



El Camino College  
 COURSE OUTLINE OF RECORD – Official

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| <b>Course Acronym:</b>              | COSM   |
| <b>Course Number:</b>               | 4  |
| <b>Descriptive Title:</b>           | Cosmetology Practicum  |
| <b>Division:</b>                    | Industry and Technology  |
| <b>Department:</b>                  | Cosmetology  |
| <b>Course Disciplines:</b>          | Cosmetology  |
| <b>Catalog Description:</b>         | This course is designed for the student who is in need of receiving hours toward their State Board of Cosmetology requirement. The focus of this class is on the advanced principles and practical operations of cosmetology equipment, procedures and techniques. |
| <b>Prerequisite:</b>                | Cosmetology 1 or Cosmetology 10 and Cosmetology 11 with a minimum grade of C in prerequisite   |
| <b>Co-requisite:</b>                |  |
| <b>Recommended Preparation:</b>     |  |
| <b>Enrollment Limitation:</b>       |  |
| <b>Hours Lecture (per week):</b>    | 2  |
| <b>Hours Laboratory (per week):</b> | 10   |
| <b>Outside Study Hours:</b>         | 4  |
| <b>Total Course Hours:</b>          | 216  |
| <b>Course Units:</b>                | 5  |
| <b>Grading Method:</b>              | Letter Grade only  |
| <b>Credit Status:</b>               | Credit, degree applicable  |
| <b>Transfer CSU:</b>                | No   |
| <b>Effective Date:</b>              |  |
| <b>Transfer UC:</b>                 | No   |
| <b>Effective Date:</b>              |  |
| <b>General Education: ECC</b>       |  |
| <b>Term:</b>                        |  |
| <b>Other:</b>                       |  |
| <b>CSU GE:</b>                      |  |
| <b>Term:</b>                        |  |
| <b>Other:</b>                       |  |

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|                                   | <b>IGETC:</b>   |
|                                   | <b>Term:</b>  |
|                                   | <b>Other:</b>   |
| <b>Student Learning Outcomes:</b> | <p><b>SLO #1 Practicing Techniques</b></p> <p>Students who have completed the daytime and evening cosmetology course series and lacks hours for the State Board of Cosmetology examination will be able to practice wet styling, disinfection and sanitation, facials, haircutting, thermal styling, chemical services, hair coloring, nails, makeup and eyebrow arching which are advanced practical operations that is required by the State Board of Cosmetology.</p> <p><b>SLO #2 Designing a Hairstyle with Pin Curls</b></p> <p>Students should be able to apply the principles of pin curls by demonstrating an understanding in the application of designing a hair style with pin curls.</p> <p><b>SLO #3 Roller Base Placements</b></p> <p>Students will be able to demonstrate roller on base, roller off base, roller half-off base, rollers in crown section or side with same bases, and roller indentation pattern with the ability to define and explain the distinguishing features of each roller placement base.</p> |
| <b>Course Objectives:</b>         | <ol style="list-style-type: none"> <li>1. Correctly answer objective questions on cosmetology safety practices and sanitation procedures.</li> <li>2. Identify the natural arch of the eyebrow.</li> <li>3. Compare and contrast the differences between a soft permanent wave and a chemical relaxer.</li> <li>4. Identify the differences between virgin bleach and a pastel toner, and demonstrate how they are used in conjunction with each other in a hair coloring procedure.</li> <li>5. Categorize and describe the various types of hair damage and prescribe corrective treatment for each.</li> <li>6. Access information concerning cosmetology procedures and practices from source documents and databases.</li> <li>7. Employ appropriate interpersonal skills to serve clients and customers.</li> </ol>   |
| <b>Major Topics:</b>              | <p><b>I. PRINCIPLES OF SCALP TREATMENTS (5 hours, lecture)</b></p> <ol style="list-style-type: none"> <li>A. Health and safety practices</li> <li>B. Sanitation and disinfection</li> <li>C. Table set up and tools</li> <li>D. Product knowledge</li> <li>E. Client consultation</li> <li>F. Scientific brushing</li> <li>G. Shampooing and conditioning</li> <li>H. Scalp massage</li> <li>I. Types of treatments for dandruff, dry scalp, oily scalp, alopecia areata and fragilitas crinium</li> <li>J. Cosmetology Acts and Regulations</li> </ol>   |

