

COS 186: NAIL CARE

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
Prerequisite:	COS 141 or COS 141A and COS 141B.
Strongly Recommended:	ENGL C1000.
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Standard Letter

Catalog Course Description

A study of the science and theory of professional nail care. Lectures, demonstrations and practical experience are in the following areas: manicures, pedicures, hand, arm, foot & ankle massage, nail analysis, artificial nail services/chemicals, enhancements, products, instruction on hazardous substances and chemical safety. 60 lecture hours, 40 lab hours.

Course Objectives

- Demonstrate, practice and analyze: manicure & pedicure services, massage of hand, arm, foot and ankle.
- Become proficient in the service of artificial nail services which include but is not limited to acrylic, liquid/powder brush-ons, dip, tips, wraps and repairs.
- Identify and differentiate nail disorders & diseases.
- Design advanced nail techniques.
- Employ proper sanitation & disinfection, chemical safety, and health & safety of consumer & technician.

Major Course Content

Nail Theory

1. Nail structure & growth
2. Diseases & disorders

Nail Care

1. Nail essentials & shapes
2. Infection control & safety
3. Nail analysis
4. Manicure
 - a. Water & Oil
5. Pedicure
6. Massaging
 - a. Hand & arms
 - b. Feet & ankles

7. Artificial Nail Services
 - a. Tips, wraps, repairs
 - b. Acrylic liquid/powder brush ons, dips
 - c. Nail gels
8. Nail Art
9. Consumer & technician safety
10. Disinfection & sanitation
 - a. Tools, equipment
11. Chemical safety
 - a. Instruction on hazardous substance
 - b. Safety data sheets
 - c. Preventing communicable diseases

Lab Content

Natural Nail Services

1. Manicure & massage
 - a. Water & Oil
2. Pedicure & massage
3. Nail analysis

Artificial Nail Services

1. Tips, wraps, repairs
2. Acrylic liquid/powder
3. Dips, gels

Nail Art

1. Project

Suggested Reading Other Than Required Textbook

Lecture Notes/PowerPoints Nailpro Magazine

Instruction Type(s)

Lab, Lecture, Online Education Lecture