

COS 141: INTRODUCTION TO COSMETOLOGY

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	8.5
Total Contact Hours:	240
Lecture Hours :	120
Lab Hours:	120
Hours Arranged:	0
Outside of Class Hours:	240
Total Student Learning Hours:	480
Strongly Recommended:	ENGL 101.
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Standard Letter

Catalog Course Description

This is the introductory course for students majoring in cosmetology and/or hairstyling. The course includes the exploration of a variety of subjects including health & safety, disinfection & sanitation, infection control, scalp care, trichology, basic haircutting, basic hairstyling and practical experience in cosmetology. Material fee is required for this course. 120 lecture hours, 120 lab hours.

Course Objectives

- Define and introduce various subjects applicable to the field of cosmetology such as: infection control, disinfection & sanitation, health & safety, trichology, hairstyling, haircutting.
- Consult and correctly recognize and identify hair and skin conditions/treatments.
- Analyze and select the appropriate style and haircutting tools needed to meet the client's total personal image.
- Develop basic dexterity skills, techniques and proper work habits needed for cosmetology.
- Demonstrate proper safety and sanitation procedures using correct chemical agents when sanitizing tools.
- Comprehend the importance of communication and interpersonal skills for a service driven industry.

Major Course Content

Health & Safety

1. Instruction on hazardous substances
2. Chemical safety
3. Safety data sheets
4. Protection from hazardous chemicals
5. Preventing chemical injuries
6. Health and safety laws and regulations
7. Preventing communicable diseases

Board Approved Health and Safety Course (B&P 7389(a))

1. Instruction on hazardous substances
2. Basic labor laws
3. Physical and sexual assault awareness

Disinfection & Sanitation

1. Instruction on proper disinfection procedures to protect the health and safety of consumers as well as the technician
2. Proper disinfection procedures for equipment used in establishments
3. First aid
4. Microbiology & infection control

Treatments

1. Scalp
2. Hair
3. Shampooing
4. Treatments/Conditioners
5. Disinfection & sanitation

Histology

1. Trichology
2. Properties of the scalp
3. Properties of the hair
4. Scalp Diseases and Disorders

Anatomy

1. Building blocks of human body

Electricity

1. Basic Principles of Electricity
2. Salon Usage
3. Safety

Hairstyling

1. Draping
2. Hair analysis
3. Cleansing
4. Shampooing
5. Arranging (with and without rollers)
6. Blow drying
7. Thermal curling
8. Thermal straightening

Haircutting

1. Draping
2. Safe use of shears
3. Palming
4. Sectioning
5. Parting
6. Basic hair cuts

Communication

1. Client consultation
2. Record keeping

3. Interpersonal skills/communication
4. Life skills

Lab Content

Cosmetology Procedures

1. Rules and regulations
2. Step-by-step applications
3. Sanitation and disinfection
4. Health & Safety procedures

Hair Treatments

1. Draping/Shampooing
2. Hair and scalp treatments
3. Scalp and hair products
4. Disinfection & sanitation

Hairstyling

1. Draping
2. Wet hair design
3. Braiding
4. Thermal styling
5. Blow drying
6. Disinfection & sanitation

Safety and Sanitation

1. Draping
2. Safety to protect consumer
3. Infection Control
4. Preventing communicable diseases

Haircutting

1. Draping
2. Palming
3. Sectioning/Parting
4. Haircut/Shapes
5. Disinfection & sanitation
6. Safety to protect consumer

Communication

1. Client consultation
2. Record keeping
3. Interpersonal skills

Suggested Reading Other Than Required Textbook

Modern Salon Magazine
California State Board of Barbering and Cosmetology Rules and Regulations

Examples of Required Writing Assignments

Compare and contrast an increase layer haircut and a graduated haircut.
Explain four base placements used in roller sets.

Examples of Outside Assignments

Design and create a long layered haircut
Design and create a Pinterest page of hair designs/cuts

Instruction Type(s)

Lab, Lecture, Online Education Lab, Online Education Lecture