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

<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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<td>1 OR 2</td>
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<td>Lecture:</td>
<td>.5 OR 1</td>
<td>9 OR 18</td>
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<td></td>
<td></td>
<td>Lab:</td>
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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
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

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 combs-outs.

5 Hours

Content: Lecture Tests

a) Anatomy

b) Color Theory

c) Wet Hair styling Theory

- hydrogen bands

- 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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c) Spiral Wrap  
d) Permanent wave application  

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b) Table set-up  
c) Client protection  

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

2 Hours  Final  

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