Course Outline

COURSE: COS 220  DIVISION: 50  ALSO LISTED AS:

TERM EFFECTIVE: Fall 2015  CURRICULUM APPROVAL DATE: 03/23/2015

SHORT TITLE: SCIENTIFIC SKN CARE

LONG TITLE: Scientific Skin Care (Esthetics)

<table>
<thead>
<tr>
<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<td>8</td>
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<td>Lecture: 4.44</td>
<td>79.92</td>
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<td></td>
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<td>Lab: 13.33</td>
<td>239.94</td>
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<td>Other: 0</td>
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COURSE DESCRIPTION:

An introductory course designed to provide the skills necessary to be employed as an Esthetician (Facialist). Skills taught include skin care and treatment, cosmetics, and the use of electrical modalities. REQUIRED: 17 years of age, completed 10th grade or equivalent, as per State Board of Cosmetology.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

   L - Standard Letter Grade

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

   02 - Lecture and/or discussion
   03 - Lecture/Laboratory
   04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Develop and perform a course of treatment based on skin analysis.
   Measure: practical, oral and written exams
   PLO: 1,2,3
2. Select the proper modalities to give a complete facial, including cosmetics, utilizing the Woods Lamp and various other machines. 
Measure: demonstration, practical and written exams
PLO: 1, 2, 3
ILO: 2, 7, 1
GE-LO:
Year assessed or anticipated year of assessment: 2013-14

3. Evaluate and prepare the Sanitary Maintenance Area (SMA) according to state board requirements, based on the clinical service to be performed.
Measure: written and practical exams
PLO: 1
ILO: 2, 7, 1
GE-LO:
Year assessed or anticipated year of assessment: 2013-14

4. Describe and explain the fundamentals of the theory of anatomy as it relates to esthetics.
Measure: written exam
PLO: 1
ILO: 2, 7
GE-LO:
Year assessed or anticipated year of assessment: 2013-14

PROGRAM LEARNING OUTCOMES:
After completing the Certificate of Achievement for Esthetics, students will:
1. Complete the State Board of Barbering and Cosmetology examination for licensure and employment.
2. Diagnose skin condition and perform skin treatments while administering facials.
3. Diagnose, analyze and apply proper skin enhancing products when administering make-up designs.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS
Curriculum Approval Date: 03/23/2015
WEEK 1 4.44 lecture hours, 13.33 lab hours
Orientation and overview of course objectives. Introduction to Esthetics and Spa Therapies including career options, its history, and the future of the profession.
Introduction to scientific skin care massage techniques. Hygiene and sanitation methods discussed. Presentation on the history of beauty, including the cosmetics used in different eras. Practical application by students of massage techniques.
HW: Read chapter on subject matter and complete practical and theory workbook. Research and make a comprehensive report on the history of esthetics.
PO: The student will be able to explain the importance of Esthetic and Spa Therapies. They will be able to demonstrate proper hygiene and
sanitation methods during lab work.

WEEK 2  4.44 lecture hours, 13.33 lab hours
Lecture on the anatomy and physiology of skin, including skin function, the layers of the skin, cell physiology and biochemistry.
Presentation on skin glands, their function and skin disorders.
Introduction to manipulations. Student application.
HW: Read appropriate chapter in text and complete workbook assignment.
PO: The student will be able to list the layers of the skin and explain their function. The importance of the gland will also be explained. Students will be able to demonstrate the skin manipulations taught.

WEEK 3  4.44 lecture hours, 13.33 lab hours
Presentation on the anatomy of a facial (part I). Products, procedures, analysis and consultations will be discussed.
Presentation on the preparation of pads used for cleansing and their use in masks and massages. Also deep cleansing treatment. Student participation in preparation of pads.
HW: Read chapter on subject matter and complete practical and theory workbook.
PO: The student will be able to demonstrate the basic facial procedures. Materials for deep cleansing of the skin will be prepared by the students.

WEEK 4  4.44 lecture hours, 13.33 lab hours
Introduction/lecture on various massage techniques.
Students will practice at least two different massage techniques.
Molding will also be presented and practiced.
HW: Read appropriate chapter(s) in textbook and complete workbook assignment(s).
PO: The student will be able to perform at least two different types of massages. Molding will be demonstrated. They will be able to analyze skin and select the appropriate massage technique.

WEEK 5  4.44 lecture hours, 13.33 lab hours
Presentation on the anatomy of a facial (part II). Lecture on masks, packs, gomage, compresses, and peels.
Students will practice the application and removal of masks, packs, gomage, and compresses. Peels will also be practiced.
HW: Read chapter on subject matter and complete practical and theory workbook.
PO: The student will be able to perform a basic facial. They will demonstrate the use of a mask, pack, and gomage. A peel will also be demonstrated by the student.

WEEK 6  4.44 lecture hours, 13.33 lab hours
Lecture on client relations and ethics. The rights and obligations of aestheticians will be discussed.
Class will participate in role playing of a client's first appointment. The proper approach will be discussed. In addition, analysis of skin conditions will be practiced. This would include the categories of: dry, cuperose, imperfections, acne, blemishes, comedones, and
dehydration.

HW: Read appropriate chapter in textbook and complete workbook assignment, including listing the important factors to remember during the client's first visit.

PO: The student will be able to explain the importance of client relations and professionalism. They will be able to analyze at least four skin conditions.

WEEK 7 4.44 lecture hours, 13.33 lab hours
Introduction to skin care machines. Their purpose and the proper use of each modality will be presented.
Presentation on the safety and sanitation of skin care machines.
Students will have the opportunity to use the various machines.

