

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



COURSE OUTLINE

COURSE TITLE: The Skin and Skin Care Theory I

CODE NO. : EST 142 **SEMESTER:** 1

PROGRAM: Esthetician Diploma Program

AUTHOR: Silvana Bassanello

DATE: Sept 2011 **PREVIOUS OUTLINE DATED:** Sept 2010

APPROVED: "Angelique Lemay" June, 2011

	CHAIR	DATE
TOTAL CREDITS:	4	
PREREQUISITE(S):	None	
HOURS/WEEK:	4	

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I. COURSE DESCRIPTION:

This course will provide a comprehensive understanding of the anatomical structure and composition of the skin. Emphasis will be on analyzing the skin (as well as ethnic and men's skin) to determine skin types, and common skin conditions as well as internal and external factors which affect the skin. Precautions and contraindications to skin treatments will be discussed. Students will develop client consultation skills and will learn how to analyze information on a health history screen. Instruction on ingredient technology will also be stressed. Focus will be on benefits and contraindications to ingredients relevant to specific skin types and conditions and product formulations.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Analyze the anatomical structure and composition of the skin.
Potential Elements of the Performance:
 - Discuss the five basic functions of the skin
 - Identify the components and function of the subcutaneous layer
 - Identify the components and functions of the dermal layer
 - Identify the components and functions of the epidermal layer
 - Analyze internal and external factors which affect the overall health of the skin
2. Analyze the five skin types and common skin conditions.
Potential Elements of the Performance:
 - Identify specific characteristics of each skin type.
 - Identify needs and treatment concepts of each skin type and common skin conditions.
 - Apply knowledge of the structure and composition of the skin in determining skin type and common skin conditions.
 - Assess the impact of general health, gender, age, nutrition and diet, stress and external environmental factors on the skin and determine appropriate skin care treatments.
 - Apply knowledge of body systems, such as circulatory and immune systems, and apply their basic functions to the provision of esthetic services, taking into account contra indications, cautions and appropriate modifications.

- Analyze the characteristics and treatment concepts of ethnic skin
 - Analyze the characteristics and treatment concepts of men's skin.
 - Identify contra indications and modifications to treatments and specialized esthetic equipment related to common skin conditions
 - Explain a home maintenance schedule specific to skin types and demonstrate to clients the correct usage of various skin care products.
3. Discuss ingredient technology and it's relevance to product formulations.
- Potential Elements of the Performance:
- Explain the importance of cosmetic labeling and ingredient safety and the laws governing cosmetic manufacturing established by the F.D.A.
 - Differentiate between performance and functional ingredients.
 - Discuss key ingredients used in product formulations, their uses and benefits for the product and overall health of the skin.
 - Demonstrate a basic knowledge of the p.H. scale.
 - Knowledge of the NatureMed product line to recommend products which meet individual needs and expectations.
 - Determine contraindications and necessary modifications to treatments utilizing information related to product ingredients and client health history.
 - Take into account the skin types and conditions to recommend specific ingredients in esthetic products and appropriate treatments for each skin type and condition.
 - Identify the properties, classifications, effects, and contraindications of a variety of ingredients found in the NatureMed skin care line.
 - Promote the effects and benefits of esthetic products and ingredients.
4. Conduct a client health history consultation and skin analysis.
- Potential Elements of the Performance:
- Analyze skin by conducting a first impression analysis, a thorough skin analysis during treatment, and a post service analysis.
 - Discuss tools we use to analyze the skin effectively.

- Thorough knowledge of the anatomical composition of the skin and internal and external factors which affect the skin.
 - Knowledge and characteristics of skin types and skin conditions.
 - Record information on a skin analysis and health history chart accurately and effectively.
 - Discuss the importance of information elicited on a client health history screen.
 - Determine contraindications and necessary modifications to treatments utilizing information related to product ingredients and client health history.
 - Promote the features and benefits of esthetic services and products related to information on client health history.
 - Consult with and recommend to clients essential home maintenance products and schedules in order to maintain the health of the skin.
5. Discuss the theory of massage.
- Potential Elements of the Performance:
- Describe the five classic massage movements and how they affect the skin.
 - Locate and describe the importance of muscles of the face, neck and decolette.
 - Differentiate between sensory and motor nerves
 - Locate vital pressure points
 - Discuss the benefits of massage
 - Discuss contraindications of massage.

III. TOPICS:

1. The Structures of the Skin
2. The Functions of the Skin
3. Skin Types
4. Common Skin Conditions / Sensitive Skin Conditions
5. Skin Analysis
6. Client Consultation
7. The Fitzpatrick Scale
8. Ingredient Technology
9. Product Formulations
10. The p.H. Scale
11. Ethnic Skin
12. Men's Skin
13. Facial Massage Technique
14. Muscles and Nerves of the Face, Neck and Decolette

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Study Guide: Salon Fundamentals Esthetics, 2nd edition, by St. Germain, Clif, Fisher, Janet (2004) Pivot Point Inc.

Text Book: Salon Fundamentals Esthetics, 2nd edition. Pivot Point Inc.

Binder, paper, pens, pencils

V. EVALUATION PROCESS/GRADING SYSTEM:

Tests and Quizzes 80%

Research Assignment 20%

Attendance: Please note that EST 141 and EST 142 are closely related courses. Attendance is vital for success in both courses. For Semester II, you must have achieved full credits in both courses to continue on with core subjects. Failing either EST 141 or EST 142 will affect your eligibility for courses next semester and ultimately your success in the Program.

A deduction of 1% per class missed will be deducted from final grade.

The following semester grades will be assigned to students:

<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.

VI. SPECIAL NOTES:

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session. *It is the departmental policy that once the classroom door has been closed, the learning process has begun. Late arrivers will not be granted admission to the room.*

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.