

COSMETOLOGY/1 (400 Hours)

Course No.: 78-45-60

COMPETENCY CHECKLIST

Student Name _____

Teacher Name _____ School Site _____

Start Date _____ Completion Date _____ Certificate Date _____

Teacher Signature _____ Student Signature _____

(Signature verifies completion of course competencies)

A. THE BARBERING AND COSMETOLOGY ACT/THE BOARD'S RULES AND REGULATIONS (20 hrs)

- _____ 1. Identify rules/regulations issued by CSBBC
- _____ 2. Describe the state licensing requirements
- _____ 3. Describe need for state supervision
- _____ 4. Identify good cosmetologist practices
- _____ 5. Identify violations of Cosmetology Act

B. CHEMISTRY IN COSMETOLOGY (20 hrs)

- _____ 1. Define pH
- _____ 2. Identify chemical composition of products
- _____ 3. Basic physical/chemical changes of matter
- _____ 4. Chemical reactions that can occur
- _____ 5. Symptoms of illnesses caused by allergy
- _____ 6. Store/mix/use chemicals efficiently/safely

C. HEALTH, SAFETY, AND HAZARDOUS SUBSTANCES (20 hrs)

- _____ 1. Describe MSDS as applied to cosmetology
- _____ 2. Cal/OSHA guidelines applied to cosmetology
- _____ 3. EPA guidelines applied to cosmetology
- _____ 4. ARC Standards applied to cosmetology
- _____ 5. Describe equipment care procedures
- _____ 6. Use/care of tools, appliances, & equipment
- _____ 7. Identify shop safety procedures
- _____ 8. Prevention of communicable diseases
- _____ 9. Sound ergonomic principles in workspace
- _____ 10. Pass the Safety Test with 100% accuracy

D. ELECTRICITY IN COSMETOLOGY (5 hrs)

- _____ 1. Define electric current
- _____ 2. Principles of operating electric equipment
- _____ 3. Identify electrical appliances used
- _____ 4. Purposes of various electrical appliances

- _____ 5. Demo use of electrical equipment in a safe way

E. DISINFECTION AND SANITATION (20 hrs)

- _____ 1. Differentiate disinfection vs sanitation
- _____ 2. Importance of working in a sanity environment
- _____ 3. Health/safety of consumer & cosmetologist
- _____ 4. Set up and use a sanity maintenance area
- _____ 5. Mix and use various disinfectant solutions
- _____ 6. Pass disinfection and sanitation test w/100%

F. BACTERIOLOGY, ANATOMY, AND PHYSIOLOGY (15 hrs)

- _____ 1. Define listed terms related to topic
- _____ 2. Growth/movement/reproduction of bacteria
- _____ 3. Bacteria and listed anatomy and physiology
- _____ 4. Describe the structure of the hair
- _____ 5. Analyze listed attributes of hair
- _____ 6. Describe proper care for hair
- _____ 7. Identify the causes of damage to the hair
- _____ 8. Recommend treatments for damaged hair
- _____ 9. Conditions of hair treated by cosmetologist

G. WET HAIRSTYLING I (45 hrs)

- _____ 1. Attend 35 hours of theoretical lecture
- _____ 2. Perform a hair analysis
- _____ 3. Perform a scalp analysis
- _____ 4. Perform a complete shampoo service
- _____ 5. Identify pin curl structure
- _____ 6. Use various pin curl placement techniques
- _____ 7. Identify roller direction
- _____ 8. Use various roller placement techniques
- _____ 9. Identify finger wave structure
- _____ 10. Perform a complete finger waving service
- _____ 11. Perform back combing techniques i
- _____ 12. Perform back brushing techniques

___ 13. Perform listed services as required by CSBBC

H. THERMAL HAIRSTYLING I (40 hrs)

- ___ 1. Attend 30 hours of theoretical lecture
- ___ 2. Perform a hair analysis
- ___ 3. Perform a scalp analysis
- ___ 4. Demo how to use a hot comb correctly
- ___ 5. Perform straightening using a hot comb
- ___ 6. Perform waving and curling using a hot comb
- ___ 7. Demo how to use a curling iron correctly
- ___ 8. Perform straightening using a curling iron
- ___ 9. Perform waving/curling using a curling iron
- ___ 10. Demo how to use a blow dryer
- ___ 11. Perform straightening using a blow dryer
- ___ 12. Perform waving/curling using a blow dryer
- ___ 13. Review techniques in thermal hairstyling
- ___ 14. Perform listed services required by CSBBC

I. PERMANENT WAVING I (30 hrs)

- ___ 1. Attend 20 hours of theoretical lecture
- ___ 2. Hair analysis applied to permanent waving
- ___ 3. Use various hair sectioning techniques
- ___ 4. Use various hair parting techniques
- ___ 5. Use various wrapping techniques
- ___ 6. Use various rod placements
- ___ 7. Apply all types of permanent waves
- ___ 8. Demonstrate how to take a test curl
- ___ 9. Demonstrate how to apply curling lotion
- ___ 10. Demo how to apply neutralizing agent
- ___ 11. Demonstrate how to process curling lotion
- ___ 12. Demo how to process neutralizing agent
- ___ 13. Demonstrate how to rinse curling lotion
- ___ 14. Demonstrate how to rinse neutralizing agent
- ___ 15. Perform listed services required by CSBBC

