

	Implementation schedule	Physically / Remotely	Contact hours	Autonomous work for students (max hours)	Learning outcomes
Activity 1 07/09/2026	Introduction to extraction methods and secondary metabolites	remotely	4	8	Describe the principles of commonly used extraction techniques, recognize major groups of secondary metabolites and explain their biological significance.
Activity 2 14/09/2026	Preparation of the extracts	physically	4	8	Prepare plant extracts using appropriate laboratory procedures and safety practices
Activity 3 15/09/2026	Evaluation of antioxidant activity	physically	6	12	Perform DPPH, ABTS, FRAP analysis
Activity 4 16/09/2026	Evaluation of α -amylase activity	physically	5	10	Experience on α -amylase assay
Activity 5 17/09/2026	Evaluation of α -glucosidase activity	physically	5	10	Experience on α -glucosidase assay
Activity 6 18/09/2026	Evaluation of AchE activity	physically	5	10	Experience on AchE assay
Activity 7 05/10/2026	Discussion of results and literature search	remotely	4	8	Learn how to choose the right scientific sources and evaluate their experimental data
Activity 8 (mandatory) 12/10/2026	Presentation of final assignments.	remotely	4	8	Final Assessment
Total Hours			37	74	111