

# Anoka-Ramsey Community College

## IHH 1110: Aromatherapy

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Recommended Skills, Abilities, or Coursework: College level reading

This course will introduce the concepts of aromatherapy and the use of essential oils to promote health and well being. Students will explore the art and science of aromatherapy and the effects on the body, the chemistry of essential oils, therapeutic actions and important safety guidelines.

**B. COURSE EFFECTIVE DATES:** 01/11/2010 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Best practices of aromatherapy and essential oils therapy
2. Pharmacological effects and impact on the body of aromatherapy and essential oils
3. Modes of application and how they impact the desired results
4. Current research in aromatherapy
5. Safe use of aromatherapy and essential oil, potential side effects and/or adverse reactions

### D. LEARNING OUTCOMES (General)

1. Understand principles of aromatherapy and the effects on the body
2. Demonstrate knowledge of the modes of application including diffusion, direct inhalation, and topical applications
3. Understand how aromatherapy and essential oils may be used to support the different body systems in specific medical conditions
4. Define the pharmacological effects of the essential oils including antibacterial, antiviral, antifungal, anti-inflammatory, antispasmodic, and antioxidant
5. Identify ways essential oils and applications are currently utilized in health care practices and settings
6. Identify research evaluating use of essential oils in a variety of healthcare and wellness settings
7. Facilitate safe patient/client care with use of alternative or complementary therapies

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted