

Course Unit	-- null	Field of study	-
Postgraduate Course in Circular and Sustainable Water Design: Health and Wellness		School	School of Hospitality and Wellbeing
Academic Year	2023/2024	Year of study	1
Type	Semestral	Semester	1
Level		ECTS credits	3.0
Code		5067-778-1102-04-23	
Workload (hours)	81	Contact hours	T - <input type="checkbox"/> TP 24 <input type="checkbox"/> PL - <input type="checkbox"/> TC - <input type="checkbox"/> S - <input type="checkbox"/> E - <input type="checkbox"/> OT - <input type="checkbox"/> O - <input type="checkbox"/>

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Maria José Gonçalves Alves

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Know the fundamentals and basic concepts of the different therapies
2. Identify the different procedures, techniques and properties of the different therapies
3. Acquire knowledge of each therapy indications and contraindications to develop critical capacity and sensitivity in the therapeutic prescription and application of the different therapies
4. Identify and evaluate the physiological, psychological and therapeutic effects of therapies on patients
5. Advise the user to choose the most appropriate treatment for the various areas of health and wellness
6. Apply the different therapies in practical sessions in a therapeutic and wellness contexts

### Prerequisites

Not applicable

### Course contents

Phytotherapy. Thalassotherapy. Pelotherapy. Thermal-based naturopathy. Aromatherapy.

### Course contents (extended version)

1. Phytotherapy
  - Concepts and guidelines
  - Main applications and uses of medicinal plants
  - Medicinal plants: interaction with food and drugs
  - Anti-aging and antioxidant properties
  - Thermal phytotherapy and phytocosmetics: types and applications
2. Thalassotherapy
  - Sea water: properties
  - Fundamentals, characteristics, and applications of thalassotherapy
  - Indications and contraindications
  - Use of sand and algae
3. Pelotherapy
  - Peloids and their properties
  - Types, composition, and preparation
  - Application, functions, and contraindications
4. Thermal-based naturopathy
  - Concepts and notions
  - Indications, contraindications, and therapeutic application
5. Aromatherapy
  - Properties of essential oils
  - Application, functions, and contraindications

### Recommended reading

1. Bagetta, G., Cosentino, M., & Sakurada, T. (2015). Aromatherapy: Basic Mechanisms and Evidence Based Clinical Use (1ed.). CRC Press.
2. Bone, K., & Mills, S. (2013). Principles and Practice of Phytotherapy: Modern Herbal Medicine (2nd ed.). Churchill Livingstone.
3. Chaitow, L. (2016). Hydrotherapy: Water Therapy for Health and Beauty. Collins & Brown.
4. Sarris, J., & Wardle, J. (2014). Clinical Naturopathy: An Evidence-based Guide to Practice (2nd ed.). Churchill Livingstone.

### Teaching and learning methods

Theoretical-practical classes of presentation of concepts and application of techniques in real situations. Use of theoretical exposition methods, using audiovisual media, complemented with interactive methods that stimulate student participation. It is intended, in a practical way, to consolidate the acquisition of theoretical knowledge and the expected competencies.

### Assessment methods

- Alternative 1 - (Regular, Student Worker) (Final, Supplementary, Special)
- Final Written Exam - 100%

### Language of instruction

Portuguese

### Electronic validation

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31-10-2023	08-11-2023