



MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
Federal State Autonomous Educational Institution of Higher Education
"Far Eastern Federal University"
(FEFU)
INSTITUTE OF LIFE SCIENCES AND BIOMEDICINE (SCHOOL)

APPRAISAL FUND
in the discipline "Aromatherapy"

Vladivostok
2023

The list of forms of assessment used at various stages of the formation of competencies during the development of the discipline "Aromatherapy"

No p/n	Controlled partitions	Code and name of the achievement indicator	Learning Outcomes	Evaluation tools	
				Current control	Intermediate certification
1	Introduction. History of aromatherapy. Physiology, philosophy and psychology of smell. Aroma as a product of plant life. Sources of aromatic raw materials	PC-8.4 Conducts pharmacognostic analysis of medicinal plant raw materials and medicinal herbal preparations	Knows	UO-1	UO-1, UO-2, PR-2
			Can	UO-2	
			Owns	PR-2	
2	Methods of isolation, production of essential oils. Methods of standardization of raw materials. Preparation of medicinal and cosmetic forms based on aromatic oils.		Knows	UO-1	UO-1, UO-2, PR-7
			Can	UO-2	
			Owns	PR-7	
3	Features of aromatherapy. Essential oils and their methods of application in modern medicine. The main pharmacotherapeutic effect of aromatic oils. Complications and side effects		Knows	UO-1	UO-1, UO-2, PR-2
			Can	UO-2 PR-2	
			Owns	PR-2	
4	Private aromatherapy: Diseases and conditions in which essential oils are used.		Knows	UO-1	UO-1, UO-2, PR-7
			Can	UO-2	

			Owns	PR-7	
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*Recommended forms of evaluation tools:

- 1) interview (MA-1), colloquium (MA-2); report, report (MA-3); round table, discussion, controversy, dispute, debate (MA-4); etc.
- 2) tests (PR-1); tests (PR-2), essays (PR-3), essays (PR-4), term papers (PR-5), scientific and educational reports on practices (PR-6); laboratory work (PR-7); portfolio (PR-8); project (WP-9); business and/or role-playing game (PR-10); case problem (PR-11); workbook (PR-12), etc.
- 3) simulator (TS-1), etc.

Scale for assessing the level of achievement of learning outcomes for current and intermediate certification *in the discipline*
"Fundamentals of Nutrition"

<i>Points (rating score)</i>	<i>Levels of achievement Training</i>		<i>Requirements for formed competencies</i>
	<i>Current and intermediate certification</i>	<i>Intermediate certification</i>	
<i>100 – 86</i>	<i>Increased</i>	"credited" / "Excellent"	Freely and confidently finds reliable sources of information, operates with the information provided, has excellent skills in analyzing and synthesizing information, knows all the basic methods of solving problems provided by the curriculum, knows typical mistakes and possible difficulties in solving a particular problem and is able to choose and effectively apply an adequate method for solving a specific problem. trouble
<i>85 – 76</i>	<i>Base</i>	"credited" / "Good"	In most cases, he is able to identify reliable sources of information, process, analyze and synthesize the proposed information, choose a method for solving the problem and solve it. Makes single serious mistakes in solving problems, experiences difficulties in rare or complex cases of problem solving, does not know typical mistakes and possible difficulties in solving one or another trouble
<i>75 – 61</i>	<i>Threshold</i>	"credited" / "Satisfyingly "	Makes mistakes in determining the reliability of sources of information, is able to correctly solve only typical, most common problems in a specific area (process information, choose a method for solving a problem and solve it)
<i>60 – 0</i>	<i>Level Not reached</i>	"not credited" / "Dissatisfied"	He does not know a significant part of the program material, makes significant mistakes, hesitantly, with great difficulty, performs practical work.

Current certification in the discipline "Aromatherapy"

The current certification of students in the discipline "Aromatherapy" is carried out in accordance with the local regulations of FEFU and is mandatory.

The current certification of the discipline is carried out in the form of control measures (test, survey, *project defense*) to assess the actual learning outcomes of students and is carried out by the leading teacher.

For each object, a description of the evaluation procedures is given in relation to the appraisal tools used.

Assessment tools for ongoing control

A set of typical tasks for the colloquium (UO-2)

1. Substances of what nature form the aroma of plants?
2. Why is it possible to extract aromatic substances from some plants, but not from others?
3. Why does a person smell, the physiology of this process?
4. The role of smell in humans and animals?
5. What and how exactly determine the structure of the fragrance?
6. Is it possible to influence the aroma of plants?
7. Regulation of the emotional background of a person with aromas?
8. Useful and toxic essential oils?
9. The effect of essential oils on microorganisms, plants, animals and humans?
10. How are essential oils obtained?
11. What essential oils are used to prevent and eliminate negative psychological states of a person?
12. Features of aromatherapy for children and adults?
13. What can be the first aid with essential oils?
14. What should be included in the first aid kit for emergencies?
15. For what and what essential oils are used for non-medical purposes?
16. Diseases and conditions in which essential oils are used?

Requirements for the presentation and evaluation of materials (results):

The answer should be detailed.

- 1) A clear, unambiguous answer is needed.

An example of a task for performing a test on the topic "Introduction. History of aromatherapy. Physiology, philosophy and psychology of smell. Aroma as a product of plant life. Sources of aromatic raw materials" PR-2

Test on the topic History of aromatherapy.

1. The term "aromatherapy" has proposed:
A. René Gattefos;
B. Jean Valnet;
V. Nikolaevsky V. V.
2. The steam distillation process was discovered in:
A. Mesopotamia;
B. Ancient Egypt;
V. Central Asia.

3. Cleopatra first used:
 - A. Spirits;
 - B. Baths;
 - B. Lapping.

4. In the recipe of the "royal spirits" popular in ancient Rome, he used:
 - A. 1 component
 - B. 7 components;
 - B. 27 components.

5. The terms myron in ancient Greece denoted:
 - A. Perfume variety;
 - B. Plant;
 - B. Incense in general.

6. The following were considered to be an obligatory part of religious ceremonies in India:
 - A. Sandal;
 - B. Rosa;
 - C. Grass "kusa".

7. The smell was considered the most healing in China:
 - A. Jasmine;
 - B. Musk;
 - V. Wormwood.

8. The water of the Queen of Hungary is:
 - A. Aromatic water;
 - B. Hydroalcoholic lotion;
 - C. Alcohol lotion.

9. "Pomander" in England meant:
 - A. Lipstick;
 - B. Variety of cosmetics;
 - C. A box of aromatic substances.

10. Eau de Cologne means:
 - A. Cologne;
 - B. Cologne water;
 - B. Eau de toilette.

1. IS IT REALLY POSSIBLE TO ENRICH READY-MADE COSMETICS WITH AROMATIC OILS?
2. AND WHAT IS A BASE OIL?
3. HOW LONG DOES COSMETICS WITH AROMATIC OILS LIVE?
4. HOW TO CHECK THE QUALITY OF AN ESSENTIAL OIL?
5. HOW TO MIX ESTERS?
6. IS IT POSSIBLE TO CREATE INDIVIDUAL PERFUMES FROM AROMATIC OILS?
7. IS IT POSSIBLE TO GET ESSENTIAL OIL ON YOUR OWN AT HOME?
8. WHAT TO DO IF THE OIL IS STILL SPILLED?
9. IS IT TRUE THAT OILS CAUSE ALLERGIES?
10. DO YOU NEED TO KEEP ESSENTIAL OILS IN THE REFRIGERATOR?

11. CAN ESTERS BE USED AFTER THE EXPIRATION DATE?

12. THEY SAY THAT WITH THE HELP OF AROMATHERAPY YOU CAN INFLUENCE YOUR MOOD ...

FORMULATION OF MEDICAL AND COSMETIC AROMATICS

№1

Take: Avocado oil 2 drops Orange oil 2 drops

Lavender oil 2 drops

Tea tree oil 2 drops Base oil

10.0 Mix. Give.

Designate. Applications on the gums. Place a cotton swab or gauze swab moistened with the mixture on the inflamed gums for 15-20 minutes 1-2 times a day

№2

Take: Geranium oil 2 drops Juniper oil 2 drops

Orange oil 2 drops Lemon oil 2 drops

Patchouli oil 2 drops

Rosemary oil 2 drops

Fennel or lavender oil 2 drops Base

oils 10.0 Mix. Give.

Designate. For a hard massage of problem areas of the skin with cellulite

№3

Take: Cocoa butter 10.0 Almond

butter 20.0

Beogamota Drops X Oils

Lemon balm oil drops XX

Mix to make an ointment

Give. Designate. It has a softening effect. Apply to the skin

№4

Take: Clove oils

Eucalyptus oils 0.2 each

Polyethyl oxide-400

Propylene glycol 20.0

Polyethyl oxide -1500 10.0 Mix to make a gel

Give. Designate. Anti-inflammatory, sedative for inflammatory skin lesions. Lubricate the skin on the affected areas

№5

Take: Chlorophyl oil solution 2.0 Recutan 5 ml

Tween-80 2.0

Glycerin 2.5

Methylcellulose solution 2% – 40.0

Eucalyptus oils 0.2

Rosemary oils 0.15

Mix to make a gel

Give. Designate. Neutralizes inflammation and redness of the skin. Apply to the skin of the hands

№6

Take: Aloe extract liquid 10 ml

Cocoa butter 25.0

Wax 10.0

Peach oil 50.0 Lanolini 20.0

Rosehip oils 0.5

Anise oil 0.2

Mix to make a cream

Give. Designate. Nourishing mask-cream for dry skin. Apply to face at night

№7

Take: Wax

Glycerol ana 18.0

Stearin 4.0

Peach oil 5.0

Sulphur 1.0

Rose Drops Oils II

Mix to make a cream

Give. Designate. Nourishing cream for withered skin

An example of a task for performing laboratory work on the topic "Methods of isolation, production of essential oils. Methods of standardization of raw materials. Preparation of medicinal and cosmetic forms based on aromatic oils. PR-7

Laboratory work1. Production of spruce oil by distillation with water (Appendix 3, 4). Take 150 g of spruce needles. Grind them and place in a round-bottomed flask located in a water bath, add 200 ml of water. Heat the water to a boil with the help of a tile. Distillation with water vapor should be carried out for at least 1 hour from the moment the water boils in the flask. Oil and water condensate should be collected at the outlet in the beaker. About 100 ml of concentrate is collected, and yellowish drops of oil (about 4-5 drops) float on the surface, which can be separated with a syringe.

Lab 2. Obtaining orange oil by cold pressing.

Lab 3. Alcohol extraction. Take 100 ml of 70% alcohol and 40 g of sage grass. Insist 10 days in a dark place at room temperature. As a result, a dark green transparent liquid with a pleasant herbal aroma was obtained.

Lab 4. Oil extraction.

Preparation of citrus oil. Take a mixture of dried and fresh citrus peels: lemon, orange, tangerine, lime. Pour deodorized vegetable oil so that the crusts are completely covered. Insist 10 days in a dark place at room temperature.

Lab 6. Preparation of herbal oil. Fill a 1 liter jar with dried herbs (lavender, sage, lemon balm) and juniper shavings in equal proportions. Pour the deodorized vegetable oil completely. Insist 10 days in a dark place at room temperature.

Lab 7. Experimental determination of the naturalness of essential oil.

To determine the naturalness of oils, the method of Mirgorodsky S. and the maps of Koblashova E. V. were used in the work (Appendix 5).

When conducting an experiment in each experiment, you need to apply 1 drop of essential oil per sheet with a frequency of application of 30 minutes. If the oil is natural, then the aroma should "exfoliate" according to the method. If the third drop smells sharper than the first, and differs only in the intensity of the smell, then this is a poor-component product of the cologne-gasoline industry.

Lab 8. Each student, on the instructions of the teacher, prepares 2 medicinal cosmetic forms and draws up for vacation.

SOLUTIONS OF ESSENTIAL OILS ON VOLATILE SOLVENTS

№1

Rp.: Olei Salviae 3,0
Spiritus aethylici 30 ml
Misce. Da.
Signa. Outer. Wipe the scalp with oily hair

№2

Rp.: Olei Abietis Olei
Anisi ana 0,2
Spiritus aethylici 50 ml
Misce. Da. Signa. For wiping the skin with excessive sweating

№3

Rp.: Olei Chamomillae
Olei Calami
Olei Anisi ana 0,2
Spiritus aethylici 70% - 30 ml
Misce. Da.
Signa. Outer. Apply only to areas of heterogeneous pigmentation of the skin of the face, neck, hands

№4

Rp.: Olei Citri bergamiae Olei
Melissae ana 0.15 Spiritus
aethylici 70% - 30 ml Misce.
Da.
Signa. Outer. 1/2 teaspoon alcohol solution to 1/2 cup water, stir to combine. Use for a cold compress for open-cell skin

№5

Rp.: Olei Menthae
Olei Citri Limoni ana 0,1
Spiritus aethylici 30 ml
Misce. Da.
Signa. Outer. Solution for steam baths for skin with open pores

SOFT MEDICINAL AROMATICS

№6

Rp.: Olei Pelargonii 0,3
Olei Eucalypti gtts III
Cerae flavi 7,5
Olei Persicorum 17,5
Misce, fiat unguentum
Da. Signa. Ointment for the treatment of acne, in the treatment of inflammatory processes of the skin

№7

Rp.: Olei Manthae 0,5
Olei Canangae
Olei Pogestemoni (patschuli) ana gtts II
Cerae flavi 10,0
Olei Amygdalarum 25,0
Misce, fiat unguentum
Da. Signa. Ointment for the treatment of inflammatory processes of dry skin

№8

Rp.: Thymoli 0,05
Olei Anisi
Olei Lupuli ana gtts V
Cerae flavi 15,0
Olei Persicorum 35,0
Misce, fiat unguentum
Da. Signa. Ointment for acne, dry seborrhea of the skin of the face

№9

Rp.: Olei Matricariae 0,2
Olei Lavandulae
Olei Eucalypti ana 0,1
Monoglyceridi 5,0
Twini-80 1,0
Olei Amygdalarum 10,0
Glycerini 5,0
Sol.Methylcellulosae 2% - 60,0
Misce, fiat unguentum
Da. Signa. For the treatment of inflammation, skin regeneration after burns

№10

Rp.: Olei Lauris
Olei Thymi
Olei Caryophylli ana 0,25
Twini-80 1,5
Olei Vaselini 30,0
Paraffini 10,0
Stearini 5,0
Lanolini 50,0
Misce, fiat unguentum
Da. Signa. External. Ointment for the treatment of herpetic lesions of the skin and mucous membranes

Task number 2. Assess the situation and justify the technology.

SITUATIONAL TASKS FOR SELF-SOLUTION

1. Specify the optimal technology of the alcohol solution according to the following prescription:

Recipe: Olei Phymi
Olei Foeniculae
Olei Calami aa 0,2
Spiritus aethylici 50 ml
Misce. Da.

Signa. For rinsing with oily seborrhea. 1 teaspoon of solution in 1 cup of water
Specify: the concentration of ethyl alcohol and the number of drops of oils, based on the following data: thyme oil - 1 drop - 0.033 g; dill oil - 1 drop - 0.025 g; Calamus oil - 1 drop - 0.02 g.

2. Offer the optimal technology of the alcohol solution according to the following prescription:

Recipe: Olei Melaleuca leucadendreae
Olei Lavandulae ana 0,2

Olei Cupressi 0,1
Spiritus aethylici 70% - 30 ml
Misce. Da.

Signa. Apply tampons to the site of localization of comedones For calculations, use the following data:
– One drop of essential oil of the cayaput tree weighs 0.029 g; - 1 drop of lavender oil - 0.021 g;
– 1 drop of cypress oil - 0.032 g. Dropper bottles were calibrated in the pharmacy individually for each oil.

3. Indicate the main purposes of the use of aromatherapy agents in cosmetology. Justify with examples.

4. For the treatment of acne, the cosmetologist prescribed the following prescription of the solution:

Recipe: Olei Rosmarini Olei
Melaleucae ana 0,1
Chloroformii 10,0
Spiritus camphorati 30 ml
Misce. Da.

Signa. For the treatment of acne, oily skin. Wipe every other day Justify the features of the technology of this prescription.

Methodological recommendations defining the procedures for assessing the results of mastering the discipline

Assessment tools for attestation

Intermediate certification of students in the discipline is carried out in accordance with the local regulations of FEFU and is mandatory. The form of reporting on the discipline is a test. The test in the discipline includes either answers to 2 questions or individual defense of the project (PR-9).

Guidelines for passing the test

The test is taken by the leading teacher (associate professor, professor), who is assigned this type of academic load in an individual plan. The form of the test is oral.

During the test, students can use the work program of the discipline, as well as with the permission of the teacher conducting the test, reference books and other manuals.

The time provided to the student to prepare for the answer on the test should be no more than 40 minutes. After this time, the student should be ready to answer.

The presence of unauthorized persons (except for the persons carrying out the inspection) without the permission of the relevant persons (the rector or vice-rector for academic affairs, the director of the School, the head of the OBOR or the director of the department) is not allowed. Persons with disabilities and persons with disabilities who do not have the possibility of independent movement are allowed to take the exam with accompanying persons.

With intermediate certification, students are given a grade of "zечteno" or "not credited". If the student fails to appear for the exam, the record "did not appear" is made in the statement.

Questions for the test

Substances of what nature form the aroma of plants?

2. Why is it possible to extract aromatic substances from some plants, but not from others?
3. Why does a person smell, the physiology of this process?
4. The role of smell in humans and animals?
5. What and how exactly determine the structure of the fragrance?
6. Is it possible to influence the aroma of plants?
7. Regulation of the emotional background of a person with aromas?
8. Useful and toxic essential oils?
9. The effect of essential oils on microorganisms, plants, animals and humans?
10. How are essential oils obtained?
11. What essential oils are used to prevent and eliminate negative psychological states of a person?
12. Features of aromatherapy for children and adults?
13. What can be the first aid with essential oils?
14. What should be included in the first aid kit for emergencies?
15. For what and what essential oils are used for non-medical purposes?
16. Diseases and conditions in which essential oils are used?
22. Active ingredients of medicinal aromacosmetics.
23. Essential oils, properties, characteristics.
24. Give the composition and pharmacological properties of essential oils and determine their biological effect.
25. Technology of medicinal aroma cosmetics.
26. Types of aromacosmetic preparations.
27. Solutions of essential oils on volatile solvents.
28. Soft medicinal aroma cosmetics.
29. Packaging of aromatics. Storage of aromatic products.

Criteria for grading a student on a test in the discipline "Fundamentals of Nutrition"

Scoring	Requirements for formed competencies
"Credited"	"Credited" is exhibited to the student if he has deeply and firmly mastered the program material, exhaustively, consistently, clearly and logically coherently sets it out, knows how to closely link theory with practice, freely copes with tasks, questions and other types of application of knowledge, and does not find it difficult to answer when modifying tasks, uses the material of monographic literature in the answer, correctly justifies the decision, possesses versatile skills and techniques practical tasks in the methodology of scientific research.
"Credited"	The grade "credited" is given to the student if he firmly knows the material, competently and essentially presents it, avoiding significant inaccuracies in the answer to the question, correctly applies theoretical provisions in solving practical issues and problems, has the necessary skills and techniques for their implementation
"Credited"	The grade "credited" is given to the student if he has knowledge of

	only the basic material, but has not mastered its details, admits inaccuracies, insufficiently correct formulations, violations of the logical sequence in the presentation of the program material, and has difficulties in performing practical work.
"Not credited"	The "uncredited" grade is given to a student who does not know a significant part of the program material, makes significant mistakes, performs practical work uncertainly, with great difficulty. As a rule, it is not credited to students who cannot continue their studies without additional classes in the relevant discipline.

Indicative list of valuation tools (OS)

№	Code	The name of the appraisal means	Brief description of the evaluation tool	Presentation appraisal funds in the fund
Oral questioning				
1	UO-1	Interview	A means of control, organized as a special conversation between the teacher and the student on topics related to the discipline being studied, and calculated to clarify the amount of knowledge a student on a particular section, topic, problem, etc.	Questions on topics/sections of the discipline
2	UO-2	Colloquium	A means of controlling the assimilation of educational material of a topic, section or sections of the discipline, organized as a training session in the form of an interview between the teacher and students	Questions on topics/sections of the discipline
3	UO-3	Report, report	The product of the student's independent work, which is a public speech on the presentation of the results obtained, the solution of a certain educational, practical, educational, research or scientific topic	Topics of reports, reports
4	UO-4	Round table, discussion, controversy, dispute, debate	Assessment tools that allow students to be included in the process of discussing a controversial issue, problem and assess their ability to argue their own point of view	List of discussion topics for a round table, discussion, controversy, dispute, debate
Written works				
1	PP-1	Test	A system of standardized tasks that allows you to automate the procedure for measuring the level of knowledge and skills Student	Test Task Fund
2	PP-2	Examination	A tool for testing the ability to apply the knowledge gained to solve problems of a certain type on a topic or section	A set of control tasks By variants
3	PR-3	Essay	A tool that allows you to assess the student's ability to present in writing the essence of the problem posed, independently analyze this problem using concepts and analytical tools of the relevant discipline, to draw conclusions summarizing the author's position on the problem posed	Essay topics

4	PP-4	Abstract	The product of the student's independent work, representing is a summary in writing of the results of the theoretical analysis of a certain scientific (educational and educational	Topics of essays
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			research) topics, where the author reveals the essence of the study problems, gives different points of view, as well as their own views on it	
5	PP-5	Coursework, course project	The product of the student's independent work, which is a summary in writing of the results of the theoretical analysis of a certain scientific (educational and research) topic, where the author reveals the essence of the problem under study, gives various points of view, as well as his own Views on it	Topics of term papers / projects, term paper plans works/projects, guidelines for writing CR and KP
6	PR-6	Laboratory work	A tool for consolidating and practical mastering of the material for a specific section	A set of tasks for Laboratory work
7	PP-7	Abstract	The product of the student's independent work, reflecting the main ideas of the lecture, message, etc.	Sections of the discipline
8	PP-8	Portfolio	A targeted selection of the student's works, revealing his individual educational achievements in one or more several academic disciplines	Portfolio structure
9	PP-9	Project	The final product obtained as a result of planning and performing a set of educational and research tasks. It allows you to assess the ability of students to independently construct their knowledge in the process of solving practical problems and problems, navigate the information space and the level of formation of analytical, research skills, practical and creative thinking skills. Can be performed individually or by a group of students	Topics of group and/or individual projects
10	PP-10	Business and/or role-playing game	Joint activity of a group of students under the guidance of a teacher in order to solve educational and professionally oriented problems through game modeling of a real problem situation. Allows you to evaluate the ability to analyze and solve typical professional problems	Theme (problem), concept, roles and expected result for each game
11	PP-11	Case Study	A problem task in which the student is asked to comprehend the real professionally-oriented situation necessary to solve this problem	Tasks for solving case problems
12	PP-12	Workbook	Didactic complex designed for independent the work of the student and allows him to assess the level of assimilation of educational material	Sample workbook

13	PP-13	Multi-level tasks and tasks	<p>There are tasks and tasks:</p> <p>a) reproductive level, allowing to assess and knowledge of factual material (basic concepts, algorithms, f the ability to correctly use special terms and concepts, recog objects of study within a certain section of the discipline;</p> <p>6) reconstructive level, allowing to evaluate and diag ability to synthesize, analyze, summarize factual and th material with the formulation of specific conclusi establishment of cause-and-effect relationships;</p> <p>c) a creative level that allows you to evaluate and diag integrate knowledge of various fields, and argue your ov view</p>
14	PP-14	Cash-Graphic work	<p>A tool for testing the ability to apply the acquired knowledge according to a predetermined methodology for solving tasks by module or the discipline as a whole</p>
15	PR-15	Creative task	<p>A partially regulated task that has a non-standard solution you to diagnose skills, integrate knowledge of various fields your own point View. It can be performed individually or by a group of stude</p>
Technical means			
1	TC-1	Simulator	<p>Technical means that can be used to control the professional skills and abilities acquired by the student to manage a specific material object</p>