

### Course Outline

**COURSE:** COS 201                      **DIVISION:** 50                      **ALSO LISTED AS:**

**TERM EFFECTIVE:** Fall 2022                      **CURRICULUM APPROVAL DATE:** 04/12/2022

**SHORT TITLE:** INTERMEDIATE COSMO

**LONG TITLE:** Intermediate Cosmetology

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
12	18	Lecture:	5	90
		Lab:	21	378
		Other:	0	0
		Total:	26	468

#### **COURSE DESCRIPTION:**

Extended studies and techniques in tinting, bleaching, permanent waving, soft perming, chemical straightening, pedicuring, waxing, and shaping and styling. **PREREQUISITE:** Successful completion of Cosmetology 200 with a grade of 'C' or better.

#### **PREREQUISITES:**

Completion of COS 200, 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. Perform and describe artificial nail enhancements utilizing safety and disinfection procedures.
2. Demonstrate and explain wet styling and pressing techniques utilizing correct procedures.
3. Perform and explain hair lightening services, following safety and sanitary procedures, based on a client's needs.
4. Demonstrate and describe chemical texture services, utilizing restructuring techniques, based on a clients needs.

## **COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Explain and utilize the state rules and regulations governing the field of cosmetology, including the required health and safety standards.
2. Discuss skin, bone, hair and nail structures and how they apply to cosmetology.
3. Discuss the concepts of hair coloring and differentiate between a one step and a two step hair coloring.
4. Apply proper bleaching, frosting and painting applications.
5. Discuss and demonstrate how to construct a pin curl and its parts and explain the styling effects they create.
6. Discuss and demonstrate the use of rollers and explain the styling effects that can be created with them.
7. Combine basic hair styling techniques to produce a hairstyle pattern.
8. Describe and demonstrate proper wave techniques utilizing the proper implements.
9. Explain and practice the safety measures in air waving, blow drying, pressing and Marcel irons.
10. Arrange a proper table set-up for pedicuring and for waxing and employ the correct techniques for a pedicure and for a wax.
11. Recognize abnormal foot conditions and infectious diseases and explain what foot conditions are best treated by a qualified podiatrist.
12. Explain what contraindications to look for before applying wax.
13. Explain the theory of what takes place within hair when chemical products are used.
14. Employ methods and techniques in chemical hair relaxing and demonstrate the proper procedures in giving a chemical relaxer, including the safety precautions that must be used.
15. Describe the procedures for and properly apply a soft curl permanent utilizing safety procedures.
16. Analyze a client's hair and scalp and be able to correctly recommend conditioners or reconstructors.
17. Explain and demonstrate various light therapy techniques, including safety measures.

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

Curriculum Approval Date: 04/12/2022

### **LECTURE CONTENT:**

3 Hours

Content: Introduction to course. Information provided on opportunities available in the field of cosmetology, both in job satisfaction and financial stability. Presentation on the state rules and regulations, including health and safety standards. Review sterilization and sanitation procedures.

5 Hours

Content: Presentation on Bacteriology - Anatomy and Physiology; including a discussion on cells, organs and systems of the body. Presentation on skin, bone, hair and nail structures and how they apply to the cosmetology profession.

25 Hours

Content: Lecture: On hair coloring, including learning how to understand color concepts, color control, and the application of color. The procedures for appropriate bleaching, frosting, and painting will be presented. Information on the proper usage of fillers for dye-back applications will be provided. Review: Artificial eyelash application, lash brow tinting, and hair removal.

10 Hours

Content: Hairstyling/wet hairstyling/press and curl will be presented. This will include: pin curl construction - learning how to construct a pin curl and its parts (base, stem, and circle); finger wave; 3 types of pressing procedures used on clients; and learning the effects and techniques for each; and wet styling, including reviewing roller placement, pivot point setting, and various pin curl and styling techniques. Haircutting; including sectioning for control, utilizing elevation for desired design and safety practices. Disinfecting and sanitizing hair-cutting implements.

5 Hours

Content: Review Thermal Hair Styling - Marcel Iron Styling. Overview: Method/techniques, safety, pressing/comb heater, emergency first aid.

10 Hours

Content: Artificial Nails - Demonstrate brush-on technique, nail tips procedure/and sculpture nail. Discuss sanitary and safety measures.

5 Hours

Content: Lecture: On pedicuring, including how to properly care for the feet, toes, and toenails and how to improve personal appearance and add comfort to the feet. The importance of disinfection and sanitation procedures during treatment will be covered. Presentation on abnormal foot conditions and infectious diseases. Knowing what foot conditions are best treated by a qualified podiatrist and knowing when the client should be referred to a physician for medical help will be discussed. On waxing, including what contraindications to look for before applying wax.

