



## COURSE OUTLINE: EST0119 - SKIN CARE THEORY 1

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

<b>Course Code: Title</b>	EST0119: FUNDAMENTALS OF SKIN CARE - THEORY 1
<b>Program Number: Name</b>	1120: COMMUNITY INTEGRATN 2017: ESTHETICIAN
<b>Department:</b>	C.I.C.E.
<b>Semesters/Terms:</b>	20F
<b>Course Description:</b>	This course will provide a comprehensive understanding of the anatomical structure and composition of the skin. Emphasis will be on analyzing various types of 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. CICE students, with the assistance of a Learning Specialist, will develop client consultation skills and will learn how to analyze information on a health history screen. Instruction on ingredient technology will focus on the benefits and contraindications to ingredients relevant to specific skin types and conditions and product formulations.
<b>Total Credits:</b>	4
<b>Hours/Week:</b>	4
<b>Total Hours:</b>	60
<b>Prerequisites:</b>	There are no pre-requisites for this course.
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<b>2017 - ESTHETICIAN</b>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	VLO 3 Apply relevant knowledge of anatomy, physiology, and histology to the provision of specialized esthetic treatments and services.
	VLO 5 Identify business skills and activities required for the successful establishment and operation of a small esthetic business in a salon or spa environment.
	VLO 6 Select and recommend the use of esthetic products and product ingredients to clients, taking into account health status and identified needs.
	VLO 9 Determine professional development strategies that lead to the enhancement of work performance and career opportunities and keep pace with industry change.
<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 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

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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.

**Course Evaluation:**

Passing Grade: 50%, D

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

**Other Course Evaluation & Assessment Requirements:**

EST119 and EST118 are co-requisite courses. Credits in both courses must be achieved in order to continue with second semester courses.

**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>
Analyze the anatomical structure and composition of the skin.	1.1 Discuss the five basic functions of the skin. 1.2 Analyze the components and functions of the subcutaneous layer. 1.3 Analyze the components and functions of the dermal layer. 1.4 Analyze the components and functions of the epidermal layer. 1.5 Analyze internal and external factors which affect the overall health of the skin.
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
Analyze the five skin types and common skin conditions commonly associated with acne and aging skin.	2.1 Identify specific characteristics of each skin type. 2.2 Identify needs and treatment concepts of each skin type and common skin conditions. 2.3 Apply knowledge of the structure and composition of the skin in determining skin type and common skin conditions. 2.4 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. 2.5 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. 2.6 Analyze the characteristics and treatment concepts of ethnic skin. 2.7 Analyze the characteristics and treatment concepts of men`s skin. 2.8 Identify contra indications and modifications to treatments and specialized esthetic equipment related to common skin conditions. 2.9 Explain a home maintenance schedule specific to skin types and demonstrate to clients the correct usage of various skin care products.
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
Analyze ingredient	3.1 Explain the importance of cosmetic labeling and ingredient

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	<p>technology and the relevance to product formulations in general and specific to the products in the NatureMed Professional product line.</p>	<p>safety and the laws governing cosmetic manufacturing established by the F.D.A.  3.2 Differentiate between performance and functional ingredients.  3.3 Discuss key classifications of ingredients used in product formulations, their uses and benefits for the product and in maintaining healthy skin.  3.4 Integrate a basic understanding of the p.H. scale.  3.5 Integrate NatureMed product knowledge in order to recommend products which meet individual needs and expectations.  3.6 Determine contraindications and necessary modifications to treatments utilizing information related to product ingredients and client health history.  3.7 Apply knowledge and understanding skin types and conditions to recommend specific ingredients in esthetic products and appropriate treatments for each skin type and condition.  3.8 Identify the properties, classifications, effects, and contraindications of a variety of ingredients found in the NatureMed skin care line.  3.9 Promote the products used by the Program.</p>
	<p><b>Course Outcome 4</b></p>	<p><b>Learning Objectives for Course Outcome 4</b></p>
	<p>Conduct a client health history consultation and skin analysis.</p>	<p>4.1 Analyze skin by conducting a first impression analysis, a thorough skin analysis during treatment, and a post service analysis.  4.2 Identify both a consultation and skin analysis form and understand the criteria for an effective consultation and skin analysis.  4.3 Identify common tools/resources used to analyze skin: magnifying lamp, Fitzpatrick Scale.  4.4 Comprehend the anatomical composition of the skin and internal and external factors which affect the skin.  4.5 Analyze specific characteristics of each skin type and various skin conditions.  4.6 Organize information on a skin analysis and health history chart accurately and effectively.  4.7 Discuss the importance of information elicited on a client health history screen.  4.8 Determine contraindications and necessary modifications to treatments utilizing information related to product ingredients and client health history.  4.9 Promote the features and benefits of esthetic services and products related to information on client health history.  4.10 Consult with and recommend to clients essential home maintenance products and schedules in order to maintain the health of the skin.</p>
	<p><b>Course Outcome 5</b></p>	<p><b>Learning Objectives for Course Outcome 5</b></p>
	<p>Discuss the theory of massage and locate the</p>	<p>5.1 Comprehend the five classic massage movements and how they affect the skin.</p>

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muscles of the face, neck and decollete for an effective massage treatment.	5.2 Analyze muscles of the face, neck and decollete. 5.3 Differentiate between sensory and motor nerves. 5.4 Locate vital pressure points. 5.5 Analyze the benefits of massage. 5.6 Analyze contraindications of massage.
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**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Histology/Physiology	20%
Ingredients Research Assignment	20%
Muscles/Massage	10%
Skin Conditions	30%
Skin Types	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.

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**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:** September 2, 2020

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

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