



International Federation of Aromatherapists

AROMATHERAPY DIPLOMA

Accreditation of Prior Learning (APL)/ Experiential Learning (APEL)

HOW EVIDENCE FOR APL/ APEL WILL BE ASSESSED

The evidence you present will be assessed to ensure that this meets all the criteria for learning outcomes using the following APL/ APEL criterion:

- Acceptable
- Sufficient
- Current
- Authentic

Acceptable

This means that the evidence you present meets all the criteria for the prescribed learning outcomes of the programme of study undertaken.

Sufficient

This means that the evidence you present provides sufficient proof that the criteria has been fully met (you may, therefore, need to produce more than one piece of evidence for some elements).

Current

The evidence provided is within the last 3 years and no more than 5 years old. Where certificated learning is more than 5 years old supplementary evidence must be provided to show how the knowledge or skills have been maintained (i.e. how they are still current).

Authentic

The evidence presented must be your own and you must be able to confirm, where appropriate, that experiential or certified learning has been endorsed by direct evidence (e.g.: certificates, references or witness statements).

IFA AROMATHERAPY DIPLOMA SYLLABUS APL / APEL CONTENT

Module	Module Title	QCF HE level 5 Credit	Unit	Subject Units	COMPLETE	TO BE COMPLETED	EVIDENCE
1	Anatomy, Physiology & Pathology	10	1.1	Anatomy & Physiology	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
			1.1.1	Introduction to the Human Body			
			1.1.2	Body Tissues			
			1.1.3	The Integumentary System			
			1.1.4	The Skeletal System			
			1.1.5	The Muscular System			
			1.1.6	The Nervous System			
			1.1.7	The Endocrine System			
			1.1.8	The Cardiovascular System			
			1.1.9	The Lymphatic System			
			1.1.10	The Immune System			
			1.1.11	The Respiratory System			
			1.1.12	The Digestive System and Nutrition			
			1.1.13	The Urinary System			
			1.1.14	The Reproductive System			
			A.1A	Bones of the Body			
			A.1B	Muscles of the Body			

Module	Module Title	QCF HE level 5 Credit	Unit	Subject Units	COMPLETE	TO BE COMPLETED	EVIDENCE
	A & P Continued		1.2	Pathology	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
			1.2.1	Introduction to Pathology			
			1.2.2	Diseases and Disorders of the Integumentary System			
			1.2.3	Diseases and Disorders of the Skeletal System			
			1.2.4	Diseases and Disorders of the Muscular System			
			1.2.5	Diseases and Disorders of the Nervous System			
			1.2.6	Diseases and Disorders of the Endocrine System			
			1.2.7	Diseases and Disorders of the Cardiovascular System			
			1.2.8	Diseases and Disorders of the Lymphatic System			
			1.2.9	Diseases and Disorders of the Immune System			
			1.2.10	Diseases and Disorders of the Respiratory System			
			1.2.11	Diseases and Disorders of the Digestive System			
			1.2.12	Diseases and Disorders of the Urinary System			
			1.2.13	Diseases and Disorders of the Reproductive System			

Module	Module Title	QCF HE level 5 Credit	Unit	Subject Units	COMPLETE	TO BE COMPLETED	EVIDENCE
2	Aromatherapy	17	2.1	Aromatherapy in Context	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
			2.1.1	Historical Use of Plants and Development of Aromatherapy			
			2.1.2	Research and Aromatherapy			
			2.2	Applied Science for Aromatherapy			
			2.2.1	The Sense of Smell and Aromatherapy			
			2.2.2	Botany for Aromatherapy			
			2.2.3	Chemistry for Aromatherapy			
			2.2.4	Cultivation and Production			
			2.2.5	Adulteration, Quality Control and Storage			
			2.2.6	Potential Hazards and toxicity of Essential Oils			
			2.2.7	Pharmacology, Pharmacokinetics and Therapeutic Properties			
			2.3	Aroma-therapeutic Remedies and Application			
			2.3.2	Essential Oils			
			2.3.3	Therapeutic Blending, Dosage & Methods of Application			
			2.3.4	Benefits and Contra-indications of Essential Oil Therapy			

Module	Module Title	QCF HE level 5 Credit	Unit	Subject Units	COMPLETE	TO BE COMPLETED	EVIDENCE
			2.4	Practice of Aromatherapy	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
			2.4.1	Safety for Aromatherapy Practice			
			2.4.2	Presentation and Preparation			
			2.4.3	The Aromatherapy Treatment:			
				Massage Therapy			
				Setting up Work Area: including equipment, environment			
				Consultation and Assessment			
				Treatment Plan			
				Treatment Process			
				Aftercare and Home Advice			
				Record Keeping and Data Protection			

