

I. COURSE DESCRIPTION:

This course will provide the student with the knowledge of the impact of nutrition and external factors on the skin. The student will also apply client consultation skills in analyzing skin types and identifying appropriate treatments for each skin type.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1. Identify various skin types and describe the characteristics of each.

Potential Elements of the Performance:

- a. prompt and regular attendance in classes
- b. demonstrate accountability for own academic and professional growth
- c. demonstrate interest in learning new information
- d. name characteristics of ethnic skin
- e. identify internal and external factors which affect the skin
- f. knowledge of the Fitzpatrick Scale
- g. knowledge of healthy habits for skin
- h. knowledge of the five categories of skin care products, their variations and their benefits for specific skin types

2. Conduct a client consultation and skin analysis.

Potential Elements of the Performance:

- a. name skin conditions and skin abnormalities and describe their characteristics
- b. identify external and internal factors which affect skin
- c. know limits/regulations of the esthetic profession
- d. demonstrate knowledge of various skin types and their characteristics
- e. demonstrate effective communication skills
- f. demonstrate professional image by adhering to the Esthetician program policies on dress code and hygiene

3. Name ingredients used in skin care products and their uses for specific skin types.

Potential Elements of the Performance:

- a. identify the five classifications of esthetic products, their purposes, variations and how they benefit each skin type
- b. describe the difference between active and inactive ingredients
- c. identify allergic reactions, their causes and their treatments
- d. list components of product formulations and their benefits or uses
- e. name ingredients in skin care products and their benefits for various skin types
- f. demonstrate knowledge and use of pH Scale
- g. knowledge of elements in choosing a product line for any business
- h. explain cosmetic labeling and cosmetic safety and the laws governing cosmetic manufacturing
- i. interest in learning new information

4. Perform basic facial massage techniques.

Potential Elements of the Performance:

- a. list the benefits of massage as well as the contraindications of massage
 - b. demonstrate various hand strengthening exercises
 - c. demonstrate basic massage movements
 - d. describe the movements and benefits of the Dr. Jacquet movement
 - e. describe the effects and benefits of each massage movement:
 - effleurage
 - petrissage
 - friction
 - tapotement
 - vibrations
 - f. describe other massage techniques and their benefits
 - f. describe and locate various nerves and muscles of the face
5. Understand the theory of facial treatments.

Potential Elements of the Performance:

- a. differentiate between a mini facial and basic facial
- b. knowledge of procedures with a mini facial/basic facial
- c. knowledge of preparing, using and maintaining records on:
 - client consultation
 - skin analysis
- d. name skin types and their characteristics
- e. name skin conditions and abnormalities and their contraindications
- f. describe products used in the practice of esthetics
- g. list products their uses, types and benefits to the skin
- h. demonstrate methods of removing facial make-up
- i. demonstrate proper set-up techniques when preparing for facial treatments
- j. employ proper clean-up and sanitation methods after any facial treatment

III. TOPICS:

1. Skin Types
2. Factors Which Affect the Skin
3. The Fitzpatrick Scale
4. Skin Care Products and Classifications
5. Skin Conditions and Abnormalities
6. Skin Analysis and Client Consultation
7. Ingredients in Skin Care Products
8. Components of Product Formulations
9. The pH Scale
10. Basic Massage Techniques
11. The Nerves of the Face
12. The Muscles of the Face
13. The Mini Facial and Its Procedures
14. Professional Terminology

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Milady's Standard Fundamentals for Estheticians (9th ed.) by J. Gerson, J. D'Angelo, S. Lotz (2004) Milady (with Exam Review)

Milady's Standard Fundamentals for Estheticians Workbook (9th ed.) by J. Gerson, J. D'Angelo, S. Lotz (2004) Milady

Milady's Standard Cosmetology (1st ed.) (2004) Milady

V. EVALUATION PROCESS/GRADING SYSTEM:

Test #1 October 3	20%
<ul style="list-style-type: none"> • Classification of Esthetic Pro • pH Scale • Skin Types and Characteristics 	
Test #2 October 31	20%
<ul style="list-style-type: none"> • Skin Conditions • Client Consultation/Skin Analysis • Machines • Masks 	
Test #3 November 14	20%
<ul style="list-style-type: none"> • Massage • Ingredients • Muscles/Nerves of the Face 	
Ingredients Project	25%
Attendance/Professional Image/Conduct	15%

The following semester grades will be assigned to students in post-secondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	

CR (Credit)	Credit for diploma requirements has been awarded.
S	Satisfactory achievement in field /clinical placement or non-graded subject area.
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.
NR	Grade not reported to Registrar's office.
W	Student has withdrawn from the course without academic penalty.

Note: For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

VI. SPECIAL NOTES:

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Special Needs office. Visit Room E1101 or call Extension 703 so that support services can be arranged for you.

Retention of Course Outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other post-secondary institutions.

Plagiarism:

Students should refer to the definition of "academic dishonesty" in *Student Rights and Responsibilities*. Students who engage in "academic dishonesty" will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course Outline Amendments:

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.