



## COURSE OUTLINE: EST142 - SKIN CARE THEORY I

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

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| <b>Course Code: Title</b>  | EST142: THE SKIN AND SKIN CARE (THEORY I)   |
| <b>Program Number: Name</b>  | 2017: ESTHETICIAN   |
| <b>Department:</b>   | ESTHETICIAN   |
| <b>Semesters/Terms:</b>  | 18F   |
| <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 the skin (as well as ethnic and mens 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 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>This course is a pre-requisite for:</b>   | EST163, EST164, EST166  |
| <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 4 Adhere to health, safety, sanitation, and infection and prevention control guidelines, according to current legislation and national, provincial, municipal, and industry standards and regulations.  |
|  | 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 8 Develop customer service strategies that meet and adapt to individual needs and expectations in accordance with professional standards and ethics.  |
|  | 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.<br>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.   |



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- 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.

**Course Evaluation:**

Passing Grade: 50%, D

**Course Outcomes and Learning Objectives:**

| <b>Course Outcome 1</b>  | <b>Learning Objectives for Course Outcome 1</b>  |
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| 1. Analyze the anatomical structure and composition of the skin.   | 1.1 Discuss the five basic functions of the skin.<br>1.2 Analyze the components and functions of the subcutaneous layer.<br>1.3 Analyze the components and functions of the dermal layer.<br>1.4 Analyze the components and functions of the epidermal layer.<br>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>  |
| 2. Analyze the five skin types and common skin conditions.   | 2.1 Identify specific characteristics of each skin type.<br>2.2 Identify needs and treatment concepts of each skin type and common skin conditions.<br>2.3 Apply knowledge of the structure and composition of the skin in determining skin type and common skin conditions.<br>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.<br>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.<br>2.6 Analyze the characteristics and treatment concepts of ethnic skin.<br>2.7 Analyze the characteristics and treatment concepts of men's skin.<br>2.8 Identify contra indications and modifications to treatments and specialized esthetic equipment related to common skin conditions.<br>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>  |
| 3. Analyze ingredient technology and the relevance to product formulations in general and specific to the products in the NatureMed Professional product line. | 3.1 Explain the importance of cosmetic labeling and ingredient safety and the laws governing cosmetic manufacturing established by the F.D.A.<br>3.2 Differentiate between performance and functional ingredients.<br>3.3 Discuss key classifications of ingredients used in product formulations, their uses and benefits for the product and in maintaining healthy skin.  |



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|   | <p>3.4 Integrate a basic understanding of the p.H. scale.</p> <p>3.5 Integrate NatureMed product knowledge in order to recommend products which meet individual needs and expectations.</p> <p>3.6 Determine contraindications and necessary modifications to treatments utilizing information related to product ingredients and client health history.</p> <p>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.</p> <p>3.8 Identify the properties, classifications, effects, and contraindications of a variety of ingredients found in the NatureMed skin care line.</p> <p>3.9 Promote the products used by the Program.</p>   |
| <b>Course Outcome 4</b>   | <b>Learning Objectives for Course Outcome 4</b>   |
| 4. Conduct a client health history consultation and skin analysis.  | <p>4.1 Analyze skin by conducting a first impression analysis, a thorough skin analysis during treatment, and a post service analysis.</p> <p>4.2 Identify both a consultation and skin analysis form and understand the criteria for an effective consultation and skin analysis.</p> <p>4.3 Identify common tools/resources used to analyze skin: magnifying lamp, Fitzpatrick Scale.</p> <p>4.4 Comprehend the anatomical composition of the skin and internal and external factors which affect the skin.</p> <p>4.5 Analyze specific characteristics of each skin type and various skin conditions.</p> <p>4.6 Organize information on a skin analysis and health history chart accurately and effectively.</p> <p>4.7 Discuss the importance of information elicited on a client health history screen.</p> <p>4.8 Determine contraindications and necessary modifications to treatments utilizing information related to product ingredients and client health history.</p> <p>4.9 Promote the features and benefits of esthetic services and products related to information on client health history.</p> <p>4.10 Consult with and recommend to clients essential home maintenance products and schedules in order to maintain the health of the skin.</p> |
| <b>Course Outcome 5</b>   | <b>Learning Objectives for Course Outcome 5</b>   |
| 5. Discuss the theory of massage and locate the muscles of the face, neck and decollete for an effective massage treatment. | <p>5.1 Comprehend the five classic massage movements and how they affect the skin.</p> <p>5.2 Analyze muscles of the face, neck and decollete.</p> <p>5.3 Differentiate between sensory and motor nerves.</p> <p>5.4 Locate vital pressure points.</p> <p>5.5 Analyze the benefits of massage.</p> <p>5.6 Analyze contraindications of massage.</p>   |

**Evaluation Process and Grading System:**

| <b>Evaluation Type</b> | <b>Evaluation Weight</b> | <b>Course Outcome Assessed</b> |
|------------------------|--------------------------|--------------------------------|
| Histology/Physiology   | 20%                      | 1                              |

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|  | Ingredients Research Project | 20% | 3,4 |
|  | Muscles/Massage              | 10% | 5   |
|  | Skin Conditions              | 30% | 1,2 |
|  | Skin Types                   | 20% | 1,2 |

**Date:** August 16, 2018

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

