



Course Specification

— (Bachelor)

Course Title: **Alternative and Herbal Medicine**

Course Code: **521 PHG-2**

Program: **Pharmaceutical Sciences**

Department: **Pharmacognosy**

College: **Pharmacy**

Institution: **Najran University**

Version: **1**

Last Revision Date: **24/12/2023**

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A. General information about the course:

1. Course Identification

1. Credit hours: 2 h (2+0)

2. Course type

- A. ☐ University ☐ College ☐ Department ☐ Track ☒ Program
- B. ☒ Required ☐ Elective

3. Level/year at which this course is offered: (10th level / 5th year)

4. Course general Description:

Alternative and herbal medicine (521 PHG-2) course explores the difference between the alternative and conventional therapies as well as a brief history of the traditional and herbal medicine. In addition, studying the mechanism and the role of herbal medicine in the treatment and prophylaxis from diseases and disorders that affect the human body systems.

5. Pre-requirements for this course (if any):

421 PHG-3

6. Co-requisites for this course (if any):

None

7. Course Main Objective(s):

- To acquire knowledge about the complementary and alternative medicine approaches and history.
- To understand the role of herbal medicine in treatment and prophylaxis from diseases and disorders that affect body systems and organs.

2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom		
2	E-learning		
3	Hybrid <ul style="list-style-type: none"> Traditional classroom E-learning 		
4	Distance learning	30	100



3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Lectures	30
2.	Laboratory/Studio	-
3.	Field	-
4.	Tutorial	-
5.	Others	-
Total		30

B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of PLOs aligned with program	Teaching Strategies	Assessment Methods
1.0	Knowledge and understanding			
1.1	Demonstrate an in-depth knowledge of the concept of alternative and complementary medicine and its role in health promotion and prevention of disease	K2	Lectures	Written exams and assignments
1.2	Identify the history of alternative medicine and its different approaches	K2	Lectures	Written exams and assignments
2.0	Skills			
2.1	Differentiate between different herbal drugs that affect body systems disorders	S2	Lectures and case studies	Written exams and oral examination
2.2	Determine the characteristic elements of herbal drugs used for treatment of body disorders	S2	Lectures and case studies	Written exams and presentation
3.0	Values, autonomy, and responsibility			



Code	Course Learning Outcomes	Code of PLOs aligned with program	Teaching Strategies	Assessment Methods
3.1	Suggest the proper use of herbal drugs in treatment of human disorders and diseases	V4	Lectures and small group discussion	Written exams and observation card

C. Course Content

No	List of Topics	Contact Hours
1.	Introduction to complementary and alternative medicine	2
2.	Chinese herbal medicine and Ayurveda	2
3.	Homeopathy and Acupuncture	2
4.	Aromatherapy and Reflexology	2
5.	Cupping and Magnetotherapy	2
6.	Osteopathy and Chiropractic	2
7.	Introduction to herbal medicine	2
8.	I- Herbal medicine for Musculoskeletal Disorders	2
9.	II.-Herbal medicine for cardiovascular diseases. <ul style="list-style-type: none"> - Congestive heart failure - Hypertension - Arteriosclerosis - Arrhythmia - Angina pectoris 	4
10.	III- Herbal medicine for endocrine diseases and herbal medicine: <ul style="list-style-type: none"> - Diabetes 	2
11.	IV- herbal medicine for digestive system diseases: <ul style="list-style-type: none"> 1- G.I.T. disorders - Diarrhea - Constipation - Flatulence - Dyspepsia - Gastric and peptic ulcers. 2- Liver diseases. 	4
12.	V- herbal medicine for respiratory system diseases	2
13.	VI- herbal medicine for urinary system diseases	2
Total		30



D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Quiz 1	4	5%
2.	Mid-Term	7-9	20%
3.	Quiz 2	11	5%
4.	Assignments	14	5%
5.	Observation card	1-15	5%
6.	Oral examination	15	5%
7.	Presentation	15	5%
8.	Final theoretical exam	16-18	50%
	Total		100%

*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.).

E. Learning Resources and Facilities

1. References and Learning Resources

Essential References	Trease and Evans Pharmacognosy, International Edition E-Book
Supportive References	Textbook of pharmacognosy, by T. E. Wallis. J. and A. Churchill
Electronic Materials	www.dlaf.nu.edu.sa
Other Learning Materials	https://www.slideshare.net/jelalalaban5/group-4-ppt-44950682

2. Required Facilities and equipment

Items	Resources
facilities (Classrooms, laboratories, exhibition rooms, simulation rooms, etc.)	<ol style="list-style-type: none"> 1. A Suitable lecture room equipped with data show, internet, and sufficient number of seats. 2. Suitable laboratories equipped with health and safety tools, internet, and sufficient number of seats.
Technology equipment (projector, smart board, software)	<ol style="list-style-type: none"> 1. Computer 2. Internet access 3. Data show
Other equipment (depending on the nature of the specialty)	<ol style="list-style-type: none"> 1. Samples of different organs of medicinal plants 2. Optical microscope, glass slides and glass covers. 3. Test tubes

F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Head of department Students	Indirect Indirect
Effectiveness of	Faculty members	Indirect



Assessment Areas/Issues	Assessor	Assessment Methods
Students' assessment	Students	Indirect
Quality of learning resources	Faculty members Students	Indirect Indirect
The extent to which CLOs have been achieved	Faculty members Student	Direct Indirect
Other		

Assessors (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify))

Assessment Methods (Direct, Indirect)

G. Specification Approval

COUNCIL /COMMITTEE	PHARMACOGNOSY COUNCIL
REFERENCE NO.	14450612-0511-00010
DATE	25-12-2023