Course Outline

COURSE: COS 221  DIVISION: 50  ALSO LISTED AS:

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

SHORT TITLE: ADV SCIENT/SKN CARE

LONG TITLE: Advanced 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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<tr>
<td>8</td>
<td>18</td>
<td>Lecture</td>
<td>4.44</td>
<td>79.92</td>
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<td></td>
<td></td>
<td>Lab</td>
<td>13.33</td>
<td>239.94</td>
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<td></td>
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<td>Other</td>
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<td></td>
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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 or equivalent.

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

STUDENT LEARNING OUTCOMES:

1. Analyze pre and post operative care procedures and establish treatment plans for the skin.

Measure: demonstration, practical and written exams

3/19/2015
2. Analyze and perform the application of make up and/or corrective make up according to state board requirements.
Measure: demonstration, practical and written exams
PLO: 1,3
ILO: 7,2,1,4
GE-LO:  
Year assessed or anticipated year of assessment: 2012-13

3. Explain and demonstrate lymphatic node drainage manipulations, including the tools and equipment required, while utilizing proper SMA set up procedures.
Measure: demonstration, practical, oral and written exams
PLO: 1,2
ILO: 7,2,1
GE-LO: 
Year assessed or anticipated year of assessment: 2012-13

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
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.
Discussion on the procedures used for problematic skin and mature skin. Students will apply these procedures on models and clients.
HW: Read chapter on subject matter and complete practical and theory workbook assignments.
PO: The student will be able to identify the diseases of the skin, including listing primary and secondary lesions, and its problematic conditions.
WEEK 2  4.44 lecture hours, 13.33 lab hours
Lecture on the analysis of sensitive skin, Rosacea, and sun damaged skin.
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.
HW: Read appropriate chapters in textbook and complete workbook assignments.
assignments, including listing the important safety factors when performing a skin lightening.

PO: The student will be able to identify Rosacea. They will be able to perform a skin lightening procedure.

WEEK 3 4.44 lecture hours, 13.33 lab hours

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

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

HW: Review previous chapters on skin conditions and read new material on information presented in lab. Complete workbook.

PO: The student will be able to identify different types of skin conditions. They will be able to list products that would help improve these conditions. The student will be able to list the imperfections that an aesthetician can perform services on.

WEEK 4 4.44 lecture hours, 13.33 lab hours

Lecture and presentation on hyper pigmentation and ethnic skin.

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.

HW: Read chapters in textbook relating to material covered in lecture and lab. Complete required assignments in workbook.

PO: The student will be able to discuss the treatment of hyper pigmentation and ethnic skin. They will be able to demonstrate the proper application of various masks.

WEEK 5 4.44 lecture hours, 13.33 lab hours

Presentation on mechanical and chemical exfoliation. Lecture on holistic/alternative skin care and therapy.

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

HW: Read chapter(s) on subject matter and complete practical and theory workbook assignment(s).

PO: The student will be able to identify and demonstrate the different types of exfoliations.

WEEK 6 4.44 lecture hours, 13.33 lab hours

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

Practical application by students of material presented in lecture.

Continued practice on client services.

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

PO: The student will be able to explain the theory of color, facial features, and the use of make up tools.

WEEK 7 4.44 lecture hours, 13.33 lab hours

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

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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.

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

PO: The student will be able to do a complete grade I and grade II acne procedure.

WEEK 8  4.44 lecture hours, 13.33 lab hours
Review on all material covered to date. Discussion on state board written exam.
Practical application by students on techniques learned to date.
Discussion on state board practical exam.
HW: Read state board review book.
PO: The students will be able to explain the material that is covered on the written and practical state board cosmetology exam.

WEEK 9  4.44 lecture hours, 13.33 lab hours
Presentation on choosing a make up product, make up applications, corrective make up, and client consultation.
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.
HW: Read chapter on subject matter and complete practical and theory workbook, including listing the biological line of cosmetics that should be used for each particular skin condition.
PO: The student will be able to perform cosmetic make up procedures.