Module	Module Title	QCF HE level 5 Credit	Unit	Subject Units	COMPLETE	TO BE COMPLETED	EVIDENCE
3	Theory and Practice of Massage Therapy	6	3.1	Theory of Massage Therapy	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
			3.1.1	Background to Massage Therapy			
			3.1.2	Massage and Research			
			3.1.3	Benefits and Contraindications			
			3.1.4	Classification of Massage Movements			
			3.1.5	Massage Media			
			3.2	Practice of Massage Therapy			
			3.2.1	Preparation and Presentation			
			3.2.2	Consultation and Treatment Planning			

Module	Module Title	QCF HE level 5 Credit	Unit	Subject Units	COMPLETE	TO BE COMPLETED	EVIDENCE
3	Professional Practice	3	3.1		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
			3.1.1	The Therapeutic Relationship			
			3.1.2	Consultation and Treatment Planning			
			3.1.3	Reflective Practice			
			3.1.4	Working Practice and Self Care			
			3.1.5	Hygiene, Health and Safety			
			3.1.6	Complementary Therapies and Allopathic Medicine			
4	Business Studies	1	4.1		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
			4.1.1	Business Organisation			
				Writing a Business Plan			
	Total HE (Level 5) Credits	37					

List of IFA Essential Oils and Vegetable Oils
Fixed Oils

	Generic Name	Latin Name	<input checked="" type="checkbox"/>		Generic Name	Latin Name	<input checked="" type="checkbox"/>
1	Almond sweet	<i>(Prunus communis)</i>		17	Macadamia	<i>(Macadamia ternifolia)</i>	
2	Apricot kernel	<i>(Prunus armeniaca)</i>		18	Olive	<i>(Olea europaea)</i>	
3	Argan	<i>(Argania spinose)</i>		19	Peach kernel	<i>(Prunus vulgarus)</i>	
4	Avocado	<i>(Persea americana mill)</i>		20	Peanut	<i>(Arachis hypogaea)</i>	
5	Borage	<i>(Borago officinalis)</i>		21	Rice bran	<i>(Oryza sativa)</i>	
6	Calendula	<i>(Calendula officinalis)</i>		22	Rosehip seed	<i>(Rosa rubiginosa or Rosa moshata Herrm)</i>	
7	Camellia	<i>(Camellia oleifera)</i>		23	Safflower	<i>(Carthamus tinctorius)</i>	
8	Carrot	<i>(Daucus carota sativa)</i>		24	Sea buckthorn berry	<i>(Hippophae rhamnoides)</i>	
9	Castor	<i>(Ricinus communis)</i>		25	Sesame	<i>(Sesamum indicum)</i>	
10	Coconut	<i>(Cocos nucifera)</i>		26	Soya	<i>(Glycine max)</i>	
11	Evening primrose	<i>(Oenothera biennis)</i>		27	St John's Wort	<i>(Hypericum perforatum)</i>	
12	Grapeseed	<i>(Vitis vinifera)</i>		28	Sunflower	<i>(Helianthus annuus)</i>	
13	Hazelnut	<i>(Corylus avellana)</i>		29	Walnut	<i>(Juglans regia)</i>	
14	Jobba	<i>(Simmondsia chenensis)</i>		30	Wheatgerm	<i>(Triticum vulgare)</i>	
15	Kukui nut	<i>(Aleurites moluccana)</i>					
16	Linseed	<i>(Linum usitatissimum)</i>					

List of IFA Essential Oils and Vegetable Oils
ESSENTIAL OILS

	Generic Name	Latin Name	<input checked="" type="checkbox"/>		Generic Name	Latin Name	<input checked="" type="checkbox"/>
1	Basil ct linalool	<i>(Ocimum basilicum)</i>		36	Myrtle	<i>(Myrtus communis)</i>	
2	Benzoin	<i>(Styrax benzoin)</i>		37	Neroli	<i>(Citrus aurantium)</i>	
3	Bergamot	<i>(Citrus bergamia)</i>		38	Niaouli	<i>(Melaleuca viridiflora)</i>	
4	Cardamon	<i>(Elettaria cardamomum)</i>		39	Niaouli ct linalool	<i>(Melaleuca viridiflora)</i>	
5	Cajeput	<i>(Melaleuca leucadendron)</i>		40	Niaouli ct nerolidol	<i>(Melaleuca viridiflora)</i>	
6	Cedarwood, Atlas	<i>(Cedrus atlantica)</i>		41	Niaouli ct cineol	<i>(Melaleuca viridiflora)</i>	
7	Chamomile, German	<i>(Matricaria recutita)</i>		42	Orange, sweet	<i>(Citrus sinensis)</i>	
8	Chamomile, Roman	<i>(Chamaemelum nobile)</i>		43	Orange, bitter	<i>(Citrus aurantium)</i>	
9	Cinnamon	<i>(Cinnamomum zeylanicum)</i>		44	Palmarosa	<i>(Cymbopogon martini)</i>	
10	Clary Sage	<i>(Salvia sclarea)</i>		45	Patchouli	<i>(Pogostemon cablin)</i>	
11	Coriander	<i>(Coriandrum sativum)</i>		46	Pepper, black	<i>(Piper nigrum)</i>	
12	Cypress	<i>(Cupressus sempervirens)</i>		47	Peppermint	<i>(Mentha piperita)</i>	
13	Eucalyptus, lemon	<i>(Eucalyptus citriodora)</i>		48	Petitgrain	<i>(Citrus aurantium)</i>	
14	Eucalyptus, broad leaf	<i>(Eucalyptus dives)</i>		49	Pine needles	<i>(Pinus sylvestris)</i>	
15	Eucalyptus, blue gum	<i>(Eucalyptus globulus)</i>		50	Ravensara	<i>(Ravensara aromatic)</i>	

