year)

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