

COURSE COS3140: BODY THERAPY**Level:** Advanced**Theme:** Skin Care**Prerequisites:** COS2140 Skin Care 2 (Client Services)
COS1060 Skin Care 1 (Basic Practices)
COS1010 Personal Images**Description:** Students apply available technology to provide therapies (heat, electrical and light), apply principles and practices of body therapy, and apply skin care products to body surfaces.**Parameters:** Access to professional esthetology facility, experienced esthetologists and current technology.**Curriculum and Assessment Standards**

General Outcomes	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> identify and describe the beauty therapist's role, and the therapies and technologies used, and their effects on body health and appearance 	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> Concept Testing in which the student will: <ul style="list-style-type: none"> prepare and present a report on the role of beauty therapists in the cosmetology industry and the therapies and technologies. <p><i>Assessment Tool</i> <i>CTS Rubric: Presentation/Reports</i></p>	40
<ul style="list-style-type: none"> apply principles and practices of body therapy and use available technologies to enhance each client's wellness and appearance demonstrate basic competencies. 	<ul style="list-style-type: none"> Process and Product in which the student will: <ul style="list-style-type: none"> demonstrate a minimum of four different body therapies. <p><i>Assessment Tool</i> <i>COSSAT3140: Body Therapy</i></p> <ul style="list-style-type: none"> Observations of individual effort and interpersonal interaction during the learning process. <p><i>Assessment Tool</i> <i>Basic Competencies Reference Guide and any assessment tools noted above</i></p>	60
		Integrated throughout

COURSE COS3140: BODY THERAPY (continued)

Concept	Specific Outcomes	Notes
Professional Roles and Responsibilities	<p><i>The student should:</i></p> <ul style="list-style-type: none"> • define the terms and distinguish among the services performed by: <ul style="list-style-type: none"> – body therapists – cosmeticians – estheticians – dermatologists • name and describe body conditions that: <ul style="list-style-type: none"> – may be treated by body therapists and estheticians – must not be treated by body therapists • use and explain terms describing body therapy treatments. 	
Body Therapies	<ul style="list-style-type: none"> • describe the purpose of body therapies • explain possible relationships among body systems and structures and body therapies • describe the advantages/disadvantages of selected therapies; e.g.: <ul style="list-style-type: none"> – electrotherapy – massage therapy – mask therapy – water/steam therapy – aroma therapy – phyto (herbal) therapy. 	
Body Therapy Technology	<ul style="list-style-type: none"> • name and describe the types and purposes of technology used in performing body therapies • name, describe and demonstrate the safe and sanitary use of technology used to perform body therapy treatments including: <ul style="list-style-type: none"> – disincrustation – iontopheris – suctioning – spraying/atomizing • define related terms; e.g.: <ul style="list-style-type: none"> – phoresis – cataphoresis – anaphoresis 	

MODULE COS3140: BODY THERAPY (continued)

Concept	Specific Learner Expectations	Notes
<ul style="list-style-type: none"> • Electro Therapy • Massage Therapies • Mask Therapy • Light Therapy 	<p><i>The student should:</i></p> <ul style="list-style-type: none"> • explain the effects of electrical skin treatment agents including: <ul style="list-style-type: none"> – galvanic currents – faradic currents – sinusoidal currents – tesla (high frequency) currents • describe and demonstrate the difference between direct and indirect treatments using electro therapies • name and describe electrical-assisted massage technology • demonstrate safe and sanitary manual and technology-assisted massage techniques • describe the purpose of an electric mask machine • demonstrate the safe and sanitary use of an electric mask machine, if available • explain the purpose of light therapy • distinguish between: <ul style="list-style-type: none"> – visible rays and non-visible rays – chemical and heat rays – ultraviolet and infra red rays • demonstrate the safe and sanitary use of light therapy technology, if available. 	
<p>Body Therapy: Herbs and Chemicals</p>	<ul style="list-style-type: none"> • name and describe natural, organic substances used in selected beauty therapies • identify active ingredients in chemicals used in selected body therapies • demonstrate the safe and sanitary use of: <ul style="list-style-type: none"> – mask therapies – aroma therapies. 	

MODULE COS3140: BODY THERAPY (continued)

Concept	Specific Learner Expectations	Notes
Consultations, Analyses and Treatments	<p><i>The student should:</i></p> <ul style="list-style-type: none">• analyze each client's skin to determine its condition and other characteristics• select suitable body therapy treatments• recommend body therapies to clients• perform body therapies, as available.	
Safety and Sanitation	<ul style="list-style-type: none">• describe and demonstrate electrical safety practices• demonstrate sanitary practices before, during and after providing body therapies• maintain a clean, safe work area.	Review local and provincial health and safety regulations.