

# COSMETOLOGY/2 (600 Hours)

Course No 78-45-63

## 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. WET HAIRSTYLING II (80 hrs)

- \_\_\_\_\_ 1. Review steps in hair analysis
- \_\_\_\_\_ 2. Review steps in scalp analysis
- \_\_\_\_\_ 3. Perform complete shampoo service
- \_\_\_\_\_ 4. Review features of a pin curl structure
- \_\_\_\_\_ 5. Use various pin curl placement techniques
- \_\_\_\_\_ 6. Identify roller direction
- \_\_\_\_\_ 7. Use various roller placement techniques
- \_\_\_\_\_ 8. Review features of finger wave structure
- \_\_\_\_\_ 9. Steps in complete finger waving service
- \_\_\_\_\_ 10. Various back combing techniques
- \_\_\_\_\_ 11. Perform back brushing techniques
- \_\_\_\_\_ 12. Perform listed services as required by CSBBC

### B. THERMAL HAIRSTYLING II (80 hrs)

- \_\_\_\_\_ 1. Perform a hair analysis
- \_\_\_\_\_ 2. Perform a scalp analysis
- \_\_\_\_\_ 3. Demo how to use a hot comb
- \_\_\_\_\_ 4. Perform straightening using a hot comb
- \_\_\_\_\_ 5. Perform waving and curling using a hot comb
- \_\_\_\_\_ 6. Demo how to use a curling iron
- \_\_\_\_\_ 7. Perform straightening using a curling iron
- \_\_\_\_\_ 8. Perform waving/curling using a curling iron
- \_\_\_\_\_ 9. Demo how to use a blow dryer
- \_\_\_\_\_ 10. Perform straightening using a blow dryer
- \_\_\_\_\_ 11. Perform waving/curling using a blow dryer
- \_\_\_\_\_ 12. Techniques in thermal hairstyling services
- \_\_\_\_\_ 13. Perform listed services as required by CSBBC

### C. HAIR COLORING AND BLEACHING II (100 hrs)

- \_\_\_\_\_ 1. Attend 30 hours of theoretical lecture
- \_\_\_\_\_ 2. Perform a hair analysis
- \_\_\_\_\_ 3. Perform a scalp analysis
- \_\_\_\_\_ 4. Perform predisposition test on client
- \_\_\_\_\_ 5. Safety precautions for mixing listed products

- \_\_\_\_\_ 6. Mix listed products correctly
- \_\_\_\_\_ 7. Safety precautions for application of products
- \_\_\_\_\_ 8. Use the required sectioning techniques
- \_\_\_\_\_ 9. Use the required sub-parting techniques
- \_\_\_\_\_ 10. Use the required application techniques
- \_\_\_\_\_ 11. Shampoo techniques after the service
- \_\_\_\_\_ 12. Proper conditioner selection after service
- \_\_\_\_\_ 13. Perform color rinses; no credit is granted
- \_\_\_\_\_ 14. Perform listed services as required by CSBBC

### D. PERMANENT WAVING II (50 hrs)

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

### E. CHEMICAL STRAIGHTENING II (50 hrs)

- \_\_\_\_\_ 1. Safety precautions for hair straightening
- \_\_\_\_\_ 2. Sectioning for all hair straightening products
- \_\_\_\_\_ 3. Application technique: straightening product
- \_\_\_\_\_ 4. Techniques for hair straightening products
- \_\_\_\_\_ 5. Rinsing after the hair straightening service
- \_\_\_\_\_ 6. Techniques for neutralizing after service
- \_\_\_\_\_ 7. Perform listed services as required by CSBBC

**F. HAIRCUTTING II (50 hrs)**

- \_\_\_\_\_ 1. Identify various facial shapes
- \_\_\_\_\_ 2. Hairstyles that complement facial shapes
- \_\_\_\_\_ 3. Use various guidelines in haircutting services
- \_\_\_\_\_ 4. Sectioning techniques in haircutting services
- \_\_\_\_\_ 5. Hair elevation techniques for desired haircut
- \_\_\_\_\_ 6. Use various haircutting techniques
- \_\_\_\_\_ 7. Use thinning shears in a haircut
- \_\_\_\_\_ 8. Perform wet haircuts using scissors
- \_\_\_\_\_ 9. Perform wet haircuts using a razor
- \_\_\_\_\_ 10. Perform dry haircuts using scissors
- \_\_\_\_\_ 11. Perform dry haircuts using electric clippers
- \_\_\_\_\_ 12. Perform listed services as required by CSBBC

- \_\_\_\_\_ 14. Bacteria and listed anatomy and physiology
- \_\_\_\_\_ 15. Prevention of communicable diseases
- \_\_\_\_\_ 16. Proper disinfection/sanitation for equipment
- \_\_\_\_\_ 17. Protect health/safety of consumer/technician
- \_\_\_\_\_ 18. Review of CSBBC Rules & Regulations

**G. TECHNICAL INSTRUCTION AND PRACTICAL TRAINING IN ESTHETICS I (80 hrs)**

- \_\_\_\_\_ 1. Demo manual facials
- \_\_\_\_\_ 2. Demo electric facials
- \_\_\_\_\_ 3. Demonstrate chemical
- \_\_\_\_\_ 4. Demo eyebrow arching and hair removal
- \_\_\_\_\_ 5. Perform a skin analysis
- \_\_\_\_\_ 6. Perform complete and corrective makeup
- \_\_\_\_\_ 7. Lash/brow tinting& application of eyelashes
- \_\_\_\_\_ 8. Perform listed facials as required by CSBBC
- \_\_\_\_\_ 9. Required eyebrow arching/hair removal
- \_\_\_\_\_ 10. Perform listed services required by CSBBC

**H. TECHNICAL INSTRUCTION AND PRACTICAL TRAINING IN MANICURING, PEDICURING AND ARTIFICIAL NAILS I (40 hrs)**

- \_\_\_\_\_ 1. Demo water and oil manicure
- \_\_\_\_\_ 2. Demo application of types of artificial nails
- \_\_\_\_\_ 3. Perform pedicures as required by CSBBC
- \_\_\_\_\_ 4. Perform manicures as required by CSBBC
- \_\_\_\_\_ 5. Apply listed nails as required by CSBBC

**I. HEALTH AND SAFETY TECHNICAL INSTRUCTION REVIEW I (70 hrs)**

- \_\_\_\_\_ 1. Review cosmetology chemistry
- \_\_\_\_\_ 2. Review chemical makeup of products
- \_\_\_\_\_ 3. Chemical and physical changes of matter
- \_\_\_\_\_ 4. Review MSDS as it applies to cosmetology
- \_\_\_\_\_ 5. Cal/OSHA guidelines applied to cosmetology
- \_\_\_\_\_ 6. EPA guidelines applied to cosmetology
- \_\_\_\_\_ 7. Chemicals found in spas and salons
- \_\_\_\_\_ 8. Describe health hazards that exist on job
- \_\_\_\_\_ 9. How to protect the technician from hazards
- \_\_\_\_\_ 10. Describe how to prevent chemical injuries
- \_\_\_\_\_ 11. Sound ergonomic principles in workspace
- \_\_\_\_\_ 12. Electricity and operating electric equipment
- \_\_\_\_\_ 13. Review listed anatomy and physiology