



## **Course Syllabus**

### **CSME- 1447 Principles of Skin Care/ Facials and Related Theory**

*Revision Date: 01/09/2017*

**Catalog Description:** In depth coverage of the theory and practice of skin care, facials and cosmetics.

**Lecture hours =2, Lab hours = 6**

**Prerequisites:** CSME 1443

**Semester Credit Hours: 4**

**Lecture Hours per Week: 2**

**Lab Hours per Week: 6**

**Contact Hours per Semester: 128**

**State Approval Code: 1204090000**

**Instructional Goals and Purposes:** The purpose of this course is to provide students with the knowledge to identify terminology related to skin, products and treatments with the demonstration of proper application of cosmetics related to skin care.

#### **Learning Outcomes:**

1. For students to provide entry level application of cosmetics in facials and skin care services.

#### **Specific Course Objectives (includes SCANS):**

After studying all materials and resources presented in the course, the student will be able to:

1. Explain the importance of anatomy and physiology to the cosmetology profession.
  - A. ai, aii, aiv, av, bii, biv, bv
  - B. ci, cii, ciii
2. Describe cells, their structures, and their reproduction.
  - A. ai, aii, aiv, av, bii, biv, bv
  - B. ci, cii, ciii
3. Define tissue and identify the types of tissues found in the body.
  - A. ai, aii, aiv, av, bii, biv, bv
  - B. ci, cii, ciii
4. Name the 10 main body systems and explain their basic function.
  - A. ai, aii, aiv, av, bii, biv, bv
  - B. ci, cii, ciii
5. Describe the four types of electrotherapy.
  - A. ai, aii, aiv, av, bii, biv, bv
  - B. ci, cii, ciii
6. Describe the five types of light therapy and their benefits.
  - A. ai, aii, aiv, av, bii, biv, bv
  - B. aiii, aiv, biii, bv, bvi, ci, cii, ciii, ei, eii, eiii

7. Describe the structures and compositions of the skin.
  - A. ai, aii, aiv, av, bii, biv, bv
  - B. aii, aiv, biii, bv, bvi, ci, cii, ciii
8. List the functions of the skin.
  - A. ai, aii, aiv, av, bii, biv, bv
9. Describe the aging process and the factors that influence aging of the skin.
  - A. ai, aii, aiv, bii, biii, biv, bv, bvi, ciii, civ, cv
  - B. ai, aiv, ci, cii, ciii
10. Define important terms relating to skin disorders.
  - A. ai, aii, aiv, biii, bv, bvi, ciii, cv
11. Discuss which skin disorders may be handled in the salon and which should be referred to a physician.
  - A. ai, aiv, av, bi, bii, biii, biv, bv, bvi, ci, ciii
  - B. ai, aiii, bii, biii, biv, bv, bvi, ci, cii, ciii, ei, eii, eiii
12. Describe the elements of a client consultation for hair removal.
  - A. ai, aii, aiv, bii, biii, biv, bv, bvi, ciii, civ, cv
  - B. ai, aiv, ci, cii, ciii
13. Name the conditions that contraindicate hair removal in the salon.
  - A. ai, aii, av,
  - B. ci, cii, ciii
14. Identify and describe three methods of permanent hair removal.
  - A. ai, aii, aiv, av, bii, biii, biv, bv, bvi, ci, ciii, cv
  - B. aiii, biii, bvi, ci, cii, ciii
15. Demonstrate the techniques involved in temporary hair removal.
  - A. ai, aiv, av, bii, biii, bvi, bv, ci, cv
  - B. ai, aiii, aiv, biii, bv, bvi, ci, cii, ciii, dii, ei, eii, eiii
16. List and describe the five main categories of professional skin care products.
  - A. ai, aiv, av, bi, bii, biii, biv, bvi, ci, ciii
17. Explain the different skin types and skin conditions.
  - A. ai, aii, av, bi, bii, biii, biv, bvi, ciii,
  - B. ci, cii, ciii
18. Identify the various types of massage movements and their physiological effects.
  - A. ai, aii, aiv, av, bv
  - B. ai, aii, aiii, aiv, bi, biii, bv, bvi, ci, cii, ciii, ei, eii, eiii
19. List and describe the different types of electrical current used in facial treatments and safety precautions that must be followed when working with them.
  - A. ai, aii, aiv, av, bv
  - B. ci, cii, ciii, ei, eii, eiii
20. Demonstrate the procedure for a basic facial.
  - A. bii, biii, biv, bv, bvi, ciii, cv
  - B. ai, aiii, aiv, biii, bv, bvi, ci, cii, ciii, di, dii, diii, ei, eii, eiii
21. Describe the different types of cosmetics and their uses.
  - A. ai, aii, av, bi, bii, biii, biv, bvi, ciii, civ, cv,
  - B. aiii, biii, bv, bvi, ci, cii, ciii, diii, eii
22. Demonstrate an understanding of cosmetic color theory.
  - A. ai, aiv, av, bi, bii, biii, biv, bv, bvi, ci, ciii, cv
  - B. ci, cii, ciii
23. Demonstrate a basic makeup procedure for any occasion.
  - A. bii, biii, biv, bv, bvi, ciii, cv
  - B. ai, aiii, aiv, biii, bv, bvi, ci, cii, ciii, di, dii, diii, ei, eii, eiii
24. Identify different facial types and demonstrate procedures for basic corrective makeup.
  - A. ai, aiii, aiv, biii, biv, bvi,
  - B. bii, ci, cii, ciii, dii, diii
25. Demonstrate the application and removal of artificial lashes.
  - A. ai, bi, bii, biii, biv, bvi,
  - B. ai, aiii, avi, biii, bv, bvi, ci, cii, ciii, di, dii, diii, ei, eii, eiii

26. List safety measures to be followed during makeup application
- A. ai, aii, bii, bvi, ciii
  - B. aiii, bii, biii, ci, cii, ciii, di, dii, diii

**Course Content:**

A general description of lecture/discussion topics included in this course are listed in the Learning Objectives / Specific Course Objectives sections of this syllabus.

Students in all sections of this course will be required to do the following:

1. Pass all chapter tests in theory class.
2. Perform basic facial manipulations using all massage techniques.
3. Demonstrate proper draping procedures for facial services.
4. Perform a basic facial demonstrating all safety and sanitary precautions.
5. Apply facial makeup procedures for daytime, evening and corrective makeup.
6. Perform the temporary removal of facial hair by means of waxing and tweezing using extreme sanitation and safety procedures.

**Methods of Instruction/Course Format/Delivery:**

This course is offered in a face to face setting. Students will also have access to this course through Canvas. Resources provided in Canvas include the following: study guides, printable handouts, and chapter notes. Students will attend theory class every morning from 8:00 a.m. until 9:00 a.m.. The instructor will use a combination of text book, handouts, demonstrations, and the use of audio/ visual equipment during this class. After theory class, the students begin the practical skills portion of the course. Students will learn by actually completing hands on tasks demonstrated by the instructor.

**Major Assignments / Assessments:**

The following items will be assigned and assessed during the semester and used to calculate the student's final grade.

**Assignments**

1. Practical Skills #1
2. Practical Skills #2
3. Practical Skills #3
4. Practical Skills #4
5. Monthly Talley Sheet

**Assessment(s):**

1. Chapter 7 Skin Structure & Growth
2. Chapter 8 Skin Disorders & Diseases
3. Chapter 22 Hair Removal
4. Chapter 23 Facials
5. Chapter 24 Facial Make-up
6. End of Course Exam

**Course Grade:**

The grading scale for this course is as follows:

- Exams – 35%
- Practical Skills – 35%
- Attendance – 30%

**Texts, Materials, and Supplies:**

- Milady's Standard: Cosmetology  
Delmar Thomson Learning, Inc.  
5 Maxwell Drive, Clifton Park, New York 12065-2912  
Copyright 2016
- Milady's Standard: Cosmetology Student CD-ROM
- Milady's Standard: Cosmetology Exam Review
- Texas Department of Licensing and Regulation "Regulations and Code Book"
- Cosmetology Kit

**Required Readings:**

- Chapter 7
- Chapter 8
- Chapter 22
- Chapter 23
- Chapter 24

**Other: (LINKS):** [www.tdlr.license.state.tx.us](http://www.tdlr.license.state.tx.us)  
[www.psiexams.com](http://www.psiexams.com)

- For current texts and materials, use the following link to access bookstore listings:  
<http://www.panolacollegestore.com>
- For testing services, use the following link: <http://www.panola.edu/elearning/testing.html>
- If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to <http://www.panola.edu/student-success/disability-support-services/> for more information.
- Withdrawing from a course is the student's responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.
- Student Handbook, *The Pathfinder*: <http://www.panola.edu/student-success/documents/pathfinder.pdf>