## **II. PRINCIPLES OF SCALP TREATMENTS (18 hours, lab)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Table set up and tools
- D. Product knowledge
- E. Client consultation
- F. Scientific brushing
- G. Shampooing and conditioning
- H. Scalp massage
- I. Types of treatments for dandruff, dry scalp, oily scalp, alopecia areata and fragilitas crinium

## **III. STATE BOARD OF COSMETOLOGY OVERVIEW (1 hour, lecture)**

- A. Health and safety practices
- B. Cosmetology Act
- C. Disinfection and sanitation
- D. Board of Barbering and Cosmetology written test prep
- E. Board of Barbering and Cosmetology practical test prep
- F. Career opportunities
- G. Cosmetology Acts and Regulations

## **IV. STATE BOARD OF COSMETOLOGY OVERVIEW (18 hours, lab)**

- A. Health and safety practices
- B. Cosmetology Act
- C. Disinfection and sanitation
- D. Board of Barbering and Cosmetology written test prep
- E. Board of Barbering and Cosmetology practical test prep
- F. Career opportunities

## **V. SERVING THE PUBLIC (1 hour, lecture)**

- A. Professional image
- B. Communication skills
- C. Client consultation
- D. Time management
- E. Meeting customer's expectations
- F. Life skills
- G. Cosmetology Acts and Regulations

## **VI. SERVING THE PUBLIC (18 hours, lab)**

- A. Professional image
- B. Communication skills
- C. Client consultation
- D. Time management
- E. Meeting customer's expectations
- F. Life skills

**VII. PRINCIPLES OF WET AND THERMAL SETTING (5 hours, lecture)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Table set up and tools
- D. Product knowledge
- E. Finger waving and pin curls
- F. Roller sets and comb out procedures
- G. Thermal pressing and curling
- H. Use of rectangular, triangular, arc and square bases in pin curling
- I. Ridge curls
  
- J. Skip wave and cascade curls
- K. Stand up curls
- L. Formal styling
- M. Back-combing and back-brushing techniques
  
- N. Thermal curling of long hair and spiral curling
- O. Blow dry styling
- P. Braids, weaves, wigs
- Q. Cosmetology Acts and Regulations

**VIII. PRINCIPLES OF WET AND THERMAL SETTING (18 hours, lab)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Table set up and tools
- D. Product knowledge
- E. Finger waving and pin curls
- F. Roller sets and comb out procedures
- G. Thermal pressing and curling
- H. Use of rectangular, triangular, arc and square bases in pin curling
- I. Ridge curls
  
- J. Skip wave and cascade curls
- K. Stand up curls
- L. Formal styling
- M. Back-combing and back-brushing techniques
  
- N. Thermal curling of long hair and spiral curling
- O. Blow dry styling
- P. Braids, weaves, wigs

**IX. PRINCIPLES OF PERMANENT WAVING (5 hours, lecture)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Table set up and tools
- D. Product knowledge
- E. Client consultation
- F. Action of chemicals
- G. Types of permanent waves

- H. Permanent wave procedure
- I. Methods of sectioning
  
- J. Types of bases and placement
- K. Types of curling rods and tools
- L. Wrapping techniques
- M. Applications of chemicals
  
- N. Cosmetology Acts and Regulations

**X. PRINCIPLES OF PERMANENT WAVING (18 hours, lab)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Table set up and tools
- D. Product knowledge
- E. Client consultation
- F. Action of chemicals
- G. Types of permanent waves
- H. Permanent wave procedure
- I. Methods of sectioning
  
- J. Types of bases and placement
- K. Types of curling rods and tools
- L. Wrapping techniques
- M. Applications of chemicals

**XI. PRINCIPLES OF CHEMICAL RELAXING (5 hours, lecture)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Product knowledge
- D. Table setup and tools
- E. Client consultation
- F. Hair and scalp analysis
- G. Sodium hydroxide procedures
- H. Chemical application
- I. Smoothing techniques
  
- J. Relaxer strengths
- K. Types of relaxers
- L. Other straightening techniques
- M. Action of chemicals
  
- N. Cosmetology Acts and Regulations

**XII. PRINCIPLES OF CHEMICAL RELAXING (18 hours, lab)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Product knowledge
- D. Table setup and tools

- E. Client consultation
- F. Hair and scalp analysis
- G. Sodium hydroxide procedures
- H. Chemical application
- I. Smoothing techniques
  
- J. Relaxer strengths
- K. Types of relaxers
- L. Other straightening techniques
- M. Action of chemicals

**XIII. PRINCIPLES OF HAIRCUTTING (2 hours, lecture)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Table set up and tools
- D. Product knowledge
- E. Client consultation
- F. Four basic hair cuts
- G. Combination hair cuts
- H. Scissor cutting techniques
- I. Cutting fringe
  
- J. Razor cutting
- K. Clipper cutting - wet, dry, effilating, feather edge, thinning guide line, blunt and slither cutting
- L. Tool maintenance
- M. Cosmetology Acts and Regulations

**XII. PRINCIPLES OF HAIRCUTTING (18 hours, lab)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Table set up and tools
- D. Product knowledge
- E. Client consultation
- F. Four basic hair cuts
- G. Combination hair cuts
- H. Scissor cutting techniques
- I. Cutting fringe
  
- J. Razor cutting
- K. Clipper cutting - wet, dry, effilating, feather edge, thinning guide line, blunt and slither cutting
- L. Tool maintenance

**XIV. PRINCIPLES OF HAIRCOLORING AND BLEACHING (5 hours, lecture)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Product knowledge
- D. Client consultation

- E. Aniline derivatives
- F. Predisposition test
- G. Formulating and tint records
- H. Preparation for coloring
- I. Permanent hair color
  
- J. Temporary hair color
- K. Bleaching
- L. Frosting
- M. Tipping
  
- N. Streaking
- O. Blending
- P. Color-filler
- Q. Highlighting
- R. Spot lightening
- S. Spot tinting
- T. Hair striping
- U. Cosmetology Acts and Regulations

**XV. PRINCIPLES OF HAIRCOLORING AND BLEACHING (18 hours, lab)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Product knowledge
- D. Client consultation
- E. Aniline derivatives
- F. Predisposition test
- G. Formulating and tint records
- H. Preparation for coloring
- I. Permanent hair color
  
- J. Temporary hair color
- K. Bleaching
- L. Frosting
- M. Tipping
  
- N. Streaking
- O. Blending
- P. Color-filler
- Q. Highlighting
- R. Spot lightening
- S. Spot tinting
- T. Hair striping

**XVI. PRINCIPLES OF FACIAL TREATMENTS (5 hours, lecture)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Table set up and tools
- D. Product knowledge
- E. Client consultation

- F. Skin analysis
- G. Draping
- H. Manipulations
- I. Plain facial
  
- J. Nerve points
- K. Arching
- L. Packs
- M. Masks
  
- N. Red dermal lamp
- O. High frequency
- P. Galvanic current
- Q. Infra-red rays
- R. Cosmetology Acts and Regulations

**XVII. PRINCIPLES OF FACIAL TREATMENTS (18 hours, lab)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Table set up and tools
- D. Product knowledge
- E. Client consultation
- F. Skin analysis
- G. Draping
- H. Manipulations
- I. Plain facial
  
- J. Nerve points
- K. Arching
- L. Packs
- M. Masks
  
- N. Red dermal lamp
- O. High frequency
- P. Galvanic current
- Q. Infra-red rays

**XVIII. PRINCIPLES OF MANICURING AND PEDICURING (2 hours, lecture)**

- A. Health and safety practices
- B. Sanitation and disinfection
- C. Table set up and tools
- D. Product knowledge
- E. Client consultation
- F. Manicure and pedicure procedure
- G. Preparation
- H. Hand, arm, leg massage
- I. Types of manicures
  
- J. Basic manicure and pedicure
- K. Spa manicure and pedicure



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|   | <ul style="list-style-type: none"> <li>L. Nail repair</li> <li>M. Artificial nails</li> <br/> <li>N. Removal of artificial nails</li> <li>O. Repair of broken build-on nails</li> <li>P. Cosmetology Acts and Regulations</li> </ul> <p><b>XIX. PRINCIPLES OF MANICURING AND PEDICURING (18 hours, lab)</b></p> <ul style="list-style-type: none"> <li>A. Health and safety practices</li> <li>B. Sanitation and disinfection</li> <li>C. Table set up and tools</li> <li>D. Product knowledge</li> <li>E. Client consultation</li> <li>F. Manicure and pedicure procedure</li> <li>G. Preparation</li> <li>H. Hand, arm, leg massage</li> <li>I. Types of manicures</li> <br/> <li>J. Basic manicure and pedicure</li> <li>K. Spa manicure and pedicure</li> <li>L. Nail repair\</li> <li>M. Artificial nails</li> <br/> <li>N. Removal of artificial nails</li> <li>O. Repair of broken build-on nails</li> </ul> |
| <b>Total Lecture Hours:</b>                                   | 36  |
| <b>Total Laboratory Hours:</b>                                | 180   |
| <b>Total Hours:</b>   | 216   |
| <b>Primary Method of Evaluation:</b>                          | 3) Skills demonstration   |
| <b>Typical Assignment Using Primary Method of Evaluation:</b> | Analyze a client's eyebrow. Identify the natural arch and shape and apply wax to remove unwanted hair from the eyebrow. After eyebrows are completed, consult the instructor.   |
| <b>Critical Thinking Assignment 1:</b>                        | Working in a team, analyze a client's hair for a virgin hair coloring procedure. Choose and apply the correct hair color products. Complete the procedure by administering a soap cap to ensure proper coverage. After hair coloring has processed, consult the instructor.   |
| <b>Critical Thinking Assignment 2:</b>                        | Analyze a client's skin for a facial. Select the correct facial mask for the client's skin type. Apply the mask in accordance with the manufacturer's directions. After facial has been completed, consult the instructor.  |
| <b>Other Evaluation Methods:</b>                              | <ul style="list-style-type: none"> <li>Performance Exams</li> <li>Other Exams</li> <li>Class Performance</li> <li>Multiple Choice</li> <li>Completion</li> <li>Matching Items</li> <li>True/False</li> </ul>  |

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| <b>Instructional Methods:</b>               | Discussion<br>Guest Speakers<br>Laboratory<br>Lecture<br>Multimedia Presentations   |
| <b>If other:</b>                            |   |
| <b>Work Outside of Class:</b>               | Problem solving activity<br>Required reading<br>Skill practice<br>Study   |
| <b>If Other:</b>                            |   |
| <b>Up-To-Date Representative Textbooks:</b> | Milady. <u>Milady Standard Cosmetology</u> . 14 <sup>th</sup> edition. Cengage. 2023<br>Milady. <u>Standard Foundations</u> . Cengage. 2020   |
| <b>Alternative Textbooks:</b>               | BarberCosmo – State Board of Barbering and Cosmetology. <u>Acts and Regulations</u> . California State Board of Barbering and Cosmetology. 2022 - Handouts  |
| <b>Required Supplementary Readings:</b>     |   |
| <b>Other Required Materials:</b>            | Blow dryer<br><br>Brushes: Denman, vent, styling<br><br>Clips: coif (box of 12), curl (box of 100)<br><br>Combs: finger wave, haircutting, styling, tail<br><br>Curling iron<br><br>Cuticle nipper with case<br><br>Emery board (box of 5)<br><br>Gloves, rubber<br><br>Manikin head<br><br>Hair shaper with blades<br><br>Pressing comb, Marcel curling irons<br><br>Electric curling iron<br><br>Orange wood sticks<br><br>Nail: brush, file, tips, wrap kit<br><br>Nail polish kit |

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|  | <p>Notebook, paper, pen, pencil</p> <p>Perm rods (5 dozen)</p> <p>Roller bag</p> <p>Shampoo cape</p> <p>Shears: haircutting, thinning, razor</p> <p>Shoes, black</p> <p>Smock, black</p> <p>Spatula</p> <p>Stand</p> <p>Steel Pusher</p> <p>Triangle net</p> <p>Tweezers</p> <p>Facial kit, Make up</p> <p>Hair removal kit</p>   |
| <b>Requisite:</b>  | Prerequisite  |
| <b>Category:</b>   | sequential  |
| <b>Requisite course(s): List both prerequisites and corequisites in this box.</b>  | Cosmetology 1 or Cosmetology 10 and Cosmetology 11  |
| <b>Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).</b> | <p><b>Select and perform a haircut style.</b></p> <p>COSM 10 -Discuss the techniques used in layered haircuts.</p> <p>COSM 10 -Discuss the techniques used in layered haircuts.</p> <p>COSM 11 -Demonstrate a basic haircut.</p> <p>COSM 1 -Demonstrate the basic techniques of hair cutting.</p> <p><b>Demonstrate a chemical relaxing hair treatment.</b></p> <p>COSM 10 -Demonstrate the process of chemical relaxing.</p> <p>COSM 1 -Demonstrate the process of chemical relaxing.</p> <p>COSM 11 -Demonstrate the process of chemical relaxing with increased proficiency.  </p> |

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|  | <p>COSM 10 -Demonstrate the process of chemical relaxing.</p> <p><b>Identify the correct products to perform a permanent wave on a client.</b></p> <p>COSM 10 - Demonstrate the techniques of permanent waving.</p> <p>COSM 1 - Demonstrate the techniques of permanent waving.</p> <p>COSM 10 - Demonstrate the techniques of permanent waving.</p> <p>COSM 11 - Demonstrate the techniques of permanent waxing with increased proficiency.</p> <p><b>Demonstrate thermal styling using a flat iron.</b></p> <p>COSM 10 - Apply the principles of thermal styling on a gloria head.</p> <p>COSM 10 - Apply the principles of thermal styling on a gloria head.</p> <p>COSM 1 - Identify the principles of wet and thermal settings.</p> <p>COSM 11 - Apply the principles of thermal styling.</p> |
| <b>Requisite Skill:</b>  |  |
| <b>Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable</b>   |  |
| <b>Requisite course:</b>   |  |
| <b>Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).</b>                      |  |
| <b>Requisite Skill:</b>  |  |
| <b>Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable</b> |  |
| <b>Enrollment Limitations and Category:</b>  |  |
| <b>Enrollment Limitations Impact:</b>  |  |
| <b>Course Created by:</b>  | Susan Cotler/George Bernyk   |

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| <b>Date:</b>                            | 09/01/1989                     |
| <b>Original Board Approval Date:</b>    | 01/14/1991                     |
| <b>Last Reviewed and/or Revised by:</b> | CHARLENE BREWER-SMITH          |
| <b>Date:</b>                            | 04/13/2023                     |
| <b>Last Board Approval Date:</b>        | 07/17/2023 effective FALL 2024 |