16	Eucalyptus, gully gum	<i>(Eucalyptus smithii)</i>	51	Rose cabbage	<i>(Rosa x centifolia)</i>
17	Fennel, Sweet	<i>(Foeniculum vulgare)</i>	52	Rose damask	<i>(Rosa damascene)</i>
18	Frankincense	<i>(Boswellia sacra)</i>	53	Rosemary	<i>(Rosmarinus officinalis)</i>
19	Geranium Bourbon	<i>(Pelargonium graveolen)</i>	54	Rosemary ct verbenone	<i>(Corsica and France) (Rosmarinus officinalis)</i>
20	Ginger	<i>(Zingiber officinale)</i>	55	Rosemary ct camphor	<i>(Spain and Croatia) (Rosmarinus officinalis)</i>
21	Grapefruit	<i>(Citrus x paradise)</i>	56	Rosemary ct cineole	<i>(Tunisia and France) (Rosmarinus officinalis)</i>
22	Helichrysum	<i>(Helichrysum italicum)</i>	57	Rosewood (endangered)	<i>(Aniba rosaeodora)</i>
23	Jasmine	<i>(Jasminum grandiflorum)</i>	58	Sandalwood, Australian	<i>(Santalum spicatum)</i>
24	Juniper berry	<i>(Juniperus communis)</i>	59	Sandalwood, Mysore	<i>(Santalum album)</i>
25	Lavender	<i>(Lavandula angustifolia)</i>	60	Sandalwood, Pacific/New Caledonian	<i>(Santalum austrocaledonicum)</i>
26	Lavender, spike	<i>(Lavandula latifolia)</i>	61	Spearmint	<i>(Mentha spicata)</i>
27	Lavandin	<i>(Lavandula x intermedia Emeric ex)</i>	62	Tea tree	<i>(Melaleuca alternifolia)</i>
28	Lemon	<i>(Citrus limon)</i>	63	Thyme	<i>(Thymus vulgaris)</i>
29	Lemongrass	<i>(Cymbopogon citratus)</i>	64	Thyme ct thujanol	<i>(Thymus vulgaris)</i>
30	Lime	<i>(Citrus aurantifolia)</i>	65	Thyme ct linalool	<i>(Thymus vulgaris)</i>
31	Mandarin	<i>(Citrus nobilis)</i>	66	Thyme ct thymol/carvacrol	<i>(Thymus vulgaris)</i>
32	Marjoram, sweet	<i>(Origanum majorana)</i>	67	Thyme ct geraniol	<i>(Thymus vulgaris)</i>

33	May Chang	<i>(Litsea cubeba)</i>	68	Vetivert	<i>(Vetiveria zizanioides)</i>
34	Melissa	<i>(Melissa officinalis)</i>	69	Yarrow	<i>(Achillea millefolium)</i>
35	Myrrh	<i>(Commiphora myrrha)</i>	70	Ylang Ylang	<i>(Cananga odorata)</i>

ACCREDITED PRIOR LEARNING QUESTIONNAIRE

Number of Course hours attended (per unit)	Aromatherapy	
	Massage	
	Anatomy & Physiology	
	Business Practice	
	Professional Practice	
Details of the depth of study in Essential Oils (bullet points of learning outcomes or link to contents)		
Details of the depth of study in Chemistry (bullet points of learning outcomes or link to contents)		

<p>Details of the botany of Essentials Oils (bullet points of learning outcomes or link to contents)</p>	
<p>Details of work covering – blending and application of Essential Oils</p>	
<p>Details of work covering – blending and application of Essential Oils</p>	
<p>Portfolio of personal work – thesis, projects, research, assignments etc.</p>	
<p>Business Study Project</p>	
<p>60 Case Studies including the treatment of 6 Clients 6 times</p>	

All relevant qualifications including CPD	

ADDITIONAL NOTES AND COMMENTS