

**SPRINGFIELD TECHNICAL COMMUNITY COLLEGE**  
**ACADEMIC AFFAIRS**

Course Number: COSM-122 2 credits Department: Cosmetology

Course Title: Aesthetics 1 Semester: Fall Year: 2004

**Objectives/Competencies**

<b>Course Objective</b>	<b>Competencies</b>
<p>1. The student will develop an understanding of:</p> <p style="padding-left: 40px;">The general objectives and policies of the Cosmetology Program</p>	<p>The student will be able to:</p> <ul style="list-style-type: none"><li>- Read, identify, and explain policies specific to the Cosmetology Department which are outlined in the program manual and syllabus; these include the following:<ul style="list-style-type: none"><li>• Departmental policy</li><li>• Attendance/clocking procedures</li><li>• Lockers</li><li>• Kit policy</li><li>• Dress code</li><li>• Schedule</li><li>• Standard of conduct</li><li>• Security</li><li>• Course requirements</li></ul></li></ul>

Course Objective	Competencies
<p>2. The student will develop an understanding of:</p> <p>Attendance requirement for the Massachusetts Board of Cosmetology and the STCC Cosmetology Department</p> <p>Professional image</p>	<p>The student will be able to:</p> <ul style="list-style-type: none"> <li>- Initial and view hours absent each week</li> <li>- Sign name on attendance form upon arrival and dismissal each day</li> <li>- Calculate and total monthly hours attended for competency in the program</li> <li>- Identify and use appropriate methods to ensure personal health and well being</li> <li>- Interact with coworkers effectively as part of a team</li> <li>- Understand the importance of correct sitting technique for manicure and facial services</li> <li>- Understand the importance of professional conduct in school toward faculty, staff, and fellow students</li> <li>- Define and understand the importance of professional ethics</li> <li>- Describe professional attitude and appearance needed for success</li> </ul>
<p>3. The student will develop an understanding of:</p> <p>Conducting services in a safe environment, taking measures to prevent the spread of infection and contagious disease</p>	<p>The student will be able to:</p> <ul style="list-style-type: none"> <li>- Explain the difference between sanitation and sterilization as well as the difference between disinfectant and antiseptics</li> <li>- Explain and understand the importance of effective hand washing</li> <li>- Explain the effective use of antiseptics and disinfectants</li> <li>- Safely handle disinfectant containers</li> <li>- Explain pre and post-service procedures for sanitation</li> <li>- List tips for working safely</li> </ul>

Course Objective	Competencies
<p>The student will develop an understanding of:</p> <p>Safety procedures and precautions used in the STCC Cosmetology lab</p>	<p>The student will be able to:</p> <ul style="list-style-type: none"> <li>- Read and use Material Safety Data Sheets (MSDS)</li> <li>- Properly exit the facility in case of a fire</li> <li>- Recognize chemical products used in nail services</li> <li>- Understand the importance of labeling products and containers</li> <li>- Recognize warning signs of over exposure to chemicals</li> <li>- Safely use chemical products employed for nail/skin services</li> <li>- List tips for working in a safe environment</li> <li>- Explain the procedure to follow for fainting and seizures</li> <li>- Explain the proper way to use a fire extinguisher</li> <li>- Explain and demonstrate the procedure used for treating skin cuts</li> <li>- Understand and distinguish between the reasons for wearing eye goggles, finger cots, and gloves when necessary</li> <li>- Properly mix and apply disinfectants</li> <li>- Differentiate between waste disposal and hazardous/infectious waste disposal</li> </ul>
<p>4. The student will develop an understanding of:</p> <p>The nail and its disorders (structure, growth, and diseases)</p>	<p>The student will be able to:</p> <ul style="list-style-type: none"> <li>- Describe the structure and composition of the nail</li> <li>- Describe the structure adjoining the nail</li> <li>- Discuss how nails grow</li> <li>- Pronounce and list the disorders, diseases, and irregularities of the nail</li> <li>- Differentiate between diseases, disorders, and irregularities of the nail</li> <li>- Recognize the diseases that cannot be treated in the school/salon</li> </ul>

Course Objective	Competencies
<p>5. The student will develop an understanding of:</p> <p>Basic water manicure, hot oil manicure, foot manicure, and other types of manicure</p>	<p>The student will be able to:</p> <ul style="list-style-type: none"> <li>- List the abilities that make a good nail technician</li> <li>- Explain the proper use of implements, cosmetics, and materials used in manicuring and pedicuring</li> <li>- Identify the five basic nail shapes</li> <li>- List the sequence of steps in the procedure for basic water and hot oil manicures</li> <li>- List the sanitary and safety precautions that should be observed when performing a manicure or pedicure</li> <li>- Distinguish between a basic manicure and a hot oil manicure, and decide which best suits the client's needs</li> </ul>
<p>6. The student will develop an understanding of:</p> <p>Artificial nail technique</p>	<p>The student will be able to:</p> <ul style="list-style-type: none"> <li>- List the steps necessary for mending a split or crack on a nail surface</li> <li>- Understand the technique used for an artificial nail tip</li> </ul>
<p>7. The student will develop an understanding of:</p> <p>Massage theory</p>	<p>The student will be able to:</p> <ul style="list-style-type: none"> <li>- Describe the purpose of massage</li> <li>- Describe the manipulations and benefits</li> <li>- Identify, explain, and demonstrate massage movements and techniques</li> <li>- Identify the motor nerve points of the face and neck</li> <li>- List the physiological effects of massage</li> </ul>

Course Objective	Competencies
<p>The student will develop an understanding of</p> <p>Basic facial treatments, massage manipulation, packs, and masks</p>	<p>The student will be able to:</p> <ul style="list-style-type: none"> <li>- Describe the beneficial effects of a facial</li> <li>- List the materials and equipment required</li> <li>- List and demonstrate safety/infection control</li> <li>- Identify types of corrective facials</li> <li>- Discuss and identify types of electricity and light therapy used in facial treatment</li> <li>- Describe packs and masks, and list possible ingredients</li> <li>- Identify reasons a client might find fault with a facial treatment</li> </ul>
<p>8. The student will develop an understanding of:</p> <p>The responsibilities of a receptionist in the STCC Client Lab integrated in COSM-120 and COSM-121</p>	<p>The student will be able to:</p> <ul style="list-style-type: none"> <li>- Accurately record daily receipts, deposit slips, appointments, and services</li> <li>- Communicate information accurately and clearly</li> </ul>