

COSMETOLOGY SPECIALIST (60 Hours)

Course No.: 78-45-95

COMPETENCY CHECKLIST

Student Name _____

Teacher Name _____ School Site _____

Start Date _____ Completion Date _____ Certificate Date _____

Teacher Signature _____ Student Signature _____

(Signature verifies completion of course competencies)

OPTION I: ESTHETICIAN

A. BACTERIA, ANATOMY, & PHYSIOLOGY (10 hrs)

- _____ 1. Identify rules/regulations issued by CSBBC
- _____ 2. Define listed terms related to topic
- _____ 3. Growth/movement/reproduction of bacteria
- _____ 4. Effects of bacterial infection on body parts
- _____ 5. Allergic reactions to cosmetology products
- _____ 6. Describe muscles in head, face, and neck
- _____ 7. Effects of massage on head, face, neck
- _____ 8. Steps in skin analysis
- _____ 9. Recommended/proper care and treatments

B. DISINFECTION, SANITATION, & SAFETY (10 hrs)

- _____ 1. Define disinfection and sanitation
- _____ 2. Differentiate disinfection and sanitation
- _____ 3. Working in a sanitary environment
- _____ 4. EPA procedures that protect health/safety
- _____ 5. Cal-OSHA procedures for health and safety
- _____ 6. CSBBC procedures that protect health/safety
- _____ 7. Set up/use sanitary maintenance area
- _____ 8. Demo mixing/using disinfectant solutions
- _____ 9. Perform listed disinfection procedures
- _____ 10. Pass disinfection/sanitation test with 100%
- _____ 11. Federal/state regulations for Esthetician
- _____ 12. Demo MSDS as it applies to cosmetology

C. COLOR THEORY AND CONTOURING (9 hrs)

- _____ 1. Define/describe color properties and theory
- _____ 2. Color/color theory in makeup application
- _____ 3. Define listed terms related to topic
- _____ 4. Use of sustainable vs traditional products
- _____ 5. Demo listed contouring techniques

D. FORMAL MAKEUP (15 hrs)

- _____ 1. Cosmetic makeup vs formal makeup
- _____ 2. Places where formal makeup is used

- _____ 3. Green/sustainable vs traditional products
- _____ 4. Tools/materials used to apply formal makeup
- _____ 5. Demo listed applications of formal makeup

E. THEATRICAL MAKEUP (15 hrs)

- _____ 1. Theatrical makeup vs street makeup
- _____ 2. Special properties of theatrical makeup
- _____ 3. Compare/contrast qualities of makeup used
- _____ 4. Sustainable vs traditional theatrical makeup
- _____ 5. Tools/materials to apply theatrical makeup
- _____ 6. Demo listed applications of theatrical makeup
- _____ 7. Demo theatrical makeup for special effects

F. RESOURCE MANAGEMENT (1 hr)

- _____ 1. Define listed terms related to topic
- _____ 2. Importance of managing resources
- _____ 3. Examples of effective resource management
- _____ 4. Benefits of effective resource management
- _____ 5. Economic/environmental benefits/liabilities

OPTION II: HAIRSTYLIST

A. BACTERIA, ANATOMY, AND PHYSIOLOGY (5 hrs)

- _____ 1. Define listed terms related to topic
- _____ 2. Growth/movement/reproduction of bacteria
- _____ 3. Effects of bacterial infection on body parts
- _____ 4. Allergic reactions to cosmetology products
- _____ 5. Describe muscles in head, face, and neck
- _____ 6. Effects of massage on head, face, neck
- _____ 7. Steps in skin analysis
- _____ 8. Recommended/proper care and treatments

B. DISINFECTION, SANITATION, AND SAFETY (5 hrs)

- _____ 1. Define disinfection and sanitation
- _____ 2. Differentiate disinfection and sanitation
- _____ 3. Working in a sanitary environment
- _____ 4. EPA procedures that protect health/safety
- _____ 5. Cal-OSHA procedures for health and safety

- _____ 6. CSBBC procedures that protect health/safety
- _____ 7. Set up/use sanitary maintenance area
- _____ 8. Demo mixing/using disinfectant solutions
- _____ 9. Perform listed disinfection procedures
- _____ 10. Pass disinfection/sanitation test with 100%
- _____ 11. Federal/state regulations for Esthetician
- _____ 12. Demo MSDS as it applies to cosmetology

