	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	**Ekoterapija**
Course title	**Ecotherapy**

Študijski program in stopnja **Study programme and level**	**Študijska smer** **Study field**	**Letnik** **Academic year**	**Semester** **Semester**
Fitoterapija / 1. stopnja	Ni smeri študija	2. ali 3. letnik	4. ali 6.
Phytotherapy / 1st Cycle	No study field	2nd or 3rd year	4th or 6th

Vrsta predmeta/Course type	izbirni/elective

Univerzitetna koda predmeta/University course code	FIT_IP_UN3

Predavanja **Lectures**	**Sem. vaje** **Tutorial**	**Kab. vaje** **Cabinet tutorial**	**Lab. vaje** **Laboratory work**	**Teren. vaje** **Field work**	**Samost. delo** **Individ. work**	**ECTS**
40	15			20	75	6

Nosilec predmeta/Lecturer:	doc. dr. Luka Kristanc

Jeziki/ **Languages:**	**Predavanja/Lectures:**	slovenski/Slovenian
	Vaje/Tutorial:	slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	**Prerequisites:**
• Vpis v drugi ali tretji letnik študijskega programa. • Študent mora pred izpitom pripraviti in predstaviti seminarsko nalogo.	• The prerequisite for inclusion is enrolment in the second or third year of study. • Students have to successfully prepare and present a seminar paper before the examination.

Vsebina:	**Content (Syllabus outline):**
• *Definicija ekoterapije* in izhodišča za njeno vključevanje v integrativno medicino; • Ekološka, nevrokognitivna in psihološka ozadja ekoterapije; • *Ekoterapevtske metode*: – zdravilna hortikultura, – gozdne kopeli, – zelena vadba, – aromaterapija, – terapija z adaptogenimi rastlinami in gobami.	• *Definition of ecotherapy* and the basis of its integration into integrative medicine; • Ecological, neurocognitive and psychological backgrounds of ecotherapy; • *Methods in ecotherapy*: – horticultural therapy, – forest bathing, – green exercise, – aromatherapy, – therapy using adaptogenic plants and mushrooms.

• *Ekoterapija za krepitev zdravja in povečanje kognitivnih sposobnosti*; • *Uporabnost ekoterapevtskih pristopov pri različnih bolezenskih stanjih*: – metabolni sindrom (povišan krvni tlak, debelost in sladkorna bolezen), – rehabilitacija po poškodbah in boleznih (npr. po srčnem infarktu in možganski kapi), – psihiatrična stanja (anksioznost, depresivna stanja, posttravmatska stresna motnja, sindromi odvisnosti, sindrom hiperaktivnosti pri otrocih), – demenca, – paliativna stanja in – pomanjkanje vitamina D s posledicami; • Primeri dobre prakse: uporaba ekoterapije po svetu (Južna Koreja, Japonska, Škotska, Finska), • *Terenske vaje in praktične delavnice:* prikaz različnih ekoterapevtskih metod v sodelovanju z aromaterapevtom in kineziologom.	• *Ecotherapy for health promotion and enhancement of cognitive abilities*; • *Applicability of ecotherapeutic approaches in different diseases:* – metabolic syndrome (high blood pressure, obesity and diabetes), – rehabilitation after injuries and illnesses (e.g., after heart attack and stroke), – psychiatric conditions (anxiety, depression, post-traumatic stress disorder, addiction syndromes, hyperactivity syndrome in children), – dementia, – palliative conditions and – lack of vitamin D and its consequences; • Examples of good practice: the use of ecotherapy worldwide (South Korea, Japan, Scotland, Finland). • *Field excursions with practical workshops*: presentation of various ecotherapeutic methods in cooperation with an aromatherapist and a kinesiologist.

Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Jordan, M., Hinds, J., (2022). *Ecotherapy: Theory, research and practice*, 1st edition. London: Macmillan Education/Palgrave.
- Kreft, S., in Kočevar Glavač, N., (ur.). (2013). *Sodobna fitoterapija: z dokazi podprta uporaba zdravilnih rastlin*; 2., 3. in 13. poglavje – adaptogeni. Ljubljana: Slovensko farmacevtsko društvo.

Priporočljiva literatura/Recommended literature

- Williams, F. (2017). *The nature fix. Why nature makes us happier, healthier and more creative.* New York: WW Norton & Co. (slovenski prevod, 2018).
- Bone, K., in Mills, S., (eds.). (2013). *Principles and practice of phytotherapy: modern herbal medicine*, 2nd edition; izbrani odseki 8. in 9. poglavja ter rastlinske monografije. London: Churchill Livingstone Elsevier.
- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja ekoterapije, izbrane internetne strani (npr. Plants for a Future – PFAF, Wikipedia itd.).

Cilji in kompetence:	**Objectives and competences:**
Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:	*The learning unit mainly contributes to the development of the following general and specific competences:*

• poznavanje in razumevanje posebnosti ekoterapije v primerjavi z ostalimi terapevtskimi pristopi; • poznavanje in razumevanje umestitve ekoterapije v področje zdravstva in področje zdravilstva; • kritično razumevanje utemeljenosti ekoterapije kot nove vede na 1) znanstvenih dognanjih in 2) na praktičnih izkušnjah; • koherentno obvladanje temeljnega znanja, sposobnost povezovanja znanja z različnih področij in aplikacij; • sposobnost analize, sinteze in predvidevanja rešitev ter posledic; • pridobitev sistematičnega znanja o različnih osnovnih ekoterapevtskih pristopih in njihovi uporabnosti pri zdravljenju, lajšanju in preprečevanju različnih bolezni in zdravstvenih težav; • slušatelji spoznajo adaptogene rastline in gobe ter njihovo uporabnost v sklopu ekoterapije; • sposobnost uporabe znanja v praksi; • avtonomnost v strokovnem delu; • etična refleksija in zavezanost profesionalni etiki.	• knowledge and understanding of the specific features of ecotherapy in comparison with other therapeutic approaches; • knowledge and understanding of categorisation of ecotherapy into the field of health care and complementary medicine; • a critical understanding of ecotherapy (as the new science) validation by 1) scientific findings and 2) practical experience; • coherent mastering of the basic knowledge and the ability to link the knowledge from various areas and its applications; • the ability of analysis, synthesis and prediction of solutions and consequences; • acquisition of systematic knowledge on the various basic ecotherapeutic approaches and their applicability in treatment, alleviation and prevention of various diseases and health problems; • participants acquire knowledge about adaptogenic plants and mushrooms and their use within ecotherapy; • the ability to implement knowledge into practice; • autonomy in professional work; • ethical reflexion and dedication to professional ethics.

Predvideni študijski rezultati:	**Intended learning outcomes:**
Študent/študentka: • Razume ekološka, nevrokognitivna in psihološka ozadja ekoterapije kot novega terapevtskega pristopa v medicini. • Pozna osnovne metode ekoterapije ter njihovo uporabnost tako v primarni preventivi za krepitev zdravja kot tudi za zdravljenje različnih telesnih in duševnih bolezni. • Pozna adaptogene rastline in gobe ter jih zna uporabiti v sklopu ekoterapije. • Razume posebnosti ekoterapije v primerjavi z drugimi terapevtskimi pristopi. • Razvije sposobnost povezovanja znanja ekoterapije z znanjem drugih področij.	***Students:*** • Understand the ecological, neurocognitive and psychological backgrounds of ecotherapy as a new therapeutical approach in medicine. • Know the basic methods of ecotherapy and their applicability both in primary prevention for health promotion as well as in the treatment of various physical and mental diseases. • Know the adaptogenic plants and mushrooms and is trained to use them within ecotherapy. • Understand the specificity of ecotherapy compared to other therapeutic approaches.

• Se usposobi za uporabo. ekoterapevtskega znanja v praksi. • Razvije sposobnost kritične presoje uporabe ekoterapije glede na zdravstvene težave bolnika.	• Develop the ability to integrate knowledge about ecotherapy with other areas of knowledge. • Are trained in the use of ecotherapeutic knowledge in practice. • Develop the ability to critically assess the use of phytotherapy in relation to the patient's health problems.

Metode poučevanja in učenja:	**Learning and teaching methods:**
• *Predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov). • *Seminarske vaje:* priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge, portfolio (reševanje problemov, študije primera, kritično presojanje, diskusija, refleksija izkušenj, vrednotenje, projektno delo, timsko delo). • *Terenske vaje in praktične delavnice:* prikaz različnih ekoterapevtskih metod.	• *Lectures* with active student participation (explanation, discussion, questions, examples, problem solving). • *Seminar tutorial:* preparation, presentation and a successful defence of a project paper, portfolio (problem solving, case studies, methods of critical thinking, discussion, reflection of experience, evaluation, project work, teamwork). • *Field excursions with practical workshops*: presentation of various ecotherapeutic methods.

Načini ocenjevanja:	Delež (v %) Weight (in %)	**Assessment:**
Načini: • izpit • izdelava, predstavitev in zagovor seminarske naloge Ocenjevalna lestvica: ECTS.	60 % 40 %	Types: • exam • preparation, presentation and defence of the seminar paper Grading scheme: ECTS.