

Cosmetology II

Curriculum Content Frameworks

Please note: All assessment questions will be taken from the knowledge portion of these frameworks.

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Disseminated by

Career and Technical Education
Office of Assessment and Curriculum
Arkansas Department of Career Education

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Cosmetology II

Grade Levels: 11,12
Course Code: 494570

Prerequisite: None

Course Description: Cosmetology is the study of hair, skin, and nails and their related care. Students study and prepare in a clinical lab setting, using mannequins and live models for manipulative skill practice. The program emphasizes safety and sanitation, communication, and management skills. Related areas of study include psychology, ethics, and presentation of a professional image. Competency completions prepare the student for the Arkansas State Cosmetology Licensure Exam.

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Unit 1: Infection Control

Hours: 10

Terminology: Bacteria, Blood borne pathogens, Decontamination, Disinfection, Immunity, Parasite, Pathogenic, Sanitation, Sterilization

CAREER and TECHNICAL SKILLS	
What the Student Should Know	What the Student Should be Able to Demonstrate
Knowledge	Application
1.1 Discuss bacteria	1.1.1 Differentiate between pathogenic and non-pathogenic bacteria 1.1.2 Compare the various ways that bacteria move 1.1.3 Explain bacterial growth and reproduction
1.2 Identify types of bacterial infections	1.2.1 Classify pathogenic bacteria •Cocci •Bacilli •Spirilla 1.2.2 Determine treatments for bacterial infections
1.3 Discuss viruses	1.3.1 Identify common type of viral infections 1.3.2 Determine treatments for viral infections 1.3.3 Compare and contrast viruses and bacteria
1.4 Explain external parasites	1.4.1 Identify types of external parasites 1.4.2 Analyze how external parasites can be spread 1.4.3 Plan treatments for external parasites
1.5 Discuss blood borne pathogens	1.5.1 Analyze how pathogens enter the body
1.6 Define immunity	1.6.1 Discuss with clients the two types of immunity •natural •acquired
1.7 Discuss levels of decontamination	1.7.1 Differentiate between sanitation, disinfection, and sterilization 1.7.2 Model what decontamination procedures are used in a salon
1.8 Explain sanitation	1.8.1 Demonstrate proper handwashing procedures 1.8.2 Utilize safety procedures for sanitation

CAREER and TECHNICAL SKILLS

What the Student Should Know

What the Student Should be Able to Demonstrate

Knowledge

Application

<p>1.9 Explain disinfection</p>	<p>1.9.1 Determine when to disinfect or when to dispose of salon items</p> <p>1.9.2 Identify types of disinfectants</p> <ul style="list-style-type: none"> •quats •phenolics •alcohol •bleach <p>1.9.3 Plan proper disinfection procedures used in a salon</p> <ul style="list-style-type: none"> •towels •linens •capes •electrical equipment •work surfaces •foot spas •pedicure equipment <p>1.9.4 Practice precautions for disinfection</p>
<p>1.10 Identify blood spill procedures</p>	<p>1.10.1 Outline blood spill procedures for a salon</p>

Unit 2: Arkansas Law

Hours: 5

Terminology: NONE

CAREER and TECHNICAL SKILLS			
What the Student Should Know		What the Student Should be Able to Demonstrate	
Knowledge		Application	
2.1	Explain Arkansas Cosmetology Law Book (Reference: Arkansas Cosmetology Law book)	2.1.1	Interpret unlawful practices for a salon
		2.1.2	Identify grounds for disciplinary action
2.2	Explain Arkansas Cosmetology Rules (Reference: Arkansas Cosmetology Rule book)	2.2.1	Interpret proper health and safety rules for a salon
		2.2.2	Summarize key points from the Arkansas Law and Rules & Regulations books
2.3	Explain procedures for obtaining an Arkansas Cosmetology License	2.3.1	Complete steps to apply for a Cosmetology Permit
		2.3.2	Outline training requirements for an Arkansas Cosmetology License
		2.3.3	Determine procedures to assure compliance with the Arkansas Laws governing the

