



Course Outline: Cosmetology with Manicuring 2010

The Cosmetology Course is a 1500 hour program of training requiring approximately 9 months at full time, or approximately 15 months at part time attendance. (Full time attendance is available at all locations.)-(Part time attendance is available at Missouri Cosmetology South only.) Each of the following units of study will be covered in both theoretical and practical training.

Description: The course of study is designed to prepare the student to successfully pass the Licensing Exam required by the State Board of Cosmetology in the State of Missouri only, and to offer the student basic entry skills for profitable employment in the field of cosmetology dealing with hair, nails and face.

Course Goals

The course of study is designed to prepare the student to successfully pass the Licensing Exam required by the State Board of Cosmetology in the State of Missouri only, and to offer the student basic entry skills for profitable employment in the field of cosmetology dealing with hair, nails and face.

Course Format

The Basic Training portion of the course will be primarily all classroom study, in theory and practice of basic skills necessary to train in the clinic floor setting. Students in basic training will not work on the clinic floor until completing 160 hours of basic training and passing both theory and practical requirements.

The Advanced Theory and Clinic Training portion of the course consists primarily of the development of all necessary practical skills, supplemented with classroom lectures, demonstrations, tests and review in all subject areas teaching methods.

Content of Units of Instruction

COSMETOLOGY

I. Basic Training

160 hours

- A. New student orientation
- B. Basic Sanitation & Sterilization
- C. Basic Professional Ethics
- D. Basic Permanent Waving
- E. Basic Manicuring
- F. Basic Shampooing & Rinsing
- G. Basic Haircutting
- H. Basic Hair coloring
- I. Basic Facial

J. Basic Final Exam, Clinic Floor Orientation

II. *Advanced Theory and Clinic Training* 1340 hours
1500 hours total

Missouri State Board of Cosmetology hours required in each subject area:

III. *Shampooing of all Kinds* 40 Hours Salon-7

- A. Draping
- B. Shampooing-permanent waves
- C. Shampooing-colors, chemical services

IV. *Hair Coloring, Bleaches and Rinses* 130 Hours Salon-13

- A. Classification of hair colorings
- B. Patch Test
- C. Basic rules of color selection
- D. Scalp and Hair analysis
- E. Types of hair coloring products
- F. Methods of application
- G. Special Problems, precautions
- H. Pre-lightening and pre-softening
- I. Effects of lighteners
- J. Types of lighteners and developers
- K. Methods of application
- L. Special Effects
- M. Fillers, reconditioning, and color removal
- N. Lash and brow tinting
- O. Related terms and definitions
- P. Types of rinses on the markets

V. *Hair cutting and Shaping,* 130 hours Salon-9

- A. Hair cutting implements
- B. Basic hair cutting procedure (scissors)
- C. Texturing, tapering and thinning
- D. Basic hair cutting procedure (razor)
- E. Haircutting terms and definitions
- F. Facial types, head shapes and profiles

VI. *Permanent Waving and Relaxing,* 125 hours Salon- 5,12

- A. History of permanent waving
- B. Physical and chemical action of permanent waving
- C. Scalp and hair analysis
- D. Sectioning, blocking and wrapping
- E. Processing and neutralizing
- F. Precautions and patron release statement
- G. Chemical relaxing products and chemistry

VII. *Sodium Hydroxide and Thio Relaxer Procedures* Salon-12

- A. Relaxer retouch and chemical blow out
- B. Pre-conditioning

VIII. *Hairsetting, Pin Curls, Fingerwaves, Thermal Curling* 225 Hours Salon-10

- A. Fingerwaving
- B. Pin curl and shaping techniques
- C. Roller curl techniques
- D. Thermal styling implements and tools
- E. Thermal iron techniques
- F. Blow dry techniques
- G. Cosmetics and products associated with thermal styling
- H. Safety precautions in hair pressing

I. Hair pressing cosmetics and procedure		
IX. <i>Combouts and Hair Styling Techniques,</i>	105 Hours	Salon-10,11
A. Combout Techniques		
B. Braiding		
C. Hair styling terms and definitions		
D. Popular blow dry styles		
E. Wigs and hairpieces		
X. <i>Scalp Treatments and Scalp Diseases,</i>	30 Hours	Salon-7,15
A. Draping and Brushing		
B. Shampooing and rinsing		
C. Scalp treatments		
D. Structure and function of the hair and scalp		
E. Hair and scalp analysis		
F. Disorders of the hair and scalp		
G. Cells and disorders of the skin		
XI. <i>Facial, Eyebrows, and Arches,</i>	40 Hours	Salon-15
A. Theory of massage		
B. Plain facial procedure		
C. Treatments for special conditions		
D. Facial packs and masks		
E. Corrective make-up		
F. Eyebrow arching		
G. False eyelashes		
XII. <i>Manicuring, Hand and Arm Massage and Treatment of Nails, 110 Hours</i>	Salon-14	
A. Equipment and cosmetics		
B. Nail shaping		
C. Plain and hot oil manicure procedure		
D. Artificial nails and nail repair		
E. Pedicuring		
F. Safety and first aid treatments		
G. Nail disorders and diseases		
H. Treatment nails		
I. Introduction to artificial nails		
J. Nail repair		
XIII. <i>Cosmetic Chemistry,</i>	25 Hours	Salon-1,15
A. Forms and properties of matter		
B. Compounds and mixtures		
C. ph scale		
D. Chemistry of water and shampoos		
E. Chemistry of permanent waving, chemical relaxers, hair color and conditioners		
F. Chemistry of cosmetics		
XIV. <i>Salesmanship and Shop Management,</i>	10 Hours	Salon-6
A. Planning and opening a salon		
B. Business laws and insurance		
C. Advertisement and salesmanship		
D. Professional ethic and personnel management		
E. Salon safety measures		
F. Job search and making application		
G. Interviewing and hiring (communication skills)		
H. Payroll deductions and salary ranges		
I. Physical and financial demands of the new hairdresser		

<i>XV. Sanitation and Sterilization,</i>	<i>30 Hours</i>	<i>Salon-2</i>
<ul style="list-style-type: none"> A. Classification of Bacteria B. Bacterial growth and reproduction C. Bacterial infections D. Methods of sanitation and sterilization E. Sanitation rules and regulations F. Public sanitation 		
<i>XVI. Anatomy,</i>	<i>20 Hours</i>	<i>Salon-3</i>
<ul style="list-style-type: none"> A. Skeletal system B. Muscular system C. Nervous system D. Circulatory system E. Endocrine and excretory systems F. Reproductive system G. Respiratory and digestive systems 		
<i>XVII. State Law,</i>	<i>10 Hours</i>	<i>State Law Book</i>
<ul style="list-style-type: none"> A. Meaning and intent of State Laws governing Cosmetology. B. Application of State Board of Cosmetology rules and regulations. 		
<i>XVIII. Miscellaneous,</i>	<i>470 Hours</i>	<i>Salon-3,4,15</i>
<ul style="list-style-type: none"> A. Superfluous hair removal and electricity B. Cells and disorders of the skin C. Trend Release D. First Aid E. Drug Abuse Prevention F. AIDS 		

The Cosmetology with Manicuring Course will prepare the student for employment opportunities as a hair colorist, hair stylist, permanent wave technician, or sales representative.