



## COURSE OUTLINE: EST0163 - SKIN CARE PRAC LAB 2

Prepared: Silvana Bassanello

Approved: Martha Irwin, Chair, Community Services and Interdisciplinary Studies

<b>Course Code: Title</b>	EST0163: SKIN CARE PRACTICAL LAB II
<b>Program Number: Name</b>	1120: COMMUNITY INTEGRATN
<b>Department:</b>	C.I.C.E.
<b>Semesters/Terms:</b>	20W
<b>Course Description:</b>	This course builds upon the knowledge and esthetic skills developed in Skin Care Practical Lab I. Acne treatments and anti aging treatments will be reviewed and advanced skin procedures including microdermabrasion, chemical exfoliation treatments, and BB Glow treatments will be introduced. Focus of instruction will be on condition specific treatments. Professional image and excellence in client care will be emphasized.
<b>Total Credits:</b>	6
<b>Hours/Week:</b>	6
<b>Total Hours:</b>	90
<b>Prerequisites:</b>	EST0141, EST0142
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>This course is a pre-requisite for:</b>	EST0208, EST0210
<b>Essential Employability Skills (EES) addressed in this course:</b>	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience. EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication. EES 5 Use a variety of thinking skills to anticipate and solve problems. EES 6 Locate, select, organize, and document information using appropriate technology and information systems. EES 7 Analyze, evaluate, and apply relevant information from a variety of sources. EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals. EES 10 Manage the use of time and other resources to complete projects. EES 11 Take responsibility for ones own actions, decisions, and consequences.
<b>Course Evaluation:</b>	Passing Grade: 50%, D
<b>Other Course Evaluation &amp; Assessment Requirements:</b>	1. In order to successfully achieve credits for EST 163, a student must maintain an 80% attendance record throughout the semester. Anything less than an 80% attendance record will result in an F grade regardless of marks achieved through tests and assignments as the student has not met the Professional Image standards defined in the course outline. 2. Poor attendance also dismisses any student from the privilege of rotations in the Spa at Sault College as this presents a health and safety risk to other classmates as well as clients of the Spa.



SAULT COLLEGE | 443 NORTHERN AVENUE | SAULT STE. MARIE, ON P6B 4J3, CANADA | 705-759-2554

**Course Outcomes and Learning Objectives:**

Upon successful completion of this course, the CICE student, with the assistance of a Learning Specialist will acquire varying levels of skill development relevant to the following learning outcomes:

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
Employ the safe and appropriate use of electrotherapy equipment including the facial steamer, Lucas spray, brushing machine, vacuum/spray unit, high frequency, galvanic procedures including iontophoresis and desincrustation, and microdermabrasion equipment.	<ul style="list-style-type: none"> <li>`Knowledge of the structure and composition of the skin.</li> <li>`Identify skin types, their characteristics, treatment concepts and contraindications.</li> <li>`Identify skin conditions, characteristics, treatment concepts and contraindications.</li> <li>`Modify skin treatments related to contraindications to electrotherapy procedures.</li> <li>`Discuss the benefits to applying specialized esthetic equipment.</li> <li>`Employ proper sanitation, disinfection and sterilization procedures for all electrotherapy equipment as outlined by Algoma Public Health.</li> <li>`Maintain and store all equipment and supplies according to manufacturer` s guidelines and Algoma Public Health recommendations.</li> </ul>
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
Perform a condition specific facial treatment for mature/aging skin, acneic skin and sensitive skin conditions.	<ul style="list-style-type: none"> <li>`Knowledge of the structure and composition of the skin.</li> <li>`Conduct a health history, skin analysis, and facial record to determine service expectations, customized treatments, modifications and contraindications.</li> <li>`Analyze characteristics of aging, acneic and sensitive skin conditions, treatment concepts and contraindications to treatments.</li> <li>`Employ the safe and appropriate use of specialized esthetic equipment.</li> <li>`Assess the impact of general health, gender, nutrition and diet, stress and extrinsic factors which affect the skin and determine appropriate skin treatments.</li> <li>`Perform both a manual and hot stone facial massage treatment.</li> <li>`Identify classifications, properties, effects and contraindications of a variety of ingredients found in the NatureMed Skincare products and promote features and benefits of these products when determining a course of actions matched to their needs, preferences and health history.</li> <li>`Maintain a neat and sanitized workstation throughout the skin treatment disposing of items as required.</li> <li>`Recommend a homecare regime suitable to the client` s needs and the needs of the skin.</li> <li>`Wear gloves when applying safe and proper extraction technique and safely disposing of all materials.</li> <li>`Employ proper sanitation, disinfection and sterilization procedures as outlined by Algoma Public Health.</li> <li>`Maintain and store all equipment, and supplies as outlined by the Algoma Public Health.</li> </ul>
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
Perform an advanced skin care treatment incorporating	<ul style="list-style-type: none"> <li>`Differentiate between a mechanical and chemical exfoliation.</li> <li>`Differentiate between exfoliation treatments and peels.</li> </ul>



