

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**COS 105 - Cosmetology V**

**5 Unit(s)**

**Prerequisite(s):** COS 104 or Permission of Instructor

**Recommended Prep:** NONE

**Transfer Status:** NT

30 hours Lecture

210 hours Lab

This course is the sixth in a seven-course sequence. Students are introduced to nail diseases and disorders, manicuring and pedicuring basics and nail tips, wraps and enhancements. Emphasis will be placed on proper use and disinfection of manicuring tools, manicuring and pedicuring techniques, foot massage, cleaning and disinfection of foot baths and spas and application, maintenance and removal of nail tips, wraps and enhancements. Students will continue developing the required skills and techniques 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. Identify and describe basic manicure and pedicure tools and procedures.
- B. Explain and apply essential hygienic and infection control principles relating to reusable and disposable implements.
- C. List and demonstrate the massage movements most appropriate for hand and arm massage.
- D. Demonstrate correct cleaning and disinfection procedures for nail implements and tools.
- E. Demonstrate proper setup for a manicuring table.
- F. List and demonstrate the steps needed to mitigate an exposure incident in the salon.
- G. Demonstrate all steps for a basic manicure, French manicure and American manicure.
- H. Demonstrate the steps used to properly clean and disinfect pedicure baths, whirlpool foot spas and air-jet basins.
- I. Demonstrate appropriate massage movements for foot and leg massage.
- J. Demonstrate proper application, repair, maintenance and removal procedures for nail tips and wraps.
- K. Demonstrate proper application, repair, maintenance and removal procedures for monomer liquid and polymer powder nail enhancements.
- L. Demonstrate proper application, repair, maintenance and removal of Ultra Violet (UV) gel nail enhancements.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Nail Diseases and Disorders	2.00
2. Manicuring Basics	2.00
3. French and American Manicures	2.00
4. Oil Manicure	2.00
5. Wax Treatments: Hand and Arm Massage	2.00

6. Pedicure Tools	2.00
7. Pedicure Basics	2.00
8. Foot Massage	2.00
9. Foot Spa Sanitation and Disinfection	2.00
10. Nail Tips, Wraps and No-Light Gels	2.00
11. Liquid and Powder Nail Enhancements	2.00
12. Methacrylate Nail Enhancements	2.00
13. Maintenance and Removal of Acrylic Nails	2.00
14. Basics of UV Gel Nail Enhancements	2.00
15. Application, Maintenance and Removal of UV Gel Nails	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. 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. Read about controversial ingredients used in common cosmetic products that may or may not cause harm, such as: triclosan, para-aminobenzoic acid, toluene, and formaldehyde. Be prepared to discuss your findings in class.
  - 2. Read 2 – 3 professional articles that focus on diseases and disorders of the scalp, skin and nails. Prepare a disease identification guide and share with the class.
- B. Writing Assignments
  - 1. Write a 1-2 page essay on current trends in the Cosmetology industry, including hair design, hair treatments, skin care and salon management.
  - 2. Write a 1-2 page essay summarizing key industry trends for treating acne, wrinkles and skin discoloration.
- C. Out-of-Class Assignments
  - 1. Interview five local salon owners focusing on key strategies for passing the state licensing exam. Summarize your findings.
  - 2. Prepare a poster-size diagram of the structure of the skin. Be prepared to present your diagram to the class with a summary of how knowledge of the structure of the skin is critical to skin care and treatment.

#### VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

- A. Milady's. Milady's Standard Textbook of Cosmetology. Thomson 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

**Created/Revised by:** Ron Morrison  
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