

Minnesota State College Southeast

IHHA 1240: Aromatherapy Principles

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Aromatherapy involves the use of essential oils (extracts or essences) from flowers, herbs, and trees to promote health and well-being. Students will have an understanding of the art and science of aromatherapy and the effects on the body, the chemistry of essential oils, therapeutic actions and important safety guidelines. (Prerequisite: none) (2 credits: 2 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 04/01/2010 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Understand the art and science of aromatherapy and the effects on the body, the chemistry of essential oils, therapeutic actions and important safety guidelines
2. Demonstrate knowledge of the modes of application including diffusion, direct inhalation, and topical applications
3. Understand which oils can be used to support the systems of the body including respiratory and musculoskeletal systems, nervous and digestion systems, and immune and lymphatic systems and explain the systemic response of the body to various essential oils
4. Understand the pharmacological effects of the essential oils including antibacterial, antiviral, antifungal, anti-inflammatory, antispasmodic, and antioxidant
5. Demonstrate knowledge of use of essential oils for specific ailments as well as how essential oils are used in a variety of settings
6. Identify ways essential oils and applications are currently utilized in health care practices
7. Identify research supporting use of essential oils in healthcare

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted