COURSE #: COS 3202  
TITLE: Esthetics  
SEMESTER: Varies  
INSTRUCTOR: C. Montford

COURSE DESCRIPTION
The primary purpose of the esthetician course is to train the student in the basic manipulative skills, safety judgments, proper work habits, and desirable attitudes necessary to achieve competency in job entry-level skills and obtain licensure and gainful employment in the field of esthetics or related career avenue.

TEACHING STRATEGIES

<table>
<thead>
<tr>
<th>X</th>
<th>Lecture</th>
<th>X</th>
<th>Exercises</th>
<th>Audiovisuals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Reports</td>
<td>X</td>
<td>Demonstration</td>
<td>X</td>
</tr>
<tr>
<td></td>
<td>Tutorials</td>
<td></td>
<td>DVD</td>
<td></td>
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<tr>
<td>X</td>
<td>Field Work</td>
<td></td>
<td>Role Playing</td>
<td></td>
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<tr>
<td>X</td>
<td>Performance</td>
<td>X</td>
<td>Labs</td>
<td></td>
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</tbody>
</table>

PROGRAM OBJECTIVES

Upon completion of this course the student will be able to:

I. Project a positive attitude and a sense of personal integrity and self-confidence.
II. Practice effective communication skills, visual poise, and proper grooming.
III. Respect the need to deliver worthy service for value received in an employer-employee relationship.
IV. Perform the basic manipulative skills in the areas of facial massage, effective use of implements and equipment, proper application of corrective makeup, unwanted hair removal, and lash/brow tinting.
V. Perform the basic analytical skills to determine appropriate skin care and makeup services to achieve the best look for each client.
VI. Apply academic and practical learning and related information to ensure sound judgments, decisions, and procedures.
VII. To ensure continued career success, the graduate will continue to learn new and current information related to skills, trends, and methods for career development in esthetics and related career positions.

OBJECTIVES

I. Discuss past, present, and future skin care opportunities
II. Explain professional ethics
III. Describe different bacteria, viruses, and other pathogens
IV. List universal precautions and the need for professional responsibility
V. Describe the ten body systems and their functions
VI. Explain skin functions, cell replacements, glands of the skin, and nutrition for the skin
VII. List and describe the disorders and diseases of the skin
VIII. Describe techniques used to analyze various skin types
IX. Recognize basic products used in facials
X. Demonstrate the correct procedure for facial massage
XI. Recognize and understand the various ingredients used in facial packs and masks
XII. Demonstrate correct procedure for mask and pack applications
XIII. Be able to prepare treatment room for various services
XIV. Demonstrate correct procedure for sanitary clean-up of service area
OUTLINE

I. Getting Started
   A. Skin care history
   B. Skin care opportunities
   C. Professional appearance
   D. Professional ethics and general conduct

II. General Sciences
    A. Bacteria, viruses, pathogens, and parasites
    B. Universal precautions and professional responsibility

III. Physiology and Histology of the Skin
     A. Skin functions
     B. Anatomy of the skin
     C. Cell regeneration
     D. Basic nutrition
     E. Effects of the sun
     F. Water and the skin

IV. Skin Disorders and Diseases
    A. Dermatology and estheticians
    B. Gland disorders
    C. Pigmentation disorders
    D. Skin cancer
    E. Acne

V. Skin Analysis
   A. Different skin types
   B. Fitzpatrick Scale
   C. Performing a skin analysis
   D. Consultations and clients charts

VI. Product Selection and Ingredients
    A. Basic skin care products
    B. Choosing a product line
    C. Ingredients in skin care products

VII. The Treatment Room
     A. Professional atmosphere
     B. Treatment room supplies
     C. Making cleansing pads
     D. Proper clean-up procedures and sanitation

VIII. Massage
      A. Benefits of massage
      B. Massage movements
      C. Facial massage

METHODS OF EVALUATING OUTCOMES

- Assignments
- Written Tests
- Class Participation
- Oral Tests
- Projects
- Class Performance
- Instructor Assessment & Observation
- Demonstration of Skills