	<p>an Alphahydroxy and Betahydroxy acid exfoliation treatment.</p>	<ul style="list-style-type: none"> <li>ˆIdentify contraindications to chemical exfoliation treatments.</li> <li>ˆIdentify benefits of chemical exfoliation treatments for each skin type and particular skin conditions</li> <li>ˆAnalyze the source of ingredients in Alphahydroxy Acid and the benefits and effects of those ingredients with various skin types and conditions</li> <li>ˆAnalyze the source of ingredients in Beta Hydroxy Acids and the benefits and effects of those ingredients for oily, combination skin types and acneic skin conditions.</li> <li>ˆApply spray units and Lucas spray units.</li> </ul>
	<p><b>Course Outcome 4</b></p>	<p><b>Learning Objectives for Course Outcome 4</b></p>
	<p>Demonstrate a standard facial massage and a hot stone massage for the face, neck and dcollet areas.</p>	<ul style="list-style-type: none"> <li>ˆDiscuss the benefits of massage.</li> <li>ˆDemonstrate the 5 basic massage movements and their effects/benefits for particular skin types.</li> <li>ˆIdentify muscles and nerve points of the face, neck and dcollet.</li> <li>ˆPerform the facial massage for 10-12 minutes during each advanced facial treatment.</li> <li>ˆApply proper techniques, pressure, speed, flow and contact with the skin.</li> <li>ˆIdentify contraindications to massage treatments.</li> <li>ˆSanitize and disinfect stones for the health and safety of others.</li> <li>ˆMaintain hot stones and hot stone equipment in adherence to manufacturer` s instructions.</li> </ul>
	<p><b>Course Outcome 5</b></p>	<p><b>Learning Objectives for Course Outcome 5</b></p>
	<p>Provide an advanced skin care treatment for men.</p>	<ul style="list-style-type: none"> <li>ˆKnowledge of the structure and composition of the skin.</li> <li>ˆConduct a health history and skin analysis and record all information to determine service expectation, customized treatments, modifications or contraindications. and complete a facial record.</li> <li>ˆAnalyze characteristics of men` s skin, and treatment concepts matched to their preferences, lifestyle and needs.</li> <li>ˆApply specialized esthetic equipment safely and effectively.</li> <li>ˆWear gloves and demonstrate the safe and proper extraction technique.</li> <li>ˆDemonstrate a standard facial massage treatment.</li> <li>ˆKnowledge of NatureMed Skincare product line and promote the features and benefits of esthetic products and services.</li> <li>ˆRecommend and educate men on an appropriate homecare regime based on client needs and needs of the skin.</li> <li>ˆDemonstrate proper sanitation, disinfection, and sterilization methods of all equipment and supplies as required by Algoma Public Health.</li> </ul>
	<p><b>Course Outcome 6</b></p>	<p><b>Learning Objectives for Course Outcome 6</b></p>
	<p>Incorporate advanced mask procedures into any advanced facial treatment.</p>	<ul style="list-style-type: none"> <li>ˆPrepare and apply advanced masks such as clay, paraffin and thermal applications.</li> <li>ˆPromote the features and benefits of advanced mask procedures.</li> <li>ˆExplain the benefits and effects of ingredients and products for the needs of the skin.</li> <li>ˆUtilize appropriate essential oils which benefit various skin</li> </ul>