J. CHEMICAL STRAIGHTENING I (30 hrs)

- ___ 1. Attend 20 hours of theoretical lecture
- ___ 2. Safety precautions for straightening products
- ___ 3. Proper sectioning for straightening products
- ___ 4. Application techniques for hair straightening
- ___ 5. Proper processing for straightening products
- ___ 6. Rinsing after hair straightening service
- ___ 7. Neutralizing after hair straightening service
- ___ 8. Perform listed services as required by CSBBC

K. HAIRCUTTING I (25 hrs)

- ___ 1. Attend 20 hours of theoretical lecture
- ___ 2. Identify various facial shapes
- ___ 3. Hairstyles that complement facial shapes
- ___ 4. Use various guidelines in haircutting services
- ___ 5. Use sectioning techniques in haircutting
- ___ 6. Use hair elevation techniques in haircut

- ___ 7. Uses various haircutting techniques
- ___ 8. Use thinning shears in a haircut
- ___ 9. Perform wet haircuts using scissors
- ___ 10. Perform wet haircuts using a razor
- ___ 11. Perform dry haircuts using scissors
- ___ 12. Perform dry haircuts using electric clippers
- ___ 13. Perform listed services as required by CSBBC

L. HAIR COLORING AND BLEACHING I (40 hrs)

- ___ 1. Attend 30 hours of theoretical lecture
- ___ 2. Perform a hair analysis
- ___ 3. Perform a scalp analysis
- ___ 4. Perform predisposition test for allergy
- ___ 5. Safety precautions for mixing of products
- ___ 6. Mix products correctly
- ___ 7. Safety precautions for application
- ___ 8. Use required sectioning techniques for hair
- ___ 9. Use required sub-parting techniques for hair
- ___ 10. Use required application techniques for hair
- ___ 11. Shampoo after hair color/bleaching service
- ___ 12. Conditioner selection after color/bleaching
- ___ 13. Perform color rinses; no credit is granted
- ___ 14. Perform listed services required by CSBBC

M. MANUAL, ELECTRICAL, AND CHEMICAL FACIALS

(30 hrs)

- ___ 1. Attend 5 hours of theoretical lecture
- ___ 2. Analyze skin; determine treatments needed
- ___ 3. Use proper cleansing techniques
- ___ 4. Use manual manipulation in facial services
- ___ 5. Use electric equipment in facial services
- ___ 6. Apply facial packs properly
- ___ 7. Apply facial masks properly
- ___ 8. Use facial treatment products properly
- ___ 9. Perform listed services required by CSBBC

N. EYEBROW ARCHING & HAIR REMOVAL (10 hrs)

- ___ 1. Attend 10 hours of theoretical lecture
- ___ 2. Precautions in removal of extra facial hair
- ___ 3. Perform hair removal w/manual tweezers
- ___ 4. Perform hair removal using wax
- ___ 5. Hair removal using a chemical depilatory
- ___ 6. Perform treatments required by CSBBC

O. MAKEUP, LASH-AND-BROW-TINTING, AND FALSE EYELASHES (15 hrs)

- ___ 1. Attend 15 hours of theoretical lecture
- ___ 2. Perform skin analysis to determine makeup
- ___ 3. Analyze facial shape/determine application
- ___ 4. Use facial shading/highlighting techniques
- ___ 5. Apply false eyelashes properly

- _____ 6. Perform lash and brow tinting
- _____ 7. Perform basic day makeup application
- _____ 8. Perform basic evening makeup application
- _____ 9. Perform listed services as required by CSBBC

P. NATURAL NAILS (MANICURES/PEDICURES)

(10 hrs)

- _____ 1. Attend 10 hours of theoretical lecture
- _____ 2. Perform a visual nail analysis
- _____ 3. Procedures for safe/effective manicure
- _____ 4. Procedures for safe/effective pedicure
- _____ 5. Perform hand, wrist, and forearm massage
- _____ 6. Perform a foot and ankle massage
- _____ 7. Perform pedicure as required by CSBBC
- _____ 8. Perform manicure as required by CSBBC

Q. ARTIFICIAL NAILS (25 hrs)

- _____ 1. Attend 25 hours of theoretical lecture
- _____ 2. Safety precautions for listed applications
- _____ 3. Required safety precautions for removal
- _____ 4. Techniques for application of artificial nails
- _____ 5. Products/technique for nail tips application
- _____ 6. Products/technique to apply nail wraps
- _____ 7. Use products/techniques for repair of nails
- _____ 8. Apply nails/tips/wraps as required by CSBBC