

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** COSM 722 **TITLE:** Cosmetology II

Units: 10.0 units **Hours/Semester:** 80.0-90.0 Lecture hours; 240.0-270.0 Lab hours; and 160.0-180.0 Homework hours

Method of Grading: Letter Grade Only

Prerequisite: Admission to and registration in the Cosmetology program.

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: none

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Study theoretical and practical application of infection control principles, skin disorders and diseases, nail structure and growth, nail disorders and diseases, manicuring, pedicuring, facials, facial hair removal, facial make-up, and health and safety as prescribed by the California Board of Barbering and Cosmetology.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Demonstrate knowledge of the theoretical aspects of infection control, nail structure and growth, nail and skin disorders and diseases.
2. Explain and demonstrate step-by-step applications of infection control principles and procedures, nail and skincare procedures, facial hair removal, and facial makeup application.
3. Demonstrate understanding of health and safety laws and rules and regulations issued by the California Board of Barbering and Cosmetology.
4. Demonstrate understanding and correct execution of infection control procedures while identifying disorders and diseases, contraindications, and correct products to use while performing, manicuring, pedicuring, facials, hair removal, and make-up.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Perform fundamental manipulative skills as demonstrated through student exchanges and laboratory skill drills.
2. Execute learned techniques safely and value personal and community health and safety.
3. Recall understanding of theoretical information necessary for intelligent use of products while making correct choices of appropriate treatments and salon techniques.
4. Demonstrate, understand, and carry out the rules and regulations issued by the California Board of Barbering and Cosmetology.
5. Exhibit self-confidence and a professional attitude in client relationships.

6. **COURSE CONTENT:**

Lecture Content:

1. California Barbering and Cosmetology Act
2. California Barbering and Cosmetology Regulations
3. Health and Safety Section 1: The CA Board of Barbering and Cosmetology
 - a. 1.1 Introduction to the Board
 - b. 1.2 What to Expect when you are Inspected
 - c. 1.3 10 Most Common Violations Cited During an Inspection
 - d. 1.4 Self-Inspection Worksheet
4. Health and Safety Section 7: Health and Safety Laws and Agencies
 - a. 7.1: Health and Safety Rights Facts for California Workers
 - b. 7.2: Health and Safety Agency Acronyms
5. Infection Control Principles & Practices
6. Health and Safety Section 4: Protecting Yourself from Hazardous Chemicals
 - a. 4.3 Disinfectants Fact Sheet
7. Health and Safety Section 3: Safety Data Sheets: What You Need to Know

- a. 3.1: Safety Data Sheets
- b. 3.2 Risk Phrases - Designated Hazardous Substances
- c. 3.3: Request SDS
- d. 3.4: SDS Safety Icons
- e. 3.5: Resource Groups
- 8. Health and Safety Section 6: Communicable Diseases
 - a. 6.1: Diseases in the Workplace
- 9. Nail Structure and Growth
- 10. Nail Disorders and Diseases Module I
- 11. Health and Safety Section 4: Protecting Yourself from Hazardous Chemicals
 - a. 4.6: Manicuring Fact Sheet
- 12. Manicuring
- 13. Health and Safety Section 5: Ergonomics: Fitting the Job to the Person
 - a. 5.2: Stay Healthy and Safe while giving Manicures and Pedicures
- 14. Pedicuring
- 15. Skin Disorders and Diseases Module I
- 16. Facials
- 17. Hair Removal
- 18. Facial Makeup

Lab Content:

Basic practice of skill building exercises in:

- 1. Health and Safety
- 2. Infection Control Principles:
 - a. Current regulations for workplace health and safety
 - b. Identifying and utilizing appropriate infection control methods
 - c. Identifying and utilizing appropriate interventions to prevent the spread of disease
 - d. Universal precautions
 - e. Maintaining infection control logs
- 3. Skin Disorders and Diseases, Identifying:
 - a. Skin disorders and diseases
 - b. Acne
 - c. Aging skin issues
 - d. Environmental skin stressors
 - e. Contact dermatitis
 - f. Infection control and sanitation procedures
- 4. Nail Structure and Growth:
 - a. Identifying normal nail anatomy and structure
 - b. Identifying abnormal nail anatomy and structure
 - c. Understanding and identifying nail growth patterns
- 5. Nail Disorders and Diseases Module I:
 - a. Identifying nail disorders
 - b. Identifying nail diseases
 - c. Identifying infectious nail diseases
 - d. Performing hand, nail, and skin analysis
- 6. Manicuring:
 - a. Adherence to state and governmental regulations
 - b. Identifying and using nail tools and technology
 - c. Identifying and using multi-use implements
 - d. Identifying and using single-use implements
 - e. Identifying and choosing the correct professional nail products
 - f. Using the correct professional nail products
 - g. Manicure consultations
 - h. Basic manicure
- 7. Pedicuring:
 - a. Adherence to state and governmental regulations
 - b. Identifying and using pedicure tools and technology
 - c. Identifying and using multi-use implements
 - d. Identifying and using single-use implements
 - e. Identifying and choosing the correct professional pedicure products

- f. Using the correct professional pedicure products
- g. Pedicure consultations
- h. Basic pedicure
- i. Proper disinfection procedures
- j. Maintaining pedicure log
- 8. Facials Module I:
 - a. Performing skin analysis
 - b. Basic facial
 - c. Incorporating enzyme peels into basic facials
 - d. Basic facial massage techniques
- 9. Facial Hair Removal:
 - a. Recognizing the contraindications for facial hair removal
 - b. Temporary facial hair removal
 - c. Health and safety standards for facial hair removal
- 10. Facial Make-Up
 - a. Identifying facial make-up products and equipment
 - b. Preparing and cleaning facial make-up equipment
 - c. Utilizing color theory for facial make-up application
 - d. Altering face shapes with facial make-up
 - e. Applying basic facial daytime make-up
- 11. Continued Health and Safety Practice:
 - a. Chemical safety
 - b. Using personal protective equipment

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Directed Study
- E. Critique
- F. Discussion
- G. Experiments
- H. Field Trips
- I. Guest Speakers
- J. Individualized Instruction
- K. Observation and Demonstration
- L. Service Learning
- M. Other (Specify): Peer based feedback, with students modeling for each other and acting as simulated clients within a work-based learning environment. Students will also take clients from the public and receive moderated feedback.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- Theory and practical workbook assignments correlating to class work.
- In class review.
- Lecture and demonstration notes.
- Group discussion notes.
- Lab demonstration notes.
- Procedure diagramming and set-up notes.

Reading Assignments:

Outside reading assignments will correspond to upcoming coursework.

Other Outside Assignments:

- Term project; subject to be designated by instructor.
- Technology resources mini-projects to be designated by instructor. Example: Using an electronic device to take a photo of a favorite styling product and bringing it to class, emailing it to the instructor, or writing a brief synopsis focusing on usage and benefits.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Field Trips
- F. Final Class Performance
- G. Group Projects
- H. Homework
- I. Lab Activities
- J. Oral Presentation
- K. Papers
- L. Portfolios
- M. Projects
- N. Quizzes
- O. Simulation
- P. Written examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Backe, J., Fulton, C., DaCosta, D., Joseph, R., Kilgore, M., Lees, M., Morrison, V., Pierce, A., Rimando, A., Roste, L., Williams, R.,. *Milady Standard Cosmetology*, 13 ed. Boston: Cengage Learning, 2016

Possible manuals include:

- A. California Board of Barbering and Cosmetology. Health and Safety Training Course, CA Board of Barbering and Cosmetology, 11-01-2016

Other:

- A. Milady Publishing Company. *Milady's Standard Cosmetology: Practical Workbook*. Boston: Cengage Learning, 2016.
- B. California, & California. *Barbering and Cosmetology Act, Barbering and Cosmetology Rules and Regulations*, Sacramento: Board of Barbering and Cosmetology, 2018.
- C. Milady Publishing Company. *Milady's Standard Cosmetology: Theory Workbook*. Boston: Cengage Learning, 2016.
- D. Milady Publishing Company. *Milady Standard Cosmetology Exam Review*. Boston: Cengage Learning, 2016.

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