## SCANS CRITERIA

### 1) **Foundation skills are defined in three areas: basic skills, thinking skills, and personal qualities.**

- a) **Basic Skills:** A worker must read, write, perform arithmetic and mathematical operations, listen, and speak effectively. These skills include:
  - i) Reading: locate, understand, and interpret written information in prose and in documents such as manuals, graphs, and schedules.
  - ii) Writing: communicate thoughts, ideas, information, and messages in writing, and create documents such as letters, directions, manuals, reports, graphs, and flow charts.
  - iii) Arithmetic and Mathematical Operations: perform basic computations and approach practical problems by choosing appropriately from a variety of mathematical techniques.
  - iv) Listening: receive, attend to, interpret, and respond to verbal messages and other cues.
  - v) Speaking: Organize ideas and communicate orally.
- b) **Thinking Skills:** A worker must think creatively, make decisions, solve problems, visualize, know how to learn, and reason effectively. These skills include:
  - i) Creative Thinking: generate new ideas.
  - ii) Decision Making: specify goals and constraints, generate alternatives, consider risks, and evaluate and choose the best alternative.
  - iii) Problem Solving: recognize problems and devise and implement plan of action.
  - iv) Visualize ("Seeing Things in the Mind's Eye"): organize and process symbols, pictures, graphs, objects, and other information.
  - v) Knowing How to Learn: use efficient learning techniques to acquire and apply new knowledge and skills.
  - vi) Reasoning: discover a rule or principle underlying the relationship between two or more objects and apply it when solving a problem.
- c) **Personal Qualities:** A worker must display responsibility, self-esteem, sociability, self-management, integrity, and honesty.
  - i) Responsibility: exert a high level of effort and persevere toward goal attainment.
  - ii) Self-Esteem: believe in one's own self-worth and maintain a positive view of oneself.
  - iii) Sociability: demonstrate understanding, friendliness, adaptability, empathy, and politeness in group settings.
  - iv) Self-Management: assess oneself accurately, set personal goals, monitor progress, and exhibit self-control.
  - v) Integrity and Honesty: choose ethical courses of action.

### 2) **Workplace competencies are defined in five areas: resources, interpersonal skills, information, systems, and technology.**

- a) **Resources:** A worker must identify, organize, plan, and allocate resources effectively.
  - i) Time: select goal-relevant activities, rank them, allocate time, and prepare and follow schedules.
  - ii) Money: Use or prepare budgets, make forecasts, keep records, and make adjustments to meet objectives.
  - iii) Material and Facilities: Acquire, store, allocate, and use materials or space efficiently. Examples: construct a decision time line chart; use computer software to plan a project; prepare a budget; conduct a cost/benefits analysis; design an RFP process; write a job description; develop a staffing plan.
- b) **Interpersonal Skills:** A worker must work with others effectively.
  - i) Participate as a Member of a Team: contribute to group effort.
  - ii) Teach Others New Skills.
  - iii) Serve Clients/Customers: work to satisfy customer's expectations.

- iv) **Exercise Leadership:** communicate ideas to justify position, persuade and convince others, responsibly challenge existing procedures and policies.
- v) **Negotiate:** work toward agreements involving exchange of resources, resolve divergent interests.
- vi) **Work with Diversity:** work well with men and women from diverse backgrounds.

Examples: collaborate with a group member to solve a problem; work through a group conflict situation, train a colleague; deal with a dissatisfied customer in person; select and use appropriate leadership styles; use effective delegation techniques; conduct an individual or team negotiation; demonstrate an understanding of how people from different cultural backgrounds might behave in various situations.

- c) **Information:** A worker must be able to acquire and use information.

- i) **Acquire and Evaluate Information.**
- ii) **Organize and Maintain Information.**
- iii) **Interpret and Communicate Information.**
- iv) **Use Computers to Process Information.**

Examples: research and collect data from various sources; develop a form to collect data; develop an inventory record-keeping system; produce a report using graphics; make an oral presentation using various media; use on-line computer data bases to research a report; use a computer spreadsheet to develop a budget.

- d) **Systems:** A worker must understand complex interrelationships.

- i) **Understand Systems:** know how social, organizational, and technological systems work and operate effectively with them.
- ii) **Monitor and Correct Performance:** distinguish trends, predict impacts on system operations, diagnose deviations in systems' performance and correct malfunctions.
- iii) **Improve or Design Systems:** suggest modifications to existing systems and develop new or alternative systems to improve performance.

Examples: draw and interpret an organizational chart; develop a monitoring process; choose a situation needing improvement, break it down, examine it, propose an improvement, and implement it.

- e) **Technology:** A worker must be able to work with a variety of technologies.

- i) **Select Technology:** choose procedures, tools or equipment including computers and related technologies.
- ii) **Apply Technologies to Task:** understand overall intent and proper procedures for setup and operation of equipment.
- iii) **Maintain and Troubleshoot Equipment:** Prevent, identify, or solve problems with equipment, including computers and other technologies.

Examples: read equipment descriptions and technical specifications to select equipment to meet needs; set up and assemble appropriate equipment from instructions; read and follow directions for troubleshooting and repairing equipment.