

COSMETOLOGY
MODULE 1 - FOUNDATIONS OF COSMETOLOGY
(158 CLOCK HOURS)
STUDENT PROFILE

Cosmetology Module 1 Progress Report

Complete the student profile by inserting the representative letter in the space provided and completing all other information requested.			
E – Exceeds Performance Requirements (85-100): Work that is above the criteria of the standard. M – Meets Performance Requirements (77-84): Work that meets the criteria of the standard. B – Below Performance Requirements (76 and below): Work that fails to meet the criteria of the standard.			
M1B. SANITATION AND STERILIZATION		(40 CLOCK HOURS)	
B. (1a) Sanitation and Sterilization (15 clock hours)	E	M	B
M1B1. Demonstrate sanitation and safety procedures.			
1. Describe the principles of infection. 2. Explain the principles of prevention. 3. Explain the procedures for first aid and fire safety in the workplace.	Comments:		
B. (1b) Personal Hygiene and Grooming (10 clock hours)	E	M	B
M1B2. Demonstrate professional/personal hygiene and grooming practices.			
1. Explain the importance of professional/personal hygiene. 2. Describe sanitation violations that professionals need to avoid. 3. Demonstrate ergonomic principles, postures, and movements.	Comments:		
B. (1j) Safety Precautions (Public Safety) (15 clock hours)	E	M	B
M1B3. Recommend safety precautions to be practiced in Cosmetology facilities.			
1. Discuss the importance of universal precautions. 2. Identify procedures to maintain a safe work environment.	Comments:		
M1C. PROFESSIONALISM AND SALON MANAGEMENT		(12 CLOCK HOURS)	
C. (3) Unassigned (2 clock hours)	E	M	B
M1C1. Explain the origin of and historical advancements in the cosmetology profession including career opportunities.			
1. Explain the origin of appearance enhancements. 2. Compare the advancements made in cosmetology during the 19th, 20th, and early 21st centuries. 3. Explore cosmetology career options and employability skills.	Comments:		

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C.(1c) Professionalism/Professional Ethics (5 clock hours)		E	M	B
M1C2. Demonstrate professional conduct and behavior.				
1. Analyze life skill practices that lead to success. 2. Explain the most effective ways to manage time and practice good study habits. 3. Describe ethical practices. 4. Create a mission statement. 5. Explain effective human relations and communication skills.	Comments:			
C. (2i) State Law Rules, Regulations, Codes (5 clock hours)		E	M	B
M1C3. Analyze laws, rules, regulations, and codes that govern the cosmetology profession.				
1. Identify state laws, rules, regulations, and codes that govern the cosmetology profession. 2. Examine federal, state, and local governing agencies and their functions.	Comments:			
M1D. SCIENCES OF COSMETOLOGY (35 CLOCK HOURS)				
D. (1e) Anatomy (5 clock hours)		E	M	B
M1D1. Explain the body systems and their specific functions.				
1. Describe the structure and the reproductive process of cells. 2. Explain tissue and identify the types of tissues found in the body. 3. Identify the 10 body systems and explain their basic functions.	Comments:			
D. (1g) Trichology (10 clock hours)		E	M	B
M1D2. Analyze the structure and composition of the hair.				
1. Identify and describe the structure of the hair root. 2. Name and describe the three layers of the hair shaft. 3. Explain side bonds, hair pigment, and wave patterns.	Comments:			
D. (1i) Chemistry (10 clock hours)		E	M	B
M1D3. Explain chemical reactions that occur under different conditions.				
1. Distinguish between organic and inorganic chemistry. 2. Analyze the different forms of matter. 3. Explain the relationship between chemicals and professional products.	Comments:			

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D. (1i) Electricity (10 clock hours) (Note: Electricity hours count as a part of the Chemistry Unit.)		E	M	B
M1D4. Describe the safe use of electricity in the Cosmetology profession.				
<ol style="list-style-type: none"> 1. Explain the nature of electricity and the types of current. 2. Explain the principles of electrical equipment safety. 3. Distinguish between the different types of electrical measures. 4. Describe electrotherapy and light therapy procedures. 	Comments:			
M1E. PROFESSIONAL HAIR CARE SKILLS		(65 CLOCK HOURS)		
E. (2a) Shampoo & Rinse (20 clock hours)		E	M	B
M1E1. Demonstrate shampooing and conditioning techniques.				
<ol style="list-style-type: none"> 1. Perform pre- and post-service procedures. 2. Recommend shampoos and conditioners that nourish hair. 3. Explain the effect of different water types on shampoo services. 4. Demonstrate shampooing and conditioning procedures based on client consultation. 	Comments:			
E. (2c) Hair Shaping (Safety) (10 clock hours)		E	M	B
M1E2. Perform different hair cutting techniques based on client consultation.				
<ol style="list-style-type: none"> 1. List the factors involved in a successful client consultation. 2. Identify reference points, facial shapes, and areas of the head and understand their role in haircutting. 3. Define angles, elevations, and guidelines. 4. Demonstrate body posture needed to maintain health. 5. Explain the results obtained by various haircutting tools. 6. Demonstrate mastery of a blunt, 0-degree elevation haircut. 	Comments:			
E. (2d) Hair Styling (Safety) (25 clock hours), (2div) Roller Placement (10 clock hours)		E	M	B
M1E3. Create hairstyles based on client consultation.				
<ol style="list-style-type: none"> 1. Perform client consultation. 2. Compare different wet and blow dry styling techniques. 3. Demonstrate roller placement and finishing techniques. 4. Describe various long hair designs and braiding techniques. 	Comments:			

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M1F. PROFESSIONAL NAIL CARE SKILLS		(6 CLOCK HOURS)		
F. (1h) Nail Structure (2 clock hours) (2e) Nail Technology (Manicure & Pedicure) (4 clock hours)		E	M	B
M1F . Analyze the structure and composition of the nail to perform fundamental nail care services.				
<ol style="list-style-type: none"> 1. Describe the structure, composition, and growth of the nail. 2. Demonstrate the safe use of nail equipment, implements, materials, and products required to perform manicures and pedicures. 3. Perform a basic manicure. 4. Perform a basic pedicure. 		Comments:		