

**MODULE COS1060: SKIN CARE 1 (BASIC PRACTICES)**

**Level:** Introductory

**Theme:** Skin Care

**Prerequisite:** COS1010 Personal Images

**Module Description:** Students identify the basic structures and functions of the skin, analyze skin and perform basic skin care practices, including cleansing, toning, nourishing and protecting.

**Module Parameters:** Access to a personal or professional personal grooming facility.

**Curriculum and Assessment Standards**

| Module Learner Expectations  | Assessment Criteria and Conditions   | Suggested Emphasis  |
|--|--|---|
| <p><i>The student will:</i></p> <ul style="list-style-type: none"> <li>• describe the functions of skin and identify the basic structure of skin, types of skin and factors that affect the condition of skin</li> <li>• analyze skin, determine skin types and perform basic skin care, including safe and sanitary:               <ul style="list-style-type: none"> <li>– cleansing</li> <li>– toning</li> <li>– nourishing</li> <li>– protecting</li> </ul> </li> <li>• demonstrate basic competencies.</li> </ul> | <p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> <li>• <b>Concept Testing</b> in which the student will:               <ul style="list-style-type: none"> <li>– given 30 questions relating to skin care, answer a minimum of 25 questions correctly.</li> </ul> </li> </ul> <p><i>Assessment Tool</i><br/> <i>Board Exam Review for Cosmetology:</i></p> <ul style="list-style-type: none"> <li>– <i>Theory of Massage</i></li> <li>– <i>Facials</i></li> <li>– <i>Facials and Makeup</i></li> </ul> <ul style="list-style-type: none"> <li>• <b>Professional Product</b> in which the student will:               <ul style="list-style-type: none"> <li>– perform six skin analysis and six skin care procedures including:                   <ul style="list-style-type: none"> <li>• skin analysis</li> <li>• skin care.</li> </ul> </li> </ul> </li> </ul> <p><i>Assessment Tool</i><br/> <i>COSTAT1060: Skin Care</i><br/> <i>COSSAT1060: Skin Care</i></p> <ul style="list-style-type: none"> <li>• <b>Observations</b> of individual effort and interpersonal interaction during the learning process.</li> </ul> <p><i>Assessment Tool</i><br/> <i>Basic Competencies Reference Guide and any assessment tools noted above</i></p> | <p style="text-align: center;">40</p> <p style="text-align: center;">30<br/>30</p> <p style="text-align: center;">Integrated throughout</p> |

**MODULE COS1060: SKIN CARE 1 (BASIC PRACTICES)** (continued)

| Concept                        | Specific Learner Expectations  | Notes  |
|--------------------------------|--|--|
| Anatomy, Physiology, Histology | <p><i>The student should:</i></p> <ul style="list-style-type: none"> <li>• define the terms anatomy, physiology and histology.</li> </ul>  |  |
| Physiology of Skin             | <ul style="list-style-type: none"> <li>• describe functions of skin</li> <li>• identify and describe skin functions that may be affected by a cosmetologist.</li> </ul>  |  |
| Anatomy/Histology of Skin      | <ul style="list-style-type: none"> <li>• identify and describe the basic structure and function of:               <ul style="list-style-type: none"> <li>– major areas of the skin</li> <li>– appendages of the skin:                   <ul style="list-style-type: none"> <li>• hair, nails</li> <li>• glands.</li> </ul> </li> </ul> </li> </ul>   | Consult with teachers of science courses; e.g., biology, Science 10. |
| Keratinization                 | <ul style="list-style-type: none"> <li>• define the terms protein and keratin and describe their relationship to skin</li> <li>• describe the basic principles of keratinization</li> <li>• explain how keratinization helps ensure healthy skin.</li> </ul>   |  |
| Skin Types and Conditions      | <ul style="list-style-type: none"> <li>• identify and describe the appearance of healthy skin</li> <li>• identify and describe basic skin types:               <ul style="list-style-type: none"> <li>– normal</li> <li>– dry</li> <li>– oily</li> <li>– combination</li> </ul> </li> <li>• describe factors that may affect skin condition:               <ul style="list-style-type: none"> <li>– heredity</li> <li>– environment</li> <li>– chemicals</li> <li>– health</li> <li>– wellness</li> </ul> </li> <li>• describe lesions, disorders and diseases of skin.</li> </ul> |  |

**MODULE COS1060: SKIN CARE 1 (BASIC PRACTICES)** (continued)

| Concept   | Specific Learner Expectations   | Notes   |
|---|---|---|
| Skin Care Cosmetics   | <p><i>The student should:</i></p> <ul style="list-style-type: none"> <li>• identify and describe the use of cosmetics available to cleanse, tone, nourish and protect the skin.</li> </ul>  |   |
| <p>Skin Care Procedures</p> <ul style="list-style-type: none"> <li>• Cleansing</li> <li>• Toning</li> <li>• Nourishing</li> <li>• Protecting</li> </ul> | <ul style="list-style-type: none"> <li>• define and describe procedures used to care for skin:               <ul style="list-style-type: none"> <li>– cleansing</li> <li>– toning</li> <li>– nourishing</li> <li>– protecting</li> </ul> </li> <li>• identify products and materials available to care for skin</li> <li>• surface cleanse the face</li> <li>• apply toning cosmetics to close pores of the face</li> <li>• apply moisturizing agent to the face</li> <li>• apply makeup and/or other suitable cosmetics to protect various areas of the face.</li> </ul> | <p>Have students read manufacturer's instructions before use.</p> |
| Safety and Sanitation   | <ul style="list-style-type: none"> <li>• identify and follow safe and sanitary practices when using skin care materials</li> <li>• maintain a clean, safe work area</li> <li>• sanitize and return materials to proper storage areas after use</li> <li>• dispose of waste materials in an environmentally safe manner.</li> </ul>  | <p>Review local and provincial health and safety regulations.</p> |

