

College of San Mateo
Official Course Outline

1. **COURSE ID:** COSM 712 **TITLE:** Cosmetology I

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 history and career opportunities, anatomy, physiology, skin histology, hair design, hairstyling, hair cutting, and chemical 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 theoretical understanding of hair arranging, blow drying, cleaning, curling, dressing, analysis, shampooing, waving, non-chemical straightening, and hair cutting.
2. Execute and implement practical aspects of hair arranging, blow drying, cleaning, curling, dressing, analysis, shampooing, waving, non-chemical straightening, and hair cutting.
3. Demonstrate understanding and correct execution of theoretical and practical cosmetology competencies in health and safety as designated by the California Board of Barbering and Cosmetology.
4. Demonstrate understanding and correct application of soft skills as they relate to cosmetology competencies within a simulated work environment.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Articulate understanding of theoretical knowledge in hair styling and hair cutting by connecting learning concepts to practical operations assigned within a simulated work-based learning environment.
2. Perform practical operations in hair styling and hair cutting by correctly applying learned procedures and techniques demonstrated and practiced during laboratory classes on live models.
3. Communicate and collaborate in an effective manner by practicing professional soft skills in the classroom as well as in laboratory classes that simulate a work-based learning environment.
4. Demonstrate skill in employing core competencies as they relate to course discipline-specific assignments and mock real world scenarios.

6. **COURSE CONTENT:**

Lecture Content:

1. Orientation
2. History and Career Opportunities
3. Life Skills
4. Your Professional Image
5. Health and Safety Section 5: Ergonomics: Fitting the Job to the Person
 - a. 5.1 Work Smarter, Not Just Harder
6. Anatomy and Physiology
7. Skin Structure, Growth and Nutrition
8. Properties of the Hair and Scalp
9. Scalp Care, Shampooing, and Conditioning
10. Health and Safety Section 4: Protecting Yourself from Hazardous Chemicals
 - a. 4.8: Shampoos and Conditioners Fact Sheet
11. Principles of Hair Design
12. Hairstyling
13. Health and Safety Section 4: Protecting Yourself from Hazardous Chemicals
 - a. 4.9: Thermal Hairstyling Fact Sheet

14. Hair Cutting Module I
15. Health and Safety Section 4: Protecting Yourself from Hazardous Chemicals
 - a. 4.5 Hair Color Fact Sheet

Lab Content:

Basic practice of skill building exercises in:

1. Life Skills:
 - a. Setting goals
 - b. Demonstrating time management and good study habits
 - c. Employing successful learning tools
 - d. Professional soft skills
2. Professional Image:
 - a. Good personal hygiene
 - b. Dressing for success
 - c. Professional behavior
 - d. Proper ergonomics to protect the body
3. Anatomy and Physiology:

Naming and defining the function of:

 - a. Body tissues
 - b. Organs and body systems
 - c. Skeletal system
 - d. Muscular system
 - e. Nervous system components
 - f. Structures of the circulatory system
 - g. Structures of the lymphatic/immune system
 - h. Structures of the endocrine system
 - i. Structures of the reproductive system
4. Skin Structure, Growth, and Nutrition:

Identifying:

 - a. Anatomy of the skin
 - b. Divisions of the skin
 - c. Fluids of the skin
 - d. Nerves of the skin
 - e. Glands of the skin
 - f. Nutrition and skin health
5. Properties of the Hair and Scalp:
 - a. Performing hair analysis
 - b. Performing scalp analysis
 - c. Identify most common hair and scalp disorders
6. Scalp Care, Shampooing, and Conditioning
 - a. Scalp treatments and scalp massage
 - b. Shampoo services
 - c. Professional draping
 - d. Choosing appropriate products
 - e. Demonstrating three parts of hair care service
7. Principles of Hair Design:

Identifying:

 - a. Elements of hair design
 - b. Principles of hair design
 - c. Hair type and texture
 - d. Facial shapes and proportions
 - e. Hairstyle recommendations based on 7a-d
 - f. Principles of hair design for men
8. Hairstyling:
 - a. Wet hairstyling
 - b. Finger waving
 - c. Pin curls
 - d. Roller sets
 - e. Comb-out techniques
 - f. Blow dry styling
 - g. Selecting the correct tools for the procedure

- h. Thermal hair styling
- i. Basic updos
- 9. Haircutting Module I
 - a. Identifying the reference points of the head
 - b. Identifying and creating lines, sections, elevations, and guidelines
 - c. Client consultations
 - d. Identifying and using haircutting tools
 - e. Good posture and body position while cutting hair
 - f. Executing the four basic haircuts
 - g. Sectioning and cutting bangs/fringe
 - h. Identifying and utilizing texturizing techniques
 - i. Practice a clipper cut
 - j. Identifying when to use a trimmer
 - k. Using a trimmer
- 10. 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. 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. Final Class Performance
- F. Group Projects
- G. Homework
- H. Lab Activities
- I. Oral Presentation
- J. Papers
- K. Portfolios
- L. Projects
- M. Quizzes
- N. Research Projects
- 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, 11-01-2018

Other:

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

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Course Originator: Cynthia James