

## COSM - 21 - Advanced Esthetician

### COURSE OUTLINE OF RECORD

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#### VIII. General Course Information

**Subject:\***

COSM

**Course Number:\*** 21

**Descriptive Title:\*** Advanced Esthetician

**Course Disciplines:\***

Cosmetology

**Division:**

Industry and Technology

**Department:\***

Cosmetology

**Catalog Description:\***

This is an advanced course in the principles of esthetician procedures. Students are given advanced theory and practical practices in facials, preparation, health, safety, laws, regulations, disinfectant, sanitation, anatomy, physiology, hair removal and makeup. State Board of Barbering and Cosmetology exam practices will be emphasized.

Note: When enrolling into this course students must have a minimum of 300 hours completed. Upon completion of this course, students are expected to have a minimum of 600 hours of applied skill practice required by the State Board of Barbering and Cosmetology.

#### **Conditions of Enrollment:**

**Prerequisite:**

Cosmetology 20 with a minimum grade of C or equivalent

**Co-requisite:**

Recommended Preparation:

Enrollment Limitation:

Course Length:  Full Term

Hours Lecture (per week): 5

Hours Laboratory (per week): 15

Outside Study Hours:\* 10

Total Hours:\* 360

Course Units:\* 10

Grading Method: Letter Grade only

Credit Status: Credit, degree applicable

Transfer CSU:  Yes  No

Effective Date: 1/20/2016

Transfer UC:  Yes  No

Effective Date:

General Education ECC:

Term:

Other:

CSU GE:

Term:

Other:

IGETC:

Term:

Other:

**IX. Outcomes and Objectives**

**A. Student Learning Outcomes SLOs** (The course student learning outcomes are listed below.)

**Student Learning Outcomes:**

**SLO #1 Chemical Facial**

The students will perform a Chemical Facial on client using mask or scrubs. They will read manufactures instructions and set up work area. Students are to follow criteria set forth by the State Board of Barbering and Cosmetology/Estheticians.

**SLO #2 Hair Removal**

Given instructions in procedures and demonstrations for lab salon practices in hair removal. Students will be able to demonstrate two techniques on client. Students are to follow State Board of Barbering and Cosmetology procedures.

**SLO #3 Makeup Applications**

Students will perform makeup applications on a client by using the color theory. Students are to follow State Board of Barbering and Cosmetology/ Estheticians health and safety procedures.

**B. Course Objectives (The major learning objectives for this course are listed below.)**

**Course Objectives:**

1. Classify the different massage manipulations.
2. Demonstrate the methods to prepare a client for a facial service.
3. Apply an evening make-up application on a client.
4. Lists the steps used in an electrical facial according to the State Board of Barbering and Cosmetology/Esthetician procedures.
5. Describe the different disinfection and sanitation procedures.
6. Compare and contrast the techniques used for hair removal.
7. Identify the applications used for all esthetician services according to the State Board of Barbering and Cosmetology procedures.

**X. Outline of Subject Matter**

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

**Example:**

- I. Main Topic (3 hours, lecture)
  - A. Sub topics
  - B. Sub topics
    1. Super sub topic
    2. Super sub topic

**Major Topics:**

**I. PRINCIPLES OF ADVANCED FACIALS (11.25 hours, lecture)**

1. Massage manipulations
2. Extraction procedures
3. Mask use
4. Electrical device
5. Specialized service

**II. PRINCIPLES OF ADVANCED FACIALS (33.75 ours, lab)**

1. Massage manipulations
2. Extraction procedures
3. Mask use
4. Electrical device
5. Specialized service

**III. PRINCIPLES OF CLIENT PREPARATION (11.25 hours, lecture)**

1. Skin analysis
2. Implementation procedures
3. Record keeping
4. Post operative care
5. E. Cardiopulmonary Resuscitation (CPR)/Automatic External Defibrillator (AED)
6. Salon and spa skills

**IV. PRINCIPLES OF CLIENT PREPARATION (33.75 hours, lab)**

1. Skin analysis
2. Implementation procedures
3. Record keeping
4. Post operative care
5. CPR / AED
6. Salon and spa skills

**V. PRINCIPLES OF LAWS AND REGULATIONS (11.25 hours, lecture)**

1. State Board of Barbering and Cosmetology procedures
2. Salon procedures
3. Safety procedures

**VI. PRINCIPLES OF LAWS AND REGULATIONS (33.75 hours, lab)**

1. State Board of Barbering and Cosmetology procedures
2. Salon procedures
3. Safety procedures

**VII. HEALTH AND SAFETY (11.25 hours, lecture)**

1. Composition and purpose of cosmetic preparation
2. Elementary chemical makeup

3. Chemical skin peel
4. Physical and chemical change of matter
5. Electrical current
6. Operating electrical devices

**VIII. HEALTH AND SAFETY (33.75 hours, lab)**

1. Composition and purpose of cosmetic preparation
2. Elementary chemical makeup
3. Chemical skin peel
4. Physical and chemical change of matter
5. Electrical current
6. Operating electrical devices

**IX. PRINCIPLES OF DISINFECTION AND SANITATION (11.25 hours, lecture)**

1. Health and safety for consumer/technician
2. Levels of infection control
3. Microbiology

**X. PRINCIPLES OF DISINFECTION AND SANITATION (33.75 hours, lab)**

1. Health and safety for consumer/technician
2. Levels of infection control
3. Microbiology

**XI. PRINCIPLES OF HUMAN ANATOMY AND PHYSIOLOGY (11.25 hours, lecture)**

1. Bacteriology
2. Skin analysis
3. Skin functions
4. Disorders of sebaceous and sudoriferous gland
5. Hair and follicle growth cycle

**XII. PRINCIPLES OF HUMAN ANATOMY AND PHYSIOLOGY (33.75 hours, lab)**

1. Bacteriology
2. Skin analysis
3. Skin functions
4. Disorders of sebaceous and sudoriferous gland
5. Hair and follicle growth cycle

**XIII. PRINCIPLES OF HAIR REMOVAL (11.25 hours lecture)**

1. Hair removal techniques
2. Manual and electrical depilatories

**XIV. PRINCIPLES OF HAIR REMOVAL (33.75 hours, lab)**

1. Hair removal techniques
2. Manual and electrical depilatories

**XV. PRINCIPLES OF MAKEUP (11.25 hours, lecture)**

- 1. Color theory
- 2. Application of false eyelashes
- 3. Makeup application

**XVI. PRINCIPLES OF MAKEUP (33.75 hours, lab)**

- 1. Color theory
- 2. Application of false eyelashes
- 3. Makeup application

**Total Lecture Hours:** 90

**Total Laboratory Hours:** 270

**Total Hours:** 360

**XI. Primary Method of Evaluation and Sample Assignments**

**A. Primary Method of Evaluation (choose one):**

Primary Method of Evaluation

**B. Typical Assignment Using Primary Method of Evaluation**

**Typical Assignment Using Primary Method of Evaluation:** Analyze a client with dry skin and prepare the correct formula for a mask. Consult instructor and apply mask to the client.

**C. College-level Critical Thinking Assignments**

**Critical Thinking Assignment 1:** Demonstrate the application of wax on the eyebrow of a client. Compose a one-page report identifying the different shapes of eyebrows and submit report to the instructor.

**Critical Thinking Assignment 2:** In a two-page report, analyze and compare the various chemical and mechanical depilatories. Submit report to the instructor.

**D. Other Typical Assessment and Evaluation Methods**

**Other Evaluation Methods:**

If Other:

**XII. Instructional Methods**

*Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.*

**Instructional Methods:**

Demonstration

Discussion

Field trips

Group Activities

Guest Speakers

Lab

Lecture

Multimedia presentations

If other: Internet Presentation/Resources

**XIII. Work Outside of Class**

**Work Outside of Class**

Answer questions

Problem solving activity

Required reading

Study

Written work (such as essay/composition/report/analysis/research)

If Other:

**XIV. Texts and Materials**

**A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)**

**Up-To-Date Representative Textbooks:**

Miladys Publishing Company Staff. Miladys Standard Esthetics Fundamentals. 11th ed. Cengage Learning , 2012. Qualifier Text: INDUSTRY STANDARD.

**B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)**

**Alternative Textbooks:**

**C. Required Supplementary Readings**

**Required Supplementary Readings:**

Skin Care Answer Book by Mark Lees - Cengage Learning - 2011 - Industry Standard

**D. Other Required Materials**

**Other Required Materials:**

Mariana, Esthetician Student Kit

**XV. Conditions of Enrollment**

**A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.**

Requisite Prerequisite

Category sequential

Requisite course: Cosmetology-20

**Requisite and Matching skill(s):**  
**Bold the requisite skill. List the corresponding course objective under each skill(s).**

- Ability to perform a manual facial.**  
COSM 20 -Compare and contrast between a manual and electrical facial.
- Ability to apply make up on a client.**  
COSM 20 -Demonstrate a procedure to apply make-up on clients.

**B. Requisite: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.**

Requisite: equivalent experience

**Requisite and Matching skill(s):**  
**Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable**

**C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)**

Requisite course:

**Requisite and Matching skill(s):**  
**Bold the requisite skill. List the corresponding course objective under each skill(s).**

**D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)**

Requisite:

**Requisite and Matching skill(s):**  
**Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable**

**E. Enrollment Limitations**

**Enrollment Limitations and Category:**

**Enrollment Limitations Impact:**

**Course Created by:** Patricia Gebert

**Date:** 07/15/2014

**Board Approval Date:** 01/20/2016

**Last Board Approval Date:** 05/21/2018

**Last Reviewed and/or Revised by:** Charlene Brewer-Smith

**Date:** 07/15/2014