

Course Outline

COURSE: COS 220 **DIVISION:** 50 **ALSO LISTED AS:**

TERM EFFECTIVE: Fall 2020 **CURRICULUM APPROVAL DATE**

SHORT TITLE: SCIENTIFIC SKN CARE

LONG TITLE: 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 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
- 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. Develop and perform a course of treatment based on skin analysis.
2. Select the proper modalities to give a complete facial, including cosmetics, utilizing the Woods Lamp and various other machines.
3. Evaluate and prepare the Sanitary Maintenance Area (SMA) according to state board requirements, based on the clinical service to be performed.
4. Describe and explain the fundamentals of the theory of anatomy as it relates to esthetics.

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

Curriculum Approval Date

4.44 Hours

Content: 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.

Student Performance Objectives: Explain the importance of Esthetic and Spa Therapies.

4.44 Hours

Content: Lecture on the anatomy and physiology of skin, including skin function, the layers of the skin, cell physiology and biochemistry.

Student Performance Objectives: List the layers of the skin and explain their function.

4.44 Hours

Content: Presentation on the anatomy of a facial (part I). Products, procedures, analysis and consultations will be discussed.

Student Performance Objectives: Explain the basic facial procedures.

4.44 Hours

Content: Introduction/lecture on various massage techniques. Molding will also be presented.

Student Performance Objectives: Discuss the different types of massages. Explain molding.

4.44 Hours

Content: Lecture on the anatomy of a facial (part II).

Student Performance Objectives: Explain the anatomy of a facial.

4.44 Hours

Content: Lecture on client relations and ethics. The rights and obligations of aestheticians will be discussed.

Student Performance Objectives: Explain the importance of client relations and professionalism.

4.44 Hours

Content: Introduction to skin care machines. Their purpose and the proper use of each modality will be presented.

Student Performance Objectives: Identify and describe the use of the machines used in skin care treatments.

4.44 Hours

Content: Lecture on post consultation and home care as well as closing consultation and home care products.

Student Performance Objective: Discuss how to sell a product line to a client and how these products would be applied.

4.44 Hours

Content: Presentation on skin types and conditions, skin analysis, and health screening.

Student Performance Objectives: Identify different types of skin and various skin conditions.

4.44 Hours

Content: Presentation on professional products. The theory of botanical ingredients used to enhance the present state of the skin will be discussed.

Student Performance Objectives: List the benefits of using botanical ingredients.

4.44 Hours

Content: 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.

Student Performance Objectives: Diagram a skin care salon, including size, lighting, and furniture. Explain state regulations concerning such a business.

4.44 Hours

Content: Lecture on the Cosmetology State Board rules and regulations.

Student Performance Objectives: Explain the rules and regulations for estheticians set forth by the state cosmetology board.

4.44 Hours

Content: 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.

Student Performance Objectives: Explain the uses of dermal lights in skin care.

4.44 Hours

Content: Lecture on bacteriology, sanitation, anatomy, and the safety precautions related to skin conditions.

Student Performance Objectives: Describe how to perform a skin analysis. Discuss the importance of sanitation and safety precautions as it relates to skin conditions.

4.44 Hours

Content: Introduction to cosmetic chemistry, composition, and the purpose of cosmetics as skin preparations. Review of material presented in lecture.

Student Performance Objectives: Using a text on cosmetic chemistry, list the ingredients of the various cosmetics used in this course.

4.44 Hours

Content: Introduction to make-up technology. A contemporary perspective for a professional application will be discussed.

Student Performance Objectives: Explain the chemistry, composition, and purpose of cosmetics.

4.44 Hours

Content: Introduction to lash and brow tinting and brow arching.

Student Performance Objectives: Describe lash/brow tinting and arching techniques.

2 HOURS

Written Final.

Lab content:

13.33 Hours

Content: Practical application by students of massage techniques.

Student Performance Objectives: Demonstrate proper hygiene and sanitation methods.

13.33 Hours

Content: Presentation on skin glands, their function and skin disorders. Introduction to manipulations. Student application.

Student Performance Objectives: Explain the importance of the glands. Demonstrate the skin manipulations taught.

13.33 Hours

Content: 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.

Student Performance Objectives: Demonstrate the basic facial procedures. Prepare the materials for deep cleansing of the skin.

13.33 Hours

Content: Students will practice at least two different massage techniques. Molding will be demonstrated and practiced.

Student Performance Objectives: Perform at least two different types of massages. Demonstrate molding. Analyze skin and select the appropriate massage technique.

13.33 Hours

Content: Presentation on masks, packs, gommage, compresses, and peels. Students will practice the application and removal of masks, packs, gommage, and compresses. Peels will also be practiced.

Student Performance Objectives: Perform a basic facial. Demonstrate the use of a mask, pack, and gommage. Demonstrate a peel.

13.33 Hours

Content: 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, couperose, imperfections, acne, blemishes, comedones, and dehydration.

Student Performance Objectives: Analyze at least four skin conditions.

13.33 Hours

Content: Presentation on the safety and sanitation of skin care machines. Students will have the opportunity to use the various machines.

Student Performance Objectives: Demonstrate the use of the machines used in skin care treatments.

13.33 Hours

Content: 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.

Student Performance Objectives: Demonstrate how to sell a product line to a client. Demonstrate how to apply these products.

13.33 Hours

Content: Demonstration on the use of the high frequency machine, galvanic currents, and polarity of ampoules. Student application.

Student Performance Objectives: Demonstrate the proper use of the high frequency machine.

13.33 Hours

Content: Demonstration on the professional application of a botanical line.

Student Performance Objectives: Practice the application procedures using the botanical line.

13.33 Hours

Content: Review of information presented in lecture. Students will set up a mock salon. They will also continue to practice the skills presented to date.

Student Performance Objectives: Set up a mock salon and practice the skills learned to date.

13.33 Hours

Content: Practical application by students of skills provided throughout the class.

Student Performance Objectives: Demonstrate the skills presented throughout the class.

13.33 Hours

Content: Practical application of light therapy by students. They will also continue to apply skills learned to date on clients and/or mannequins.

Student Performance Objectives: Demonstrate the uses of dermal lights in skin care.

13.33 Hours

Content: 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.

Student Performance Objectives: Perform a skin analysis and develop a course of treatment.

13.33 Hours

Content: Practical application of cosmetics by students on mannequins and/or live models.

Student Performance Objectives: Demonstrate the practical application of cosmetics.

13.33 Hours

Content: Demonstration of the use of cosmetics to develop art as a skilled technique. Student application.

Student Performance Objectives: Continue practicing the application of cosmetics.

13.33 Hours

Content: Practical application by students of material presented in lecture.

Student Performance Objectives: Demonstrate lash/brow tinting and arching techniques.

2 HOURS

Practical Final.

METHODS OF INSTRUCTION:

Lecture, Demonstration, Audio-Visual Presentations, Guest Speakers

OUT OF CLASS ASSIGNMENTS

Required Outside Hours: 40

Assignment Description:

HW: Research and make a comprehensive report on the history of esthetics. HW: List the important factors to remember during the client's first visit. HW: In an essay form, list the cosmetics that would be used for oily, aged, acne, and blemished skin.

Required Outside Hours: 60

Assignment Description: Complete practical and theory workbook after reviewing appropriate chapter in text/reviewing notes.

Required Outside Hours: 60

Assignment Description: Read appropriate chapter(s) in textbook and complete assignment(s).

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, Joel. 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: C

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000562977

Sports/Physical Education Course: N

Taxonomy of Program: 300700