

Course Outline

COURSE: COS 221 **DIVISION:** 50 **ALSO LISTED AS:**

TERM EFFECTIVE: Fall 2020 **CURRICULUM APPROVAL DATE:** 06/09/2020

SHORT TITLE: ADV SCIENT/SKN CARE

LONG TITLE: Advanced Scientific Skin Care - Esthetics

| <u>Units</u> | <u>Number of Weeks</u> | <u>Type</u> | <u>Contact Hours/Week</u> | <u>Total Contact Hours</u> |
|--------------|------------------------|-------------|---------------------------|----------------------------|
| 8 | 18 | Lecture: | 4 | 72 |
| | | Lab: | 13.5 | 243 |
| | | Other: | 0 | 0 |
| | | Total: | 17.5 | 315 |

COURSE DESCRIPTION:

An advanced in-depth study and training in the care and treatment of skin, cosmetics and manipulative electrical modalities as required by the State Board of Cosmetology. **PREREQUISITE:** Completion of COS 220 with a grade of C or better.

PREREQUISITES:

Completion of COS 220, as UG, with a grade of C or better.

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
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Analyze pre and post operative care procedures and establish treatment plans for the skin.
2. Analyze and perform the application of make up and/or corrective make up according to state board requirements.
3. Explain and demonstrate lymphatic node drainage manipulations, including the tools and equipment required, while utilizing proper SMA set up procedures.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 06/09/2020

4.44 Hours

Content: Presentation on common diseases and disorders of the skin including lesions, problematic skin, comedones, milia and acne. Review of information presented on the care and treatment of dry skin and oily skin.

Student Performance Objectives: Identify the diseases of the skin, including listing primary and secondary lesions, and its problematic conditions.

4.44 Hours

Content: Lecture on the analysis of sensitive skin, Rosacea, and sun damaged skin.

Student Performance Objectives: Describe and identify Rosacea.

4.44 Hours

Content: Review of aging, sensitive, mature, and sun damaged skin and their salon treatments.

Student Performance Objectives: Identify different types of skin conditions.

4.44 Hours

Content: Lecture and presentation on hyper pigmentation and ethnic skin.

Student Performance Objectives: Discuss the treatment of hyper pigmentation and ethnic skin.

4.44 Hours

Content: Lecture on holistic/alternative skin care and therapy.

Student Performance Objectives: Identify the different types of exfoliations.

4.44 Hours

Content: Lecture on color theory, facial features, setup, and make up tools.

Student Performance Objectives: Explain the theory of color, facial features, and the use of make up tools.

4.44 Hours

Content: Lecture on basic chemistry as it relates to cosmetic ingredients and serum.

Student Performance Objectives: Describe how to do a complete grade I and grade II acne procedure.

4.44 Hours

Content: Review on all material covered to date. Discussion on state board written exam.

Student Performance Objectives: Explain the material that is covered on the written state board cosmetology exam.

4.44 Hours

Content: Presentation on choosing a make up product, make up applications, corrective make up, and client consultation.

Student Performance Objectives: Discuss cosmetic make up procedures.

4.44 Hours

Content: Lecture on spa body treatments, its principles, hydro-therapy, aroma-therapy, and body masks and wraps.

Student Performance Objectives: Describe how to perform an aroma-therapy and various body masks and wraps.

4.44 Hours

Content: Presentation on body treatments, spot treatments, paraffins, body massage, shiatsu, and reflexology.

Student Performance Objectives: Explain how to perform body treatments.

4.44 Hours

Content: Discussion on the material presented during the past two weeks and a review of the various types of treatments and massages.

Student Performance Objectives: List and explain the various types of treatments presented over the past two weeks.

4.44 Hours

Content: Presentation on career opportunities in medical esthetics and plastic reconstruction surgery. Patient profile, pre and post operative care, and treatment plans and procedures will also be discussed.

Student Performance Objectives: Explain medical esthetics and plastic reconstruction surgery procedures.

4.44 Hours

Content: Review of information that will be covered in written state board exam.

Student Performance Objectives: List the questions that might appear on the written state board exam.

4.44 Hours

Content: Lecture on electrolysis, the removal of superfluous hair, both permanent and temporary.

Student Performance Objectives: Define and state the importance of electrolysis. Explain the methods utilized for hair removal.

4.44 Hours

Content: Provide discussion and review opportunities for students of all the material covered during the semester.

Student Performance Objectives: Participate in discussion groups, including listing the 14 procedures learned this semester.

4.44 Hours

Content: Take a written state board practice exam and then critique with students.

Student Performance Objectives: Participate in and complete a mock written state cosmetology board exam.

2 Hours

Written Final.

Lab content:

13.33 Hours

Content: Discussion on the procedures used for problematic skin and mature skin.

Student Performance Objectives: Apply these procedures on models and clients.

13.33 Hours

Content: Student application of information presented in lecture. Review work procedures for problematic skin. Presentation on and practical application of skin lightening with alpha hydroxyl acids.