Unit 3: Anatomy and Physiology

Hours: 19

Terminology: Blood, Blood vessels, Cells, Circulatory system, Digestive system, Endocrine system, Excretory system, Heart, Integumentary system, Lymph, Muscular system, Nervous system, Neurology, Respiratory system, Skeletal system, Tissues

CAREER and TECHNICAL SKILLS	
What the Student Should Know	What the Student Should be Able to Demonstrate
Knowledge	Application
3.1 Explain the relationship and function of cells	
3.2 Outline the 5 types of tissues	
3.3 Classify the 8 organs of primary importance	
3.4 List the functions of the skeletal system	
3.5 Determine the functions of the muscular system	3.5.1 Differentiate between the two types of muscle tissue and their functions 3.5.2 Explain the three parts of a muscle and their location 3.5.3 Model the seven ways that muscular tissue can be stimulated
3.6 Identify the various muscles of primary importance to cosmetology	3.6.1 Examine the scalp and face muscles 3.6.2 Examine the neck and upper back muscles 3.6.3 Examine the shoulder, chest and arm muscles
3.7 Discuss the functions of the circulatory system	3.7.1 Discuss the two divisions of the circulatory system and their functions 3.7.2 Explain how the blood circulates through the heart
3.8 Discuss blood and its functions	3.8.1 Identify the composition of blood 3.8.2 Assess the various functions of the blood 3.8.3 Distinguish between the 3 types of blood vessels
3.9 Discuss the 3 subdivisions of the nervous system	3.9.1 Discuss the brain and its functions 3.9.2 Discuss the spinal cord and its functions
3.10 Describe the nerve cell structure and functions	3.10.1 Differentiate between the different types of nerves 3.10.2 Determine the nerves of the head, face and neck 3.10.3 Determine the nerves of the arm and hand
3.11 Discuss the digestive system	
3.12 Discuss the excretory system	
3.13 Discuss the respiratory system	
3.14 Discuss the endocrine system	
3.15 Discuss the integumentary system	

Unit 4: Basic Principles of Electricity

Hours: 6

Terminology: Amp, Anode, Cataphoresis, Cathode, Conductor, Current, Electricity, Electrode, Electrotherapy, Insulators, Light therapy, Ohm, Tesla, Volt

CAREER and TECHNICAL SKILLS	
What the Student Should Know	What the Student Should be Able to Demonstrate
Knowledge	Application
4.1 Define the 10 major terms used in electricity <ul style="list-style-type: none"> •Electric Current •Load •Insulator •Volt •Ohm •Watt •Electrotherapy 	4.1.1 Use terms appropriately in context to explain client services
4.2 Discuss the two types of electrical currents that are of primary importance to	4.2.1 Explain the three types of effect created by electric current during cosmetology 4.2.2 Demonstrate safety measures to be followed when using electrical applicants
4.3 Describe light therapy	4.3.1 Interpret how light therapy can be used in the salon

Unit 5: Basic Principles of Chemistry

Hours: 6

Terminology: Acids, Alkalis, Atoms, Chemistry, Elements, Emulsions, Matter, Molecules, pH Scale, Solutions, Suspensions

CAREER and TECHNICAL SKILLS	
What the Student Should Know	What the Student Should be Able to Demonstrate
Knowledge	Application
5.1 Define essential terms related to chemistry <ul style="list-style-type: none"> •matter •atoms •solutions •suspensi •emulsion •pH scale 	5.1.1 Differentiate between the two types of chemistry
5.2 List the three forms of matter	5.2.1 Compare the 2 ways matter can be changed
5.3 Explain the difference between solutions, suspensions and emulsions	
5.4 Explain the pH scale	5.4.1 Compare acids and alkalis
5.5 Identify ingredients commonly found in products used in cosmetology	

Unit 6: The Study of Nails

Hours: 20

Terminology: Acrylic nails, Activator, Beau's lines, Corrugations, Furrows, Inhibition layer, Initiators, Nail diseases, Nail disorders, Nail tip, Onychia, Onychocryptosis, Onchophagy, Overlay, Polymerization, Rebalancing, Tinea pedis, Tip cutter, Wrap resin

