



Course Specification

— (Bachelor)

Course Title: **Herbal and Alternative Medicine**

Course Code: **PHGN 525**

Program: **Pharmaceutical Sciences**

Department: **Pharmacognosy**

College: **Pharmacy**

Institution: **Najran University**

Version: **4**

Last Revision Date: **18/08/2024**

Table of Contents

A. General information about the course:	3
B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods	4
C. Course Content	5
D. Students Assessment Activities	6
E. Learning Resources and Facilities	6
F. Assessment of Course Quality	7
G. Specification Approval	7



A. General information about the course:

1. Course Identification

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

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:

Herbal and alternative medicine (PHGN 525) 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):

PHGN 524

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

None

7. Course Main Objective(s):

- a. To acquire knowledge about the complementary and alternative medicine approaches and history.
- b. 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	45	100
2	E-learning		
3	Hybrid <ul style="list-style-type: none"> Traditional classroom E-learning 		
4	Distance learning		

3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Lectures	15
2.	Laboratory/Studio	30
3.	Field	-
4.	Tutorial	-
5.	Others	-
Total		45

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	Written exams and Presentation
2.2	Determine the characteristic elements of herbal drugs used for treatment of body disorders	S2	Lectures	Written exams
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
	Theoretical	
1.	Introduction to complementary and alternative medicine	1
2.	Chinese herbal medicine and Ayurveda	1
3.	Homeopathy and Acupuncture	1
4.	Aromatherapy and Reflexology	1
5.	Cupping and Magnetotherapy	1
6.	Osteopathy and Chiropractic	1
7.	Introduction to herbal medicine	1
8.	I- Herbal medicine for Musculoskeletal Disorders	1
9.	II.-Herbal medicine for cardiovascular diseases. - Congestive heart failure - Hypertension - Arteriosclerosis - Arrhythmia - Angina pectoris	2
10.	III- Herbal medicine for endocrine diseases and herbal medicine: - Diabetes	1
11.	IV- herbal medicine for digestive system diseases: 1- G.I.T. disorders - Diarrhea - Constipation - Flatulence - Dyspepsia - Gastric and peptic ulcers. 2- Liver diseases.	2
12.	V- herbal medicine for respiratory system diseases	1
13.	VI- herbal medicine for urinary system diseases	1
Total		15
	Practical	
1.	I- Herbal medicine for Musculoskeletal Disorders	2





2.	II.-Herbal medicine for cardiovascular diseases. - Congestive heart failure - Hypertension - Arteriosclerosis - Arrhythmia - Angina pectoris	8
3.	III- Herbal medicine for endocrine diseases and herbal medicine: - Diabetes	4
4.	IV- herbal medicine for digestive system diseases: 2- G.I.T. disorders - Diarrhea - Constipation - Flatulence - Dyspepsia - Gastric and peptic ulcers. 2- Liver diseases.	6
5.	V- herbal medicine for respiratory system diseases	5
6.	VI- herbal medicine for urinary system diseases	5
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.	Presentation	15	10%
7.	Final practical exam	15	10%
8.	Final theoretical exam	16-18	40%
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.)	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)	1. Computer 2. Internet access 3. Data show
Other equipment (depending on the nature of the specialty)	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 Students' assessment	Faculty members Students	Indirect 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.	14460213-1061-00001
DATE	20-08-2024