C. BRAIDS (15 hrs)

- _____ 1. Define hair braiding
- _____ 2. Identify braiding tools
- _____ 3. Identify listed long hair braiding
- _____ 4. Differentiate overbraid and underbraid

D. EXTENSIONS (15 hrs)

- _____ 1. Define hair extension
- _____ 2. Importance of customizing hair extensions
- _____ 3. Basic categories of hair extension methods

E. ADVANCED HAIR COLORING (19 hrs)

- _____ 1. Identify types of hair color products
- _____ 2. Materials and agents used in hair coloring
- _____ 3. Demo proper use of tools/equipment
- _____ 4. Proper computation of peroxide volume
- _____ 5. Describe time effect on oxidation
- _____ 6. Describe/demo how to prepare a hair color
- _____ 7. Proper use of mixing & advance applications
- _____ 8. Use of hair color for blending away gray
- _____ 9. Identify causes for color fading
- _____ 10. Demo preliminary patch testing for tints
- _____ 11. Perform listed techniques on model
- _____ 12. Use color theory to match skin tones to hair
- _____ 13. Explain time effect on hair coloring
- _____ 14. Perform listed hair coloring/tinting processes
- _____ 15. Procedures and their impact on colored hair
- _____ 16. Demo listed techniques on a class model
- _____ 17. How patterns cuts create different styles
- _____ 18. Lengths of hair styles and how they blow dry
- _____ 19. Define styling aids
- _____ 20. Prepare model for hair styling w/styling aids
- _____ 21. Tools needed to perform artistic hair design
- _____ 22. Demo artistic hair design on colored hair

F. RESOURCE MANAGEMENT (1 hr)

- _____ 1. Define listed terms related to topic
- _____ 2. Importance of managing resources
- _____ 3. Examples of effective resource management
- _____ 4. Benefits of effective resource management
- _____ 5. Economic/environmental benefits/liabilities

OPTION III: MANICURIST

A. DISINFECTION, SANITATION, AND SAFETY (5 hrs)

- _____ 1. Define disinfection and sanitation
- _____ 2. Differentiate disinfection and sanitation
- _____ 3. Working in a sanitary environment
- _____ 4. EPA procedures that protect health/safety
- _____ 5. Cal-OSHA procedures for health and safety
- _____ 6. CSBBC procedures that protect health/safety
- _____ 7. Set up/use sanitary maintenance area
- _____ 8. Demo mixing/using disinfectant solutions
- _____ 9. Perform listed disinfection procedures
- _____ 10. Pass disinfection/sanitation test with 100%
- _____ 11. Federal/state regulations for Esthetician
- _____ 12. Demo MSDS as it applies to cosmetology

B. ADVANCED NAIL DESIGN (30 hrs)

- _____ 1. Features/advantages of listed nail systems
- _____ 2. Determine nail bed length to free nail edge
- _____ 3. Gel and acrylic nail removal by specialist

C. SPA MANICURING AND PEDICURING (24 hrs)

- _____ 1. Define spa
- _____ 2. Professional image for salon/spa employee
- _____ 3. Tools/materials used in spa manicure/pedicure
- _____ 4. Salon vs spa manicuring/pedicuring
- _____ 5. Demo techniques for spa manicure/pedicure

D. RESOURCE MANAGEMENT (1 hr)

- _____ 1. Define listed terms related to topic
- _____ 2. Importance of managing resources
- _____ 3. Examples of effective resource management
- _____ 4. Benefits of effective resource management
- _____ 5. Economic/environmental benefits/liabilities

OPTION IV: STATE BOARD EXAM REVIEW

A. ESTHETICIAN EXAM (15 hrs)

- _____ 1. Describe competencies in written exam
- _____ 2. Demo competencies of esthetician operations
- _____ 3. Discuss/demo esthetician techniques

B. MANICURIST EXAM (15 hrs)

- _____ 1. Describe competencies in written exam
- _____ 2. Demo competencies of manicuring operations
- _____ 3. Discuss/demo manicurist techniques

C. COSMETOLOGIST EXAM (30 hrs)

- _____ 1. Describe competencies in written exam
- _____ 2. Demo competencies of listed operations
- _____ 3. Discuss/demo listed techniques