CAREER and TECHNICAL SKILLS			
What the Student Should Know		What the Student Should be Able to Demonstrate	
Knowledge		Application	
6.1	Explain nail structure and growth	6.1.1	Discuss nail growth and structure with clients
		6.1.2	Identify nail disorders
6.2	Discuss manicure and pedicure procedures	6.2.2	Role play client consultation for manicure and pedicure services
		6.2.3	Demonstrate types of hand and foot massage
		6.2.4	Demonstrate basic manicures
		6.2.5	Demonstrate specialty manicures
		6.2.6	Demonstrate basic pedicures
		6.2.7	Demonstrate specialty pedicures
		6.2.8	Apply all safety and sanitation procedures for manicures and pedicures
6.3	Discuss advanced nail procedures	6.3.1	Demonstrate artificial nail enhancements
		6.3.2	Create sculptured nails
		6.3.3	Create nail tips with acrylic overlay
		6.3.4	Create nail tips with wrap
		6.3.5	Apply all safety and sanitation procedures for nail services

Unit 7: The Study of Skin

Hours: 20

Terminology: Contraindication, Depilatories, Dermatitis, Diseases, Eczema, Electrolysis, Epilator, Exfoliation, Hypertrichosis, Hypertrophy, Keloid, Nevus

CAREER and TECHNICAL SKILLS			
What the Student Should Know		What the Student Should be Able to Demonstrate	
Knowledge		Application	
7.1	Discuss the theory of skin	7.1.1	Discuss functions of the skin with clients during salon services
		7.1.2	Identify different types of skin
		7.1.3	Identify different types of diseases
		7.1.4	Identify different types of disorders
7.2	Identify different types of hair removal	7.2.1	Demonstrate basic preparation procedures for hair removal
		7.2.2	Practice waxing procedure
		7.2.3	Practice tweezing procedure
		7.2.4	Demonstrate the use of chemical depilatories
		7.2.5	Practice all safety and sanitation procedures for hair removal
7.3	Describe facial procedures	7.3.1	Practice all safety and sanitation procedures for facials
		7.3.2	Exercise procedures for facial services
		7.3.3	Classify types of facial massage manipulations
7.4	Discuss facial makeup services	7.4.1	Demonstrate safety and sanitation procedures for facial makeup
		7.4.2	Identify tools and supplies for facial makeup
		7.4.3	Practice client consultation for facial makeup services
7.5	Explain makeup color theory	7.5.1	Practice basic makeup application
7.6	Describe corrective makeup theory	7.6.1	Practice corrective makeup application

Unit 8: Salon Business

Hours: 14

Terminology: Deductive reasoning, Employment portfolio, Resumé, Test-wise, Transferable skills, Work ethic

CAREER and TECHNICAL SKILLS			
What the Student Should Know		What the Student Should be Able to Demonstrate	
Knowledge		Application	
8.1	Discuss short and long range personal goals	8.1.1	Create personal short and long term goals
8.2	Discuss documents necessary for job seeking	8.2.1	Create a resume with cover letter
		8.2.2	Complete a job application for a salon
		8.2.3	Design a personal business card
8.3	Discuss how to prepare for a job interview	8.3.1	Model appropriate attire for a job interview
		8.3.2	Identify possible questions to be asked during a job interview
		8.3.3	Develop questions the interviewee should ask during a job interview
		8.3.4	Role play a job interview
8.4	Describe the qualities needed to succeed in the workplace	8.4.1	Recognize the importance of time management
8.5	Identify how to develop and maintain professional relationships		
8.6	Describe three different ways in which salon professionals are compensated		
8.7	List reasons for developing a budget		
8.8	List effective ways to build and maintain a client base	8.8.1	Practice maintaining accurate client records
8.9	Discuss types of salon ownership	8.9.1	Differentiate between the different types of salon ownership
		8.9.2	Recognize the importance of business operations
		8.9.3	Rationalize the benefits of salon retail
8.10	Describe the steps in opening a salon	8.10.1	Determine the necessary layout for a salon
		8.10.2	Create a salon layout

