

COS 141A: INTRODUCTION TO COSMETOLOGY I

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2025
Credits:	4
Total Contact Hours:	100
Lecture Hours :	60
Lab Hours:	40
Hours Arranged:	0
Outside of Class Hours:	120
Total Student Learning Hours:	220
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Standard Letter

Catalog Course Description

This is part 1 of the introductory course for students majoring in cosmetology and/or hairstyling. The course includes theoretical and practical instruction in a variety of subjects including health & safety, disinfection & sanitation, infection control, scalp care, trichology, basic haircutting, and basic hairstyling. 60 lecture hours and 40 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 scalp 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

Hairstyling

1. Draping
2. Hair analysis
3. Cleansing
4. Shampooing
5. Blow drying
6. Thermal curling
7. 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. Braiding
3. Thermal styling
4. Blow drying
5. 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. Solid Form Haircut (0 degree)
6. Increased Layered Haircut (180 degree)
7. Disinfection & sanitation
8. Safety to protect consumer

Communication

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

Suggested Reading Other Than Required Textbook

Modern Hair Magazine American Salon Behind the Chair Magazine

Examples of Required Writing Assignments

Identify the 9 face shapes, define them, and recommend two haircuts that are flattering for each face shape.

Examples of Outside Assignments

Design and create a long layered haircut Design and create a Pinterest page of haircuts

Instruction Type(s)

Lab, Lecture