

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

COS 101 - Cosmetology I

5 Unit(s)

Prerequisite(s): COS 100 or Permission of Instructor

Recommended Prep: NONE

Transfer Status: NT

30 hours Lecture

210 hours Lab

This course is the second in a seven-course sequence. Students are introduced to the principles and practices of infection control, anatomy and physiology, and chemistry. Emphasis will be placed upon skin, nail, and hair structure and growth and disorders of hair, scalp, and nails. Students will continue developing the 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 continue developing 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. Explain the importance of anatomy and physiology to the practice of Cosmetology.
- B. Describe the structure and function of cells, tissues, and body systems.
- C. Name and explain basic functions of all major body systems.
- D. Describe the structure, composition and function of the skin.
- E. Identify skin, hair, and scalp disorders and diseases and describe required treatments and precautions.
- F. Demonstrate and apply Universal Precautions and infection control.
- G. Clean different implements and products using appropriate disinfection techniques.
- H. Describe structure, composition and growth of nails.
- I. List and describe various disorders and irregularities of the nails.
- J. Recognize diseases of the nails that should not be treated in the salon.
- K. Demonstrate basic techniques of nail care procedures with emphasis on nail structure.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

		Lecture	
<u>Topics</u>			<u>Hours</u>
1. Infection Control: Principles and Practices			2.00
2. General Anatomy and Physiology			2.00
3. Cells, Tissues and Organs			2.00
4. Major Human Body Systems			2.00
5. Skin Structure and Growth			2.00
6. Anatomy of Skin and Skin Health			2.00
7. Nail Structure and Growth			2.00
8. Properties of Hair and Scalp			2.00
9. Hair Structure, Analysis and Growth			2.00
10. Chemical Composition of Hair			2.00
11. Disorders of Hair, Scalp and Nails			2.00

12. Basics of Chemistry	2.00
13. Principles of Matter	2.00
14. Physical & Chemical Change	2.00
15. Potential Hydrogen (pH)	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 & Braid Extensions	7.00
15. Wigs & 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. Projects
- C. Demonstration
- D. Homework
- E. Class participation
- F. Lab Projects
- G. Written Assignments
- H. Summative and formative assessments including exams and quizzes
- I. Skill-based performance demonstrations
- J. Mock state board exams

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. After reading about salon infractions on the Board of Barbering and Cosmetology website, prepare a list of the three most common infractions and what salons can do to avoid these infractions.
 - 2. Go to the Board of Barbering and Cosmetology website (www.barbercosmo.ca.gov) and review how many complaints were filed against salons. Summarize in a chart the number of complaints and the reasons for the complaints.
- B. Writing Assignments
 - 1. Design a survey instrument that could be utilized by local salons to evaluate customer satisfaction and retention.
 - 2. Write a 1-2 page essay summarizing your findings from an interview with a product representative from Redken, Dermalogica or Paul Mitchell.
- C. Out-of-Class Assignments
 - 1. Visit 2-3 different local salons for the same service (e.g. manicure). Without identifying the salon, summarize your thoughts regarding cleanliness, professionalism and satisfaction with the service.
 - 2. Conduct a survey of local salons that focuses on what services are offered and the price range for those services. Summarize your findings in a chart or data table.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Miladys. Milady 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 Cosmetology Kit: available at Chico Beauty College
- C. Milady's Student Workbook: Cosmetology

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