

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

COS 100 - Introduction to Cosmetology

5 Unit(s)

Prerequisite(s): High School Diploma or G.E.D.

Recommended Prep: NONE

Transfer Status: NT

30 hours Lecture

210 hours Lab

This course is the first in a seven-course sequence. It introduces students to the history of Cosmetology, career opportunities in Cosmetology, and the skills required to have a successful career in the beauty industry. Students will learn the basic skills and techniques required for all aspects of hair care, hair cutting, hair treatments, makeup application, skin care and nail care and the safe, hygienic practice of Cosmetology procedures. Additionally, students will learn and develop basic skills in human relations, customer satisfaction and the professional attitudes that are vital to success in the beauty industry.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. Describe the general objectives of the Cosmetology program.
- B. Explain the completion and licensure requirements to practice Cosmetology in California.
- C. Explain the importance of consumer safety and general safety procedures.
- D. List the principles that contribute to personal and professional success.
- E. Demonstrate an understanding of ergonomic principles and ergonomically correct postures and movements.
- F. List the methods used for Universal Precautions and infection control.
- G. Explain the differences between cleaning, disinfecting, and sterilizing.
- H. Complete basic set up for different hair care procedures.
 - I. Identify different implements and their proper manipulation.
 - J. Identify the correct draping techniques for different salon services.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. History of Cosmetology and Career Opportunities	2.00
2. Life Skills: Psychology of Success	2.00
3. Managing Your Career: Goal Setting	2.00
4. Time Management and Study Skills	2.00
5. Ethics of the Profession	2.00
6. Mastering a Positive Attitude	2.00
7. Professional Image	2.00
8. Physical Presentation	2.00
9. Communicating for Success	2.00
10. Human Relations	2.00
11. Client Consultations	2.00

12. Special Issues in Communication	2.00
13. Infection Control: Principles and Practices	2.00
14. Disinfection Procedures and Universal Precautions	2.00
15. Professional Salon Image	2.00
Total Hours	30.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Client Consultations and Communication	7.00
2. Infection Control Principles and Practices	7.00
3. Sanitary Salon Management	7.00
4. General Anatomy and Physiology	7.00
5. Skin Structure and Growth	7.00
6. Nail Structure and Growth	7.00
7. Properties of the Hair and Scalp	7.00
8. Basics of Chemistry	7.00
9. Basics of Electricity	7.00
10. Principles of Hair Design	7.00
11. Shampooing, Rinsing and Conditioning	7.00
12. Haircutting	7.00
13. Hairstyling	7.00
14. Braiding and Braid Extensions	7.00
15. Wigs and Hair Enhancements	7.00
16. Chemical Texture Services	7.00
17. Hair Coloring	7.00
18. Skin Diseases and Disorders	7.00
19. Hair Removal	7.00
20. Facials: Manual	7.00
21. Facials: Electrical	7.00
22. Facials: Chemical	7.00
23. Facial Makeup	7.00
24. Nail Diseases and Disorders	7.00
25. Manicuring (Water and Oil)	7.00
26. Pedicuring	7.00
27. Nail Tips, Wraps and No-Light Gels	7.00
28. Acrylic Nails	7.00
29. Ultra Violet (UV) Gel Nails	7.00
30. Business Skills	7.00
Total Hours	210.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Demonstrations
- D. Multimedia Presentations
- E. Guest Artists and Lecturers
- F. Observation
- G. Hands on Training

V. METHODS OF EVALUATION

- A. Oral Presentation
- B. Demonstration
- C. Homework
- D. Class participation
- E. Lab Projects
- F. Written Assignments
- G. Mock state board exams
- H. Summative and formative assessments including exams and quizzes
- I. Skill-based performance demonstrations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read an article about industry trends in a professional magazine such as American Hairdresser, Modern Salon or Behind the Chair. Be prepared to give a 3 minute presentation to the class focused on industry trends.
 - 2. Read the Cosmetology Act, Rules and Regulations, as published by the Department of Consumer Affairs. Prepare a 7 slide PowerPoint that covers key aspects of this legislation.
- B. Writing Assignments
 - 1. Write a 1-2 page essay focused on the essential communication, time management, and financial skills necessary to manage a successful salon.
 - 2. Write a 1-2 page essay on the origins and history of the Cosmetology industry.
- C. Out-of-Class Assignments
 - 1. Attend a Cosmetology conference and prepare a short presentation for your classmates focused on what you learned.
 - 2. Interview 2-3 salon owners focusing on key salon management strategies. Be prepared to present your findings in class.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Miladys . Milady's Standard Textbook of Cosmetology. Thompson Delmar Learning , 2012.

Materials Other Than Textbooks:

- A. PERFORMANCE CRITERIA for Cosmetologists (Published by the State Board of Cosmetology, available at Chico Beauty College).
- B. Practical Kit and supplies (available from Beauty College)
- C. Companion Workbook

