COURSE OUTLINE OF RECORD

Number: COSM G071

TITLE: Esthetics - Level 1

ORIGINATOR: Joan Christie

EFF TERM: Fall 2019

FORMERLY KNOWN AS:

DATE OF OUTLINE/REVIEW: 02-05-2019

TOP NO: 3007.00

CROSS LISTED COURSE:

CID:

SEMESTER UNITS: 10.5

HRS LEC: 126.0

HRS LAB: 210.0

HRS OTHER: 0.0

CONTACT HRS TOTAL: 336.0

STUDY NON-CONTACT HRS RECOMMENDED: 252.0

CATALOG DESCRIPTION:

This is the first session of two nine week courses comprising of 336 hours to be applied to a State Board Certification in Esthetics. This course is designed to introduce the beginning student to standards of professional conduct and to scientific theory of all subjects dealing with skin care, (i.e. anatomy, histology of the skin). It also provides a laboratory experience with an emphasis on skin care techniques, such as massage, hair removal, skin analysis, use of electrical modalities, as well as basic makeup. Students are required to purchase an Esthetician kit, program uniform and other program materials.

JUSTIFICATION FOR COURSE:

PREREQUISITES:

COREQUISITES:

ADVISORIES:

ASSIGNED DISCIPLINES:

Cosmetology

MATERIAL FEE: Yes [ ] No [X] Amount: $0.00

CREDIT STATUS: Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

GRADING POLICY: Pass/No Pass [ ] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

OPEN ENTRY/OPEN EXIT: Yes [ ] No [X]

TRANSFER STATUS: CSU Transferable[ ] UC/CSU Transferable[ ] Not Transferable[X]

BASIC SKILLS STATUS: Yes [ ] No [X]

LEVELS BELOW TRANSFER: Not Applicable

CALIFORNIA CLASSIFICATION CODES: Y - Not Applicable

NON CREDIT COURSE CATEGORY: Y - Not applicable, Credit Course

OCCUPATIONAL (SAM) CODE: C

REPEATABLE ACCORDING TO STATE GUIDELINES: No [X] Yes [ ] NUMBER REPEATS:

REQUIRED FOR DEGREE OR CERTIFICATE: No [ ] Yes [X]

Esthetician(Associate in Arts)

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Esthetician Option(Certificate of Achievement)

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GE AND TRANSFER REQUIREMENTS MET:

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:
1. Identify skin types as well as skin disorders (i.e. acne, rosacea).
2. Apply basic facial techniques by giving a complete European facial.
3. Employ various methods of hair removal from the face and body.
4. Demonstrate product knowledge by selecting the appropriate products for the client.
5. Demonstrate the correct Esthetic knowledge, both written and practical, to assist in the State Board Examination.

**COURSE OBJECTIVES:**
1. Demonstrate various methods of hair removal from the face and body.
2. Demonstrate methods of sanitation and disinfection.
3. Perform a face and body massage by using the correct manipulations.
4. Explain the different types of massage movements.
5. Identify the bones and muscles of the cranium and face.
6. Identify the basic concepts of electrotherapy.
7. Perform a makeup consultation, determine a client's needs, and fill out a client chart.

**COURSE CONTENT:**

**LECTURE CONTENT:**

A. Professional Image
   1. Professional conduct
   2. Life skills
   3. Wellness

B. Communication Skills
   1. Human relations
   2. Client consultation

C. Infection Control
   1. Bacterial defense by using methods of disinfection, sanitation and safety
   2. First aid procedures
   3. Regulation of the professional environment by various government organizations

D. Facial Massage
   1. Massage benefits
   2. Introduction to massage techniques

E. General Anatomy and Physiology
   1. Cell reproduction of the skin
   2. Identification of the bones and muscles of the cranium and face
   3. Physiology of the nervous system of the body
   4. Physiology of the general circulatory system of the body
   5. Hair Removal
      a. Tweezing
      b. Waxing of the face and body
      c. Hair growth and its effects on hair removal
   6. Basic Electricity
      a. Theory of electricity
      b. Electrical equipment as it relates to facial treatments
      c. Basic application of High Frequency and Galvanic apparatus
      d. Basic electrical procedures used in facials
   7. Histology of the Skin
      a. Skin functions
      b. Layers of the skin, both epidermis and dermis
      c. Skin health and hygiene
8. Diseases and Disorders
   a. Sebaceous gland disorders
   b. Sudoriferous gland disorders
   c. Pigment disorders
   d. Types of acne conditions
   e. Early detection of cancer
9. Skin Analysis
   a. Genetic skin types
   b. Skin contraindications
   c. Client consultation and analysis
10. Makeup
    a. Theory of color
    b. Makeup tools and products
    c. Face shapes
    d. Basic makeup application
    e. Application of artificial eyelashes

LABORATORY CONTENT:

   A. Demonstrate methods of sanitation and disinfection
   B. Demonstrate table setup and sanitary maintenance area procedures
   C. Demonstrate professional conduct and communication skills with the client
   D. Demonstrate proper client protection, draping and safety
   E. Perform proper skin analysis by correct observation of the client's skin type
   F. Perform proper cleansing of the skin by using the correct products and movements
   G. Perform a face and body massage by using the correct manipulations
   H. Perform proper exfoliation procedures by using manual scrubs and enzyme peels
   I. Perform proper application of various facial masks
   J. Demonstrate safe application of basic electrical modalities using high frequency
   K. Demonstrate safe and proper techniques in eyebrow tweezing
   L. Demonstrate safe and proper techniques in eyebrow depilatory waxing
   M. Demonstrate safe and proper techniques in face and body depilatory waxing
   N. Demonstrate proper application of basic makeup by using the correct techniques
   O. Demonstrate safe and proper application of artificial eyelashes

METHODS OF INSTRUCTION:

   A. Lecture:
   B. Lab:
   C. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

   Reading Assignments
   Textbook
   Websites

   Out-of-class Assignments
   Research microdermabrasion machines and chemical exfoliation products.

   Writing Assignments
   Write an essay using researched material pertaining to the skin care industry. Several sources must be used and critical thinking skills applied to the essay. Students are required on a regular basis to demonstrate learned skills pertaining to customer care in the Esthetics field, such as facials, waxing, massage, makeup etc.
METHODS OF STUDENT EVALUATION:
Midterm Exam
Final Exam
Short Quizzes
Written Assignments
Essay Examinations
Objective Examinations
Report
Projects (ind/group)
Problem Solving Exercises
Oral Presentations
Skills Demonstration

Demonstration of Critical Thinking:
Students will be able to demonstrate a basic assessment of the client's needs as it relates to esthetic services, such as facials, massage, exfoliation, hair removal, skin analysis and makeup.

Required Writing, Problem Solving, Skills Demonstration:
Students are expected to write a two page, typed essay using researched material pertaining to the skin care industry. Several sources must be used and critical thinking skills applied to the essay. Students are required on a regular basis to demonstrate learned skills pertaining to customer care in the Esthetics field, such as facials, waxing, massage, makeup etc.

TEXTS, READINGS, AND RESOURCES:
TextBooks:

Other:
1. Esthetician kit
2. School supplies (binder, paper, plastic covers, etc.)
3. Designated uniform, sweater, and shoes (black or white)
4. Twin size blanket (1) and set of twin sheets

LIBRARY:
Adequate library resources include:

Comments:

Attachments:
Attached Files