10 Hours

Content: Chemical straightening will be presented, including how to permanently rearrange the basic structure of over-curly hair into a relaxed form. The use of two types of relaxer - ammonium thioglycolate and sodium hydroxide - will be discussed.

5 Hours

Content: Lecture: Soft curl permanent waving, including safety precautions. Learning a method of permanently waving hair, including the cautions and procedures, will be presented. Different soft curl permanent products will be discussed.

5 Hours

Content: Lecture/Review: On hair and scalp treatment, including learning the importance of using various conditioners and reconstructors for the purpose of preserving the health of the hair and the scalp. Review of disinfecting and sanitizing. Chemical Facials/The Skin - Cleaning mask, skin conditions, benefits, procedure, scrub mask, purpose/benefits materials. Hot eyebrows, purpose/ benefits, materials. Corrective Make-Up.

5 Hours

Content: Electrical Facials/Light Therapy - Overview: Light therapy, Therapeutic lamps/appliances, safety measures.

2 Hours

Final Exam.

**LAB CONTENT:**

110 Hours

Content: Hair coloring, including bleaching, frosting, and painting will be discussed and demonstrated. Dye-back procedures will also be presented. Review: Artificial eyelash application, lash brow tinting, and hair removal. Students will practice the practical application of these procedures.

44 Hours

Content: Practical application of hairstyling techniques, such as wet hairstyling and press and curl as well as the skills presented throughout the class. Students will work on combining techniques. They will work on haircutting techniques. They will work on client services and/or manikins. Review of the importance of disinfecting and sanitizing cutting implements.

10 Hours

Content: Review Thermal Hair Styling. Perform proper wave techniques utilizing the proper implements. Practice safety measures in air waving, blow drying, pressing and Marcel irons. Student application. Work on client services.

60 Hours

Content: Artificial Nails - Demonstrate brush-on technique, nail tips procedure/sculpture nail. Perform nail procedures on the manikin and on clients. Student application. Work on client services.

22 Hours

Content: A proper table set-up for pedicuring will be explained and demonstrated, including disinfecting and sanitizing procedures. Student application of pedicuring techniques. Proper table set-up for waxing will be explained and demonstrated. Student application of waxing techniques. Students will continue to work on all skills learned to date.

44 Hours

Content: Demonstration on the use of the two types of relaxer. Discussion on the importance of proper safety procedures. Practical application of chemical straightening as well as other techniques learned throughout the class.

28 Hours

Content: Demonstration of soft curl permanent waving techniques and products. Practical application by the students. Continue to practice all skills by working on client services and/or manikins.

34 Hours

Content: Presentation on hair and scalp conditioners and reconstructors. Corrective Make-Up, including using light and dark colors to highlight and contour features. Practical application by students. They will continue to work on all skills.

24 Hours

Content: Demonstration of Electrical Facials/Light Therapy. Student application. Work on client services.

2 Hours

Final Exam

**METHODS OF INSTRUCTION:**

Lecture, Demonstration, Guided Practice

**OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours 50

Assignment Description

OUT-OF-CLASS ASSIGNMENTS: Read appropriate textbook chapter(s). Review handouts and study notes.

Required Outside Hours 90

Assignment Description

Assignments: Complete practical and theory workbook questions at the end of each chapter. Complete written assignments.

Required Outside Hours 40

Assignment Description

Assignments: Review class notes and handouts and study for all practical and written exams.

**METHODS OF EVALUATION:**

Writing assignments

Evaluation Percent 40

Evaluation Description

Percent range of total grade: 30% to 60% Written Homework; Lab Reports; Essay Exams. If this is a degree applicable course, but substantial writing assignments are not appropriate, indicate reason: Course primarily involves skill demonstration or problem solving

Skill demonstrations

Evaluation Percent 40

Evaluation Description

Percent range of total grade: 30% to 60% Class Performance; Performance Exams

Objective examinations

Evaluation Percent 20

Evaluation Description

Percent range of total grade: 20% to 40% Multiple Choice; True/False; Matching Items; Other: Essay

**REPRESENTATIVE TEXTBOOKS:**

Milady Standard Cosmetology Practical Workbook, Milady, Cengage Learning, 2020.

12th Grade Verified by: MS Word

Milady Standard Cosmetology Textbook, Milady, Cengage Learning, 2020.

ISBN:

12th Grade Verified by: MS Word

Milady Standard Cosmetology Theory Workbook, Milady, Cengage Learning, 2020.

12th Grade Verified by: MS Word

**REQUIRED MATERIALS:**

Cosmetology Kit

**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: CCC000380367

Sports/Physical Education Course: N

Taxonomy of Program: 300700