WEEK 10  4.44 lecture hours, 13.33 lab hours
Lecture on spa body treatments, its principles, hydro-therapy, aroma-therapy, and body masks and wraps.
Discussion on information presented in lecture. Students will spend time practicing aroma-therapy and body masks and wraps on client services.
HW: Read appropriate chapter(s) in textbook and complete workbook assignment(s).
PO: The student will demonstrate their ability to perform an aroma-therapy and various body masks and wraps.

WEEK 11  4.44 lecture hours, 13.33 lab hours
Presentation on body treatments, spot treatments, paraffins, body massage, shiatsu, and reflexology.
Students will practice reflexology, paraffins, and body treatments.
Class will include the analysis of techniques utilized.
HW: Read chapter on subject matter and complete practical and theory workbook.
PO: The student will be able to perform body treatments.

WEEK 12  4.44 lecture hours, 13.33 lab hours
Discussion on the material presented during the past two weeks and a review of the various types of treatments and massages.
Students will continue to apply the skills learned throughout the semester on the client services.
HW: Review the chapters on body treatments.
PO: The student will be able to list and explain the various types of treatments presented over the past two weeks.

WEEK 13  4.44 lecture hours, 13.33 lab hours
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.
Continued practice on client services. Review of facial and body procedures.
HW: Read appropriate chapter in textbook and complete workbook assignment.
PO: The student will be able to explain medical esthetics and plastic reconstruction surgery procedures.

WEEK 14  4.44 lecture hours, 13.33 lab hours
Review of information that will be covered in written state board exam.
Review of material that will be on state board practical exam.
Students will continue to practice techniques and procedures on clientele.
HW: Read state board review book.
PO: Students will be able to list the questions that might appear on the written state board exam. They will also be able to describe and perform the 14 procedures that will be on the practical state board test.

WEEK 15  4.44 lecture hours, 13.33 lab hours
Lecture on electrolysis, the removal of superfluous hair, both permanent and temporary.
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.
HW: Read appropriate chapter in textbook and complete workbook assignments.
PO: The student will be able to define and state the importance of electrolysis. They will be able to explain and demonstrate the methods utilized for hair removal.

WEEK 16  4.44 lecture hours, 13.33 lab hours
Provide discussion and review opportunities for students of all the material covered during the semester.
Provide opportunities for students to practice techniques and skills of the material presented this semester. They will also continue to serve clientele.
HW: Students will spend time reviewing the chapters in the textbook and their workbook, especially the areas that are their weakness.
PO: The students will participate in discussion groups, including listing the 14 procedures learned this semester. They will also demonstrate the techniques learned this semester.
WEEK 17  4.44 lecture hours, 13.33 lab hours
Take a written state board practice exam and then critique with
students.
Participate in a mock state board practical exam and then critique
student performance.  Continue working on clients to improve techniques
and skills.
HW:  Review state board review book.
PO:  Student will complete a mock written and practical state
cosmetology board exam.
WEEK 18  2 HOURS
Final.  Written and practical.
ASSIGNMENTS:
Included in content section of course outline.

METHODS OF INSTRUCTION:
Lecture, Demonstration, Audio-Visual, Guest Artist Presentations

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:
Gerson, Joel.  Milady Standard Esthetics Fundamentals textbook and Milady Standard Esthetics
Fundamentals Theory Workbook and Milady Standard Esthetics Fundamentals Practical Student Workbook
and Milady Standard Esthetics Fundamentals Exam Review and State Board review book. CENGAGE
Learning, 2013. Or other appropriate college level text.
Reading level of text, Grade:  12Verified by:  MS Word

ARTICULATION and CERTIFICATE INFORMATION

3/19/2015
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: B
Maximum Hours:
Minimum Hours:
Course Control Number: CCC000098887
Sports/Physical Education Course: N
Taxonomy of Program: 300700