HW: Read chapter on subject matter and complete practical and theory workbook.

PO: The student will be able to identify and demonstrate the use of the machines used in skin care treatments.

WEEK 8 4.44 lecture hours, 13.33 lab hours
Lecture on post consultation and home care as well as closing consultation and home care products.
The benefits and selection of cosmetics for one's skin type will be discussed. The focus will be on biogenic products. Application of these products will be performed.

HW: Read appropriate textbook chapter and complete workbook assignment.

PO: The student will be able to demonstrate how to sell a product line to a client. This will include how to apply these products.

WEEK 9 4.44 lecture hours, 13.33 lab hours
Presentation on skin types and conditions, skin analysis, and health screening.
Demonstration on the use of the high frequency machine, galvanic currents, and polarity of ampoules. Student application.

HW: Read chapter on subject matter and complete practical and theory workbook assignment(s). In an essay form, list the cosmetics that would be used for oily, aged, acne, and blemished skin.

PO: Students will be able to identify different types of skin and various skin conditions. They will demonstrate the proper use of the high frequency machine.

WEEK 10 4.44 lecture hours, 13.33 lab hours
Presentation on professional products. The theory of botanical ingredients used to enhance the present state of the skin will be discussed.
Demonstration on the professional application of a botanical line.
Students will practice the application procedures using the botanical line.

HW: Read appropriate chapter in textbook and complete workbook assignment.

PO: Students will be able to list the benefits of using botanical ingredients.
WEEK 11  4.44 lecture hours, 13.33 lab hours
Discussion on the operation of a skin care salon. Information provided on shop management, the physical arrangement of treatment rooms, and the selling of retail products.
Review of information presented above. Students will set up a mock salon. They will also continue to practice the skills presented to date.
HW: Read chapter in textbook on subject matter and complete practical and theory workbook assignments.
PO: Students will be able to diagram a skin care salon, including size, lighting, and furniture. State regulations concerning such a business will be explained.

WEEK 12  4.44 lecture hours, 13.33 lab hours
Lecture on the Cosmetology State Board rules and regulations.
Practical application by students of skills provided throughout the class.
HW: Read appropriate chapter in textbook and complete workbook assignment.
PO: Students will be able to explain the rules and regulations for estheticians set forth by the state cosmetology board.

WEEK 13  4.44 lecture hours, 13.33 lab hours
Introduction to light therapy. The uses of dermal lights for facial and skin health purposes will be discussed. Red, white, and blue light therapy will be presented.
Practical application of light therapy by students. They will also continue to apply skills learned to date on clients and/or mannequins.
HW: Read chapter on subject matter and complete practical and theory workbook materials.
PO: The student will be able to explain and demonstrate the uses of dermal lights in skin care.

WEEK 14  4.44 lecture hours, 13.33 lab hours
Lecture on bacteriology, sanitation, anatomy, and the safety precautions related to skin conditions.
Continued discussion on skin conditions and their relationship to genetic factors, improper sanitation, and bacteria intrusion.
Application by students of these conditions through skin analysis.
HW: Read appropriate chapter(s) in textbook and complete workbook assignment(s).
PO: Students will be able perform a skin analysis and develop a course of treatment.

WEEK 15  4.44 lecture hours, 13.33 lab hours
Introduction to cosmetic chemistry, composition, and the purpose of cosmetics as skin preparations.
Review of material presented in lecture. Practical application of cosmetics by students on mannequins and/or live models.
HW: Read chapter on subject matter and complete practical and theory workbook assignments.
PO: Using a text on cosmetic chemistry, the student will be able to
list the ingredients of the various cosmetics used in this course.

WEEK 16  4.44 lecture hours, 13.33 lab hours
Introduction to make-up technology. A contemporary perspective for a professional application will be discussed.
Demonstration of the use of cosmetics to develop art as a skilled technique. Student application.
HW: Read appropriate chapter in text and complete workbook assignments.
PO: The student will be able to explain the chemistry, composition, and purpose of cosmetics.

WEEK 17  4.44 lecture hours, 13.33 lab hours
Introduction to lash and brow tinting and brow arching.
Practical application by students of material presented in lecture.
HW: Read related chapter in text and complete workbook project.
PO: The student will be able to demonstrate lash/brow tinting and arching techniques.

WEEK 18  2 HOURS
Practical and Written Final.
ASSIGNMENTS:
Weekly lab practices and student applications, per instructor.

METHODS OF INSTRUCTION:
Lecture, Demonstration, Audio-Visual presentations, Guest Speakers.

METHODS OF EVALUATION:
The types of writing assignments required:
Written homework
Lab reports
The problem-solving assignments required:
None
The types of skill demonstrations required:
Performance exams
The types of objective examinations used in the course:
Multiple choice
True/false
Matching items
Completion
Other category:
None
The basis for assigning students grades in the course:
Writing assignments: 20% - 30%
Problem-solving demonstrations: 0% - 0%
Skill demonstrations: 50% - 80%
Objective examinations: 20% - 30%
Other methods of evaluation: 0% - 0%

REPRESENTATIVE TEXTBOOKS:
Required:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:
CSU GE:
IGETC:
CSU TRANSFER:
  Not Transferable
UC TRANSFER:
  Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: I
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
CAN:
CAN Sequence:
CSU Crosswalk Course Department:
CSU Crosswalk Course Number:
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: C
Maximum Hours:
Minimum Hours:
Course Control Number: CCC000253596
Sports/Physical Education Course: N
Taxonomy of Program: 300700