

BALIKESİR UNIVERSITY
FACULTY OF HEALTH SCIENCES / COLLEGE
UNIVERSITY ELECTIVE COURSE INTRODUCTION FORM

Department / Major Branch	Gerontology/Nursing/Midwifery/Physiotherapy and Rehabilitation/ Nutrition and Dietetics									
Course Name	Traditional and Complementary Practices in Health									
Semester of the Course	Autumn	X			Spring					
Language of the Course	Turkish	X			English					
Course Credit	Theoretical	X			Application	0			Total Credit	2
Course ECTS	3									
Course Learning Type	Formal Education									
Purpose of the Course	The aim of this course is to inform the student about the legislation related to commonly used traditional and complementary medicine practices; to ensure that the student acquires theoretical knowledge about the basic concepts and practices related to traditional and complementary medicine practices.									
Course Content	Traditional and complementary practices and their historical development, other traditional and complementary treatments used for health, and the authority and responsibilities in supporting this process.									
Course Prerequisites	There are no prerequisites for the course									
Instructors	Dr. Öğr. Üyesi A. Gülay Şahan				mail: gulay.sahan@balikesir.edu.tr					
Course Assistants	There are no course assistants				mail: None					
Course Internship Status	There is no internship status for this course									
Course Resources	Micozzi MS. Fundomental of Complementary, Alternative, And Integrative Medicine, 6th Edition, Elsevier, 2018.									
Course Structure	Health Sciences 70%, Social Sciences 30%									
Planned Learning Activities and Methods	Lectures, discussions, case studies, problem solving methods, question and answer and brainstorming techniques									

Course Evaluation Criteria			Course ECTS Calculation Content			
Semester Studies	Number of	Contribution (%)	Activity	Number of	Duration	Total Workload (Hours)
Midterm Exam	1	40	Course Duration	12	2	24
Quiz	1	0	Out-of-Class Study Time	22	2	44
Homework	1	0	Midterm Exams	1	2	2
Continue			Homework	9	2	18
Application	0	0	Final Exam	1	2	2
Project	0	0	Total Workload: 90			
Final Exam	1	60	ECTS Credit: 3			

Learning Outcomes of the Course	1. Defines traditional and complementary practices. 2. Explains the historical development of traditional and complementary practices. 3. Explains the authority and responsibility in traditional and complementary practices. 4. Provides the necessary support in traditional and complementary practices. 5. Explains other traditional and complementary treatments used for health. 6. Becomes aware of the importance of traditional and complementary practices.
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Course Topics			
Week	Subject	Preliminary	Documents
1	Overview of Traditional and Complementary Practices	Current research articles on topics	Lecture notes and presentations compiled from various sources
2	Traditional and Complementary Practices and Their Historical Development	Current research articles on topics	Lecture notes and presentations compiled from various sources
3	Aromatherapy and Massage	Current research articles on topics	Lecture notes and presentations compiled from various sources
4	Apitherapy	Current research articles on topics	Lecture notes and presentations compiled from various sources
5	Balneotherapy, Peloidotherapy	Current research articles on topics	Lecture notes and presentations compiled from various sources
6	Homeopathy, Phytotherapy	Current research articles on topics	Lecture notes and presentations compiled from various sources
7	Reflexology, Acupressure	Current research articles on topics	Lecture notes and presentations compiled from various sources
8	Music Therapy	Current research articles on topics	Lecture notes and presentations compiled from various sources
9	Color Therapy	Current research articles on topics	Lecture notes and presentations compiled from various sources
10	Leech and Larva Application	Current research articles on topics	Lecture notes and presentations compiled from various sources
11	Cupping Therapy	Current research articles on topics	Lecture notes and presentations compiled from various sources
12	Ayurveda	Current research articles on topics	Lecture notes and presentations compiled from various sources
13	Acupuncture	Current research articles on topics	Lecture notes and presentations compiled from various sources
14	Other Traditional and Complementary Therapies Used for Health	Current research articles on topics	Lecture notes and presentations compiled from various sources
15	Course evaluation	Course evaluation	Course evaluation

Contribution of the Course to Program Outcomes

Learning Outcomes of the Course	Contribution to Program Outcomes Contribution Level: 1-Very Low; 2-Low; 3-Medium; 4-High; 5-Very High
Identify traditional and complementary practices.	4
Explains the historical development of traditional and complementary practices.	3
Explains authority and responsibility in traditional and complementary practices.	4
Provides the necessary support in traditional and complementary applications.	5
Explains other traditional and complementary therapies used for health..	3
Becomes aware of the importance of traditional and complementary practices.	5

24.03.2025

Ders Sorumlusu

Dr. Öğr. Üyesi A. Gülay ŞAHAN