REQUIRED TEXT:
SUBJECT REQUIREMENTS

<table>
<thead>
<tr>
<th>HOURS</th>
<th>SUBJECT – UNIT</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>THEORY – CLASSROOM INSTRUCTION</td>
</tr>
<tr>
<td>100</td>
<td>GENERAL SCIENCES</td>
</tr>
<tr>
<td></td>
<td>Infection control principles and practices; general salon safety; first aid; hazardous materials communications; local, state and federal safety codes; bacterial growth and reproduction; immunity and body defenses; methods of infection control; physical and chemical agents; chemistry and matter as related to esthetics; the pH scale; electricity and its effects on the skin; electrotherapy and light therapy; various currents; Wood’s lamp; machines; importance of water; nutrition for healthy skin and longevity.</td>
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<tr>
<td>125</td>
<td>SKIN SCIENCES</td>
</tr>
<tr>
<td></td>
<td>Physiology an histology of the skin; structure and functions of the skin; hair structure and functions with appendages; skin disorders and diseases; skin analysis; skin care products and chemistry, ingredients, and selection.</td>
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<tr>
<td>250</td>
<td>ESTHETICS</td>
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<tr>
<td></td>
<td>The treatment room; facial treatments; facial massage, facial equipment, aromatherapy, principles and techniques of skin chemical procedures, cosmetic application, artificial eyelashes, removal of unwanted hair, lash/brow tinting, makeup color theory; facial machines; hair removal advanced topics and techniques.</td>
</tr>
<tr>
<td>50</td>
<td>SALON BUSINESS, RETAIL SALES</td>
</tr>
<tr>
<td></td>
<td>Fundamentals of business management, opening a salon, business plan, written agreements, licensing requirements and regulations, laws, salon operations, policies, practices, compensation packages, telephone use, advertising, sales, public relations, insurance, career planning, building your business.</td>
</tr>
<tr>
<td>50</td>
<td>INSTRUCTOR DISCRETION</td>
</tr>
<tr>
<td></td>
<td>To be applied by the instructor to strengthen student performance; supervised field trips; or other related training.</td>
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<tr>
<td>600</td>
<td>TOTAL HOURS REQUIRED</td>
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The above hour requirements must be met by each student in each category in order for the earned hours to be accepted by the applicable regulatory agency for examination. The generous portion of miscellaneous hours is to be applied as needed in curriculum related areas or if the student desires to specialize in a specific area.

PERFORMANCE REQUIREMENTS

<table>
<thead>
<tr>
<th>Performance Requirements</th>
<th>Performances</th>
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<tbody>
<tr>
<td>Facials Manual (skin analysis, cleansing, surface manipulations, packs, and masks)</td>
<td>40</td>
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<tr>
<td>Facials Electronic (the use of electrical modalitus, including dermal lights, and electrical apparatus for facials and skin care including galvanic and faradic)</td>
<td>30</td>
</tr>
<tr>
<td>Eyebrow arching</td>
<td>20</td>
</tr>
<tr>
<td>Hair removal (hard wax, soft wax, and depilatories)</td>
<td>30</td>
</tr>
<tr>
<td>Makeup application (skin analysis, complete and corrective makeup)</td>
<td>30</td>
</tr>
<tr>
<td>Eyelash extensions</td>
<td>10</td>
</tr>
<tr>
<td>Brow and lash color</td>
<td>10</td>
</tr>
</tbody>
</table>
GRADING CRITERIA
Students are assigned academic learning units and a minimum number of practical experiences required for course completion. Academic learning is evaluated after each unit of study. Practical skills learning is evaluated as completed and counted toward course completion only when rated as satisfactory or better. Practical skills are evaluated according to text procedures as set forth in the Practical Skills Competency Evaluation Criteria. Students must maintain a written grade average of 75 percent and pass a final written and practical exam prior to graduation. Students must make up failed or missed tests and incomplete assignments. Numerical grades are considered according to the following scale:

<table>
<thead>
<tr>
<th>Numerical Grade</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>93-100</td>
<td>EXCELLENT</td>
</tr>
<tr>
<td>85-92</td>
<td>VERY GOOD</td>
</tr>
<tr>
<td>75-84</td>
<td>SATISFACTORY</td>
</tr>
<tr>
<td>70-74</td>
<td>NEEDS IMPROVEMENT</td>
</tr>
</tbody>
</table>

DISABILITY SERVICES
Disability Services are available for students who require academic accommodations due to any physical, psychological, and/or learning disability. To determine eligibility for services, contact the ADA Counselor in the Admissions area of the Administration Building or call 252.527.6223 extension 331. The College is very concerned about protecting our students, employees, and visitors on campus and at our off campus centers. You can help the college protect everyone by reporting any threats that you receive (or hear about) to your instructor, to security, or to another college official. The College always takes steps to protect anyone who has reason to believe that he/she is in danger. Also, remember to keep your belongings in secure places and report any suspicious activities to college officials. Together, we can help our campus to be a safer place.