

Course Outline

COURSE: COS 223 **DIVISION:** 50 **ALSO LISTED AS:**

TERM EFFECTIVE: Summer 2020 **CURRICULUM APPROVAL DATE:** 05/12/2020

SHORT TITLE: INDEPENDENT STUDY

LONG TITLE: Independent Study

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
1 OR 2	18	Lecture:	.5 OR 1	9 OR 18
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	2 OR 4	36 OR 72

COURSE DESCRIPTION:

Designed to afford selected students specialized opportunities for exploring areas at the independent study level. The courses may involve extensive library work, research in the community, or special projects. This course has the option of a letter grade or pass/no pass. **REQUIRED:** The study outline prepared by the student and the instructor must be filed with the Department and the Area Dean.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
 Maximum of 2 times, 2 credit hours

SCHEDULE TYPES:

- 05 - Hybrid
- 40 - Directed/Independent Study
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed
- 73 - Dist. Ed Internet Delayed LAB

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Evaluate current cosmetology knowledge and skills, determine areas for improvement, and design a course of action for improvement.

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

Curriculum Approval Date: 05/12/2020

NOTE: Included below is content from COS 200 - Beginning Cosmetology and COS 201 - Intermediate Cosmetology. For this Independent Study course the student, along with the guidance of the instructor, is to review all material and then identify their strengths and weaknesses and determine where additional work is required. They will then complete the required hours necessary to earn the unit value they signed up for in this Independent Study class. (The hours listed are the required hours to cover the content in COS 200 and COS 201 not for this Independent Study course.)

5 Hours

Content: Introduction and Orientation to Gavilan College Cosmetology. State Cosmetology Rules and Regulations. Board requirements. Develop classroom statement, career and goal planning.

Lectures/discussions on:

- a) Cosmetology kit, identifying tools of the trade.
- b) Table set-up for hair cutting.
- c) Proper use of hair cutting implements.
- d) Sectioning, importance of proper use of sectioning for control as directed by State.

Student Performance Objectives: Explain the proper tool use, proper sectioning and table set-up for hair cutting. Describe cosmetology rules and regulations.

10 Hours

Content: Trichology. Lectures/presentations on:

- a) Properties of hair.
- b) Characteristics of hair.
- c) Growth patterns.
- d) Disorders of the hair and scalp.

Student Performance Objectives: Describe the solid form, diagonal back solid form and increased layering haircuts, with emphasis on proper elevations, tool use and safe and sanitary procedures. Explain the proper techniques when styling hair while following safe and healthy procedures.

10 Hours

Content: Lecture/discussion on:

Bacteriology:

- a) Pathogenic Bacteria
- b) Non-Pathogenic Bacteria

Sterilization and Sanitation:

- a) Physical Sanitation
- b) Chemical Sanitation

Student Performance Objectives: State the difference between pathogenic and non-pathogenic bacteria. Discuss the importance of sterilization and sanitation procedures.

5 Hours

Content: Presentations/lectures on:

Introduction to Dermatology and Onychology:

- a) History of skin
- b) Function of skin
- c) Nail structure
- d) Disorders and diseases

Facials:

- a) Facial preparation
- b) Implements and supplies
- c) Facial massage
- d) Skin analysis

Student Performance Objectives: Describe the structure and composition of the skin, list the function of the skin and define important terms relating to skin disorders. Describe the five main categories of professional skin care products, explain the different types of massage movements and describe the procedure for a basic facial.

5 Hours

Content: Discussions on: State Board Rules and Regulations:

- a) Cosmetology Act
- b) Performance Criteria

Introduction to material safety, data sheets, environmental health and safety agencies.

Student Performance Objectives: Describe the different types of cosmetics and their uses, describe a basic make-up procedure and list safety measures for make-up application.

5 Hours

Content: Lecture Tests on:

- a) Trichology
- b) Bacteriology
- c) Sterilization and Sanitation
- d) Rules and Regulations
- e) Cosmetology Act
- f) Onychology
- g) Dermatology

Student Performance Objectives: Participate in all exams with a goal of at least a 75% score or better.

10 Hours

Content: Introduction and Practical State Board color application information. Lectures/presentations on:

Hair coloring:

- a) Color theory
- b) Types of hair color and uses
- c) Patch testing, strand testing
- d) Procedures

State Board color application:

- a) Virgin tint to lighter
- b) Retouch to lighter
- c) Virgin tint to darker
- d) Retouch touch to darker
- e) Virgin bleach

- f) Bleach retouch
- g) Virgin toner
- h) Toner retouch
- i) Tint black to natural

Student Performance Objectives: Explain the proper State Board color applications. Recall the health and safety standards.

5 Hours

Content: Lectures on Anatomy:

- a) Cell Metabolism
- b) Osteology
- c) Mythology

Fundamentals of Hair cutting

- a) Uniform haircut design
- b) Sectioning, 90 degree elevation

Student Performance Objectives: Describe cells, their structure and their reproduction. Define tissue found in the body as well as explain the functions of the ten main body systems.

5 Hours

Content: Presentation/Lecture on: Wet Hair Styling

- a) Face Shapes
- b) Volume and Indentations
- c) Shaping
- d) Pin-curls
- e) Roller placements

Student Performance Objective: Describe the techniques of finger-waving, roller setting, pin-curls and comb-outs.

5 Hours

Content: Lecture Tests

- a) Anatomy
- b) Color Theory
- c) Wet Hair styling

Theory

- hydrogen bonds
- facial structures
- hair charm characteristics

Student Performance Objective: Complete the required tests with at least a 75% grade.

10 Hours

Content: Lecture/Presentation on Permanent Waving

- a) Sectioning
 - straight back
 - double halo
- b) Wrapping
- c) Spiral Wrap
- d) Permanent wave application

Student Performance Objectives: List the factors of a hair analysis for a chemical wave, explain the physical and chemical wave action that take place during permanent waving, describe basic wrapping procedures and explain the basis procedure for a permanent wave.

5 Hours

Content: Lecture on State Board Procedure for Practical Services

- a) Sanitize
- b) Table set-up
- c) Client protection

Student Performance Objectives: Identify the knowledge areas where additional practice is needed.

2 Hours Final

Lab Content:

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METHODS OF INSTRUCTION:

Lecture, Guided Practice, Discussion

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours: 24

Assignment Description:

Read textbook chapters and complete all theory and practical workbook assignments.

Required Outside Hours: 12

Assignment Description:

Review all materials. Study for exams.

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 30.00 %

30% - 60% Written Homework, Lab Reports

Skill demonstrations

Percent of total grade: 40.00 %

30% - 60% Practical Exams

Objective examinations

Percent of total grade: 30.00 %

20% - 40% True/False, Multiple Choice, Matching

REPRESENTATIVE TEXTBOOKS:

Milady. Milady Standard Cosmetology. Boston, MA: Cengage Learning,2018.

Reading Level of Text, Grade: 12th Verified by: MS Word

Milady. Milady Standard Cosmetology Practical Workbook. Boston, MA: Cengage Learning,2018.

Reading Level of Text, Grade: 12th Verified by: MS Word

Milady. Milady Standard Cosmetology Study Guide: The Essential Companion and State Board review book. . Boston, MA: Cengage Learning,2018.

Reading Level of Text, Grade: 12th Verified by: MS Word

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: 2 Stand-alone

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: CCC000168546

Sports/Physical Education Course: N

Taxonomy of Program: 300700