



**I. COURSE DESCRIPTION:**

This course will provide a comprehensive understanding of the structure and composition of the skin as well as the impact of internal and external factors on the skin. The student will also apply client consultation skills in analyzing skin types and skin conditions 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 the 5 skin types and describe the characteristics of each.  
Potential Elements of the Performance:
  - identify internal and external factors which have an impact on skin
  - name characteristics of ethnic skin
  - knowledge of the Fitzpatrick Scale
  - knowledge of the five categories of skin care products, their variations and their benefits for specific skin types
  - product knowledge of NatureMed professional skin care line
2. Conduct a client consultation and skin analysis.  
Potential Elements of the Performance:
  - name and identify skin types and conditions
  - identify internal and external factors which impact our skin
  - employ the wood's lamp for a thorough analysis of the skin
  - examine the skin using specific tests which measure the skin's elasticity, tone, texture and circulation
  - use and a skin analysis chart to record information
3. Discuss ingredient technology and the benefits to specific skin types.  
Potential Elements of the Performance:
  - describe the difference between active and inactive ingredients
  - identify allergic reactions, their causes and their treatments
  - list components of product formulations and their benefits and uses
  - name ingredients and specific benefits for particular skin types
  - explain cosmetic labeling and cosmetic safety and the laws governing cosmetic manufacturing
  - knowledge of elements in choosing a professional skin care line
  - demonstrate knowledge of the pH scale
  - product knowledge of the NatueMed professional skin care line
  - identify the 5 classifications of skin care products, their purposes, variations and how they benefit each skin type

4. Identify and discuss the basic facial massage techniques.  
Potential Elements of the Performance:
  - list the benefits of massage as well as the contraindications of massage
  - demonstrate various hand strengthening exercises
  - demonstrate basic massage movements
  - describe the effects and benefits of massage movements on the skin, including petrissage, effleurage, tapotement, friction, and vibration
  - describe and locate various nerves and muscles of the face
  - describe the benefits of using indirect galvanic current with the facial massage technique
  - describe the Dr. Jacquet movement
  
5. Understand the theory of facial treatments.  
Potential Elements of the Performance:
  - differentiate between a mini facial and a basic facial treatment
  - knowledge of procedures with a mini facial treatment
  - knowledge of preparing, using and maintaining records of the client consultation and skin analysis
  - identify skin types and conditions
  - identify skin conditions, and their contraindications
  - describe the products used in the esthetic industry
  - list the products, uses, variations of, and benefits to the skin
  - demonstrate knowledge of makeup removal technique
  - demonstrate knowledge of set up techniques when preparing for facial treatments
  - demonstrate knowledge of sanitation, disinfection and sterilization methods
  - demonstrate knowledge of theory behind the use of machines including the wood's lamp, steamer and hot towels
  
6. Practice the professional image necessary for success in the esthetic industry.  
Potential Elements of the Performance:
  - demonstrate punctuality and regular attendance for all classes
  - comply with the Policies and Procedures, developed by the Esthetician's Diploma Program, regarding physical appearance and dress code
  - adhere to policies outlined in The Student Code of Conduct regarding behaviour
  - demonstrate accountability for your own academic and professional growth
  - demonstrate effective communication skills

7. Understand the structure and composition of the skin.  
Potential Elements of the Performance:
  - explain the basic principles of the function of the skin
  - describe the anatomy and function of the cell and describe each part of the cell.
  - Differentiate the layers of the skin: epidermis and dermis
8. Identify common skin disorders and diseases.
  - identify internal and external factors which contribute to skin conditions
  - explain the different kinds of skin lesions
  - define common dermatological terms
  - list common allergens in the skin care business

### III. TOPICS:

1. Skin Types and Skin Conditions
2. The Fitzpatrick Scale
3. Classifications of Skin Care Products
4. Skin Analysis and Client Consultation
5. Ingredient Technology
6. Components of Product Formulations
7. The pH Scale
8. Basic Massage Movements
9. Nerves and Muscles of the Face and Neck
10. The Mini Facial

### IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

**Milady's Standard Comprehensive Training for Estheticians** by J. D'Angelo, P. Dean, S. Dietz, C. Hinds, M. Lees, E. Miller, A. Zani (2003) Milady (with workbook)

**V. EVALUATION PROCESS/GRADING SYSTEM:****Test # 1 25%**

- Classification of Esthetic Pro
- pH Scale
- Structure of the Skin
- Skin Types and Skin Conditions

**Test #2 25%**

- Skin Conditions
- Client Consultation/Skin Analysis
- Machines
- Masks

**Test #3 25%**

- Massage
- Ingredients
- Muscles and Nerves of the Face and Neck

**Ingredients Project 25%****Attendance**

If a maximum of 10 hours of theory class are missed, an unsatisfactory grade will automatically be assigned.

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%	
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
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 2703 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 Code of Conduct*. 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.