

## Module specification

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*Refer to the module guidance notes for completion of each section of the specification.*

Module code	CMP417
Module title	Introduction to Aromatherapy
Level	Level 4
Credit value	20
Faculty	Faculty Social Life Sciences
Module Leader	Gemma Jones
HECoS Code	100235
Cost Code	GACM

## Programmes in which module to be offered

Programme title	Is the module core or option for this programme
Standalone module aligned to BSc (Hons) Sports Injury Rehabilitation for QAA purposes	Option

## Pre-requisites

None

## Breakdown of module hours

Type of Module hours	Amount
Learning and teaching hours	18 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	18 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>36 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	164 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>For office use only</b>	
Initial approval date	28/09/2021
With effect from date	01/11/2021
Date and details of revision	
Version number	1

## Module aims

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1. To equip the student with the skills required to demonstrate competencies in Aromatherapy with consideration to safety.
2. To develop the students' skills in adaptability and organisation.
3. To equip the student with the foundation skills to evaluate essential oils, creativity, engagement and reflection.
4. To develop the students' knowledge and understanding of the calculation skills required by practitioners within the clinical environment.

## Module Learning Outcomes - at the end of this module, students will be able to:

1	Describe the history and current practice of Aromatherapy.
2	Understanding the principles of 'notes' and extraction.
3	Display understanding of the physiological and psychological effects of Aromatherapy.
4	Demonstrate knowledge of essential oils with regard to safety, functions and effects.
5	Demonstrate a competent use of calculating Aromatherapy oils.

## Assessment

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Indicative Assessment Tasks:

1. A theory examination to assess the students competency and knowledge on Aromatherapy notes, safety, extraction, calculation, physiological and psychological effects.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1-5	1 hour theory multiple choice Examination	100%

## Derogations

Credits shall be awarded by an Assessment Board for this module when a mark of at least 40%, or a pass grade, has been achieved.

## Learning and Teaching Strategies

It is the intention the delivery of this module will be developed through a range of teaching strategies including: lectures, directed study, group work, peer evaluation, practical demonstrations, group supervision and the individual student experience. Moodle will act as a repository for session materials and supplementary resources.

**On completion of the course the student will not gain a practitioner status therefore is not able to treat the general public as a qualified practitioner.**

## Indicative Syllabus Outline

- Principles of Aromatherapy
- Safety of Aromatherapy
- 'Notes' of Aromatherapy (inclusion of 20 essential oils)
- Extraction of essential oils
- Blending of Essential oils / Calculation of percentages
- Contra – Actions / Contra indications relating to essential oils
- Evaluation and reflection of clinical environment

## Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

### Essential Reads

Tisserand, R. & Young, R., 2014. *Essential oil safety : a guide for health care professionals* 2nd ed.,

### Other indicative reading

Buckle, J., 2003. *Clinical aromatherapy : essential oils in practice* 2nd ed., Philadelphia: Churchill Livingstone.

## **Employability skills – the Glyndŵr Graduate**

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Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

### **Core Attributes**

Engaged  
Creative

### **Key Attitudes**

Commitment  
Curiosity  
Resilience  
Confidence  
Adaptability

### **Practical Skillsets**

Organisation  
Critical Thinking  
Communication