Student Performance Objectives: Apply information presented in lecture. Perform a skin lightening procedure.

13.33 Hours

Content: Discussion on products that improve pigmentations, freckles, cyst, and telangiectasia conditions. Work on selection and application of a mask for oily skin. Continued student application on clients.

Student Performance Objectives: List products that would help improve these conditions. List the imperfections that an aesthetician can perform services on.

13.33 Hours

Content: Presentation on the application of a soft lift off mask for the appropriate condition, the use of an enzyme peeling mask for milia, and a gauze facial application. Students will have the opportunity to practice the above procedures.

Student Performance Objectives: Demonstrate the proper application of various masks.

13.33 Hours

Content: Presentation on mechanical and chemical exfoliation. Demonstration and then student practice on mechanical and chemical exfoliation. Students continue to apply all techniques learned to date on clientele.

Student Performance Objectives: Demonstrate the different types of exfoliations.

13.33 Hours

Content: Practical application by students of material presented in lecture. Continued practice on client services.

Student Performance Objectives: Demonstrate the use of make up tools.

13.33 Hours

Content: Students will practice verbalizing recommendations for a specific facial to a client, including home care recommendations. They will speak to a client using the established telephone protocol. Analysis of skin for imperfections, including grade I and II acne skin procedure will be performed.

Student Performance Objectives: Demonstrate how to do a complete grade I and grade II acne procedure.

13.33 Hours

Content: Practical application by students on techniques learned to date. Discussion on state board practical exam.

Student Performance Objectives: Explain the material that is covered on the practical state board cosmetology exam.

13.33 Hours

Content: Students will work on applying corrective make up for specific cosmetic procedures. They will also continue to work on the procedures learned to date on the clients they serve.

Student Performance Objectives: Perform cosmetic make up procedures.

13.33 Hours

Content: Discussion on information presented in lecture. Students will spend time practicing aroma-therapy and body masks and wraps on client services.

Student Performance Objectives: Demonstrate how to perform an aroma-therapy and various body masks and wraps.

13.33 Hours

Content: Students will practice reflexology, paraffins, and body treatments. Class will include the analysis of techniques utilized.

Student Performance Objectives: Demonstrate how to perform body treatments.

13.33 Hours

Content: Students will continue to apply the skills learned throughout the semester on the client services.

Student Performance Objectives: Demonstrate the various types of treatments presented over the past two weeks.

13.33 Hours

Content: Continued practice on client services. Review of facial and body procedures.

Student Performance Objectives: Discuss medical esthetics and plastic reconstruction surgery procedures.

13.33 Hours

Content: Review of material that will be on state board practical exam. Students will continue to practice techniques and procedures on clientele.

Student Performance Objectives: Describe and perform the 14 procedures that will be on the practical state board test.

13.33 Hours

Content: Discussion and demonstration on the techniques used for superfluous hair removal, including tweezing, chemical depilatories, hot waxes, and cold waxes. Students will be provided the opportunity to practice these techniques.

Student Performance Objectives: Demonstrate the methods utilized for hair removal.

13.33 Hours

Content: Provide opportunities for students to practice techniques and skills of the material presented this semester. They will also continue to serve clientele.

Student Performance Objectives: Demonstrate the techniques learned this semester.

13.33 Hours

Content: Participate in a mock state board practical exam and then critique student performance. Continue working on clients to improve techniques and skills.

Student Performance Objectives: Participate in and complete a mock practical state cosmetology board exam.

2 Hours

Practical Final.

METHODS OF INSTRUCTION:

Lecture, Demonstration, Audio-Visual, Guest Artist Presentations

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours: 60

Assignment Description: Complete practical and theory workbook assignments. Students will spend time reviewing the chapters in the textbook and their workbook, especially the areas that are their weakness.

Required Outside Hours: 40

Assignment Description: HW: List the important safety factors when performing a skin lightening. HW: List the biological line of cosmetics that should be used for each particular skin condition.

Required Outside Hours: 60

Assignment Description: Review previous chapters and read new textbook chapter material. Read state board review book. Students will spend time reviewing the chapters in the textbook and their workbook, especially the areas that are their weakness.

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 25.00 %

10% - 30% Written homework; Lab reports

Skill demonstrations

Percent of total grade: 50.00 %

50% - 80% Performance exams

Objective examinations

Percent of total grade: 25.00 %

15% - 30% Multiple Choice; True/False; Matching Items; Completion

REPRESENTATIVE TEXTBOOKS:

Gerson, Joe. Milady Standard Esthetics Fundamentals Exam Review and State Board review book. CENGAGE Learning,2019.

Gerson, Joel. Milady Standard Esthetics Fundamentals Practical Student Workbook. CENGAGE Learning,2019.

Gerson, Joel. Milady Standard Esthetics Fundamentals textbook. CENGAGE Learning,2019.

Gerson, Joel. Milady Standard Esthetics Fundamentals Theory Workbook. CENGAGE Learning,2019.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

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: B

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000562976

Sports/Physical Education Course: N

Taxonomy of Program: 300700