	types and/or conditions. *Identify contraindications.
<b>Course Outcome 7</b>	<b>Learning Objectives for Course Outcome 7</b>
Demonstrate the professional image and conduct necessary for success in the Esthetic industry.	<ul style="list-style-type: none"> <li>*Punctual and consistent attendance.</li> <li>*Comply with the Policies and Procedures regarding physical appearance and dress code.</li> <li>*Adhere to policies outlined in the Student Code of Conduct.</li> <li>*Demonstrate accountability for your own academic and professional growth.</li> <li>*Demonstrate professional interpersonal, verbal and non verbal communication skills with faculty, peers and clients.</li> <li>*Adhere to Ethics associated with the esthetic profession.</li> <li>*Determine characteristics and benefits of excellent customer service.</li> <li>*Employ problem solving strategies.</li> <li>*Determine current trends and issues impacting the esthetic industry.</li> </ul>

**Evaluation Process and Grading System:**

<b>Evaluation Type</b>	<b>Evaluation Weight</b>
Acne Treatment	20%
Chemical Peels/Exfoliation	20%
Equipment Knowledge	20%
Extreme Hydration Treatment	20%
Microdermabrasion	20%

**CICE Modifications:**

**Preparation and Participation**

1. A Learning Specialist will attend class with the student(s) to assist with inclusion in the class and to take notes.
2. Students will receive support in and outside of the classroom (i.e. tutoring, assistance with homework and assignments, preparation for exams, tests and quizzes.)
3. Study notes will be geared to test content and style which will match with modified learning outcomes.
4. Although the Learning Specialist may not attend all classes with the student(s), support will always be available. When the Learning Specialist does attend classes he/she will remain as inconspicuous as possible.

**A.** Further modifications may be required as needed as the semester progresses based on individual student(s) abilities and must be discussed with and agreed upon by the instructor.

**B. Tests may be modified in the following ways:**

1. Tests, which require essay answers, may be modified to short answers.
2. Short answer questions may be changed to multiple choice or the question may be simplified so the answer will reflect a basic understanding.
3. Tests, which use fill in the blank format, may be modified to include a few choices for each question, or a list of choices for all questions. This will allow the student to match or use visual clues.
4. Tests in the T/F or multiple choice format may be modified by rewording or clarifying statements into layman's or simplified terms. Multiple choice questions may have a reduced number of choices.

**C. Tests will be written in CICE office with assistance from a Learning Specialist.**

***The Learning Specialist may:***

1. Read the test question to the student.
2. Paraphrase the test question without revealing any key words or definitions.
3. Transcribe the student's verbal answer.
4. Test length may be reduced and time allowed to complete test may be increased.

**D. Assignments may be modified in the following ways:**

1. Assignments may be modified by reducing the amount of information required while maintaining general concepts.
2. Some assignments may be eliminated depending on the number of assignments required in the particular course.

***The Learning Specialist may:***

1. Use a question/answer format instead of essay/research format
2. Propose a reduction in the number of references required for an assignment
3. Assist with groups to ensure that student comprehends his/her role within the group
4. Require an extension on due dates due to the fact that some students may require additional time to process information
5. Formally summarize articles and assigned readings to isolate main points for the student
6. Use questioning techniques and paraphrasing to assist in student comprehension of an assignment

**E. Evaluation:**

Is reflective of modified learning outcomes.

**NOTE:** Due to the possibility of documented medical issues, CICE students may require alternate methods of evaluation to be able to acquire and demonstrate the modified learning outcomes

**Date:**

June 30, 2019

**Addendum:**

Please refer to the course outline addendum on the Learning Management System for further information.