Glossary

Unit 1: Infection Control

1. Bacteria – one-celled microorganisms
2. Blood borne pathogens – disease-causing microorganisms carried in the body by blood or body fluids
3. Disinfection – process that eliminates most microorganisms, but is not effective against bacterial spores
4. Immunity – ability of the body to destroy and resist infection
5. Parasite – plant or animal organisms that derive nutrition from another organism
6. Pathogenic – causing disease; may cause harmful conditions or illnesses in humans
7. Sanitation – cleaning to remove all visible residue and matter
8. Sterilization – process that completely destroys all microbial life, including spores

NONE

Unit 2: Arkansas Law

Unit 3: Anatomy and Physiology

1. Blood vessels – part of the circulatory system that transports blood throughout the body
2. Blood – fluid circulating through the circulatory system
3. Cells – basic units of all living things; minute mass of protoplasm capable of performing all the fundamental function of life
4. Circulatory system – system that controls the steady circulation of the blood through the body by means of the heart and blood vessels
5. Digestive system – the mouth, stomach, intestines, and salivary and gastric glands that change food into nutrients and wastes
6. Endocrine system – group of specialized glands that affect the growth, development, sexual activities, and health of the entire body
7. Excretory system – group of organs including the kidneys, liver, skin, intestines, and lungs that purify the body by elimination of waste matter
8. Heart – muscular cone-shaped organ that keeps the blood moving within the circulatory system
9. Integumentary system – the skin and its accessory organs, such as the oil and sweat glands, sensory receptors, hair, and nails
10. Lymph – clear yellowish fluid that circulates and carries waste and impurities away from the cells
11. Muscular system – body system that covers, shapes, and supports the skeleton tissue; contracts and moves various parts of the body
12. Nervous system – body system composed of the brain, spinal cord, and nerves; controls and coordinates all other systems and makes them work harmoniously and efficiently
13. Neurology – science of the structure, function, and pathology of the nervous system
14. Respiratory system – body system consisting of the lungs and air passages; enable breathing, supplying the body with oxygen and eliminating carbon dioxide wastes
15. Skeletal system – physical foundation of the body, comprised of 206 bones that vary in size and shape and are connected by movable and immovable joints
16. Tissues – collections of similar cells that perform a particular function

Unit 4: Basic Principles of Electricity

1. Amp – unit that measures the amount of an electric current. A quantity of electrons flowing through a conductor.
2. Anode – positive electrode
3. Cataphoresis – process of forcing acidic substances into deeper tissues using galvanic current from the positive toward the negative pole
4. Cathode – negative electrode
5. Conductor – any substance, material, or medium that easily transmits electricity
6. Current – the flow of an electric charge through a medium
7. Electricity – form of energy that, when in motion, exhibits magnetic, chemical, or thermal effects; a flow of electrons
8. Electrode – applicator for directing the electric current from the machine to the client's skin
9. Electrotherapy – electric facial treatments
10. Insulators – substances that does not easily transmit electricity
11. Light therapy – application of light rays to the skin for treating disorders
12. Ohm – unit that measures the resistance of an electric current
13. Tesla – thermal or heat-producing current with a high rate of oscillation or vibration; also called violet ray
14. Volt – unit that measures the pressure or force that pushes the flow of electrons forward through a conductor

Unit 5: Basic Principles of Chemistry

1. Acids – solutions that have a pH below 7.0 and turn litmus paper from blue to red
2. Alkalis – solutions that have a pH above 7.0 and turn litmus paper from red to blue
3. Atoms – the smallest particles of an element that still retains the properties of that element
4. Chemistry – science that deals with the composition, structures, and properties of matter, and how matter changes under various conditions
5. Elements – the simplest form of matter; it cannot be broken down into a simpler substance without a loss of identity
6. Emulsions – an unstable mixture of two or more immiscible substances united with the aid of an emulsifier
7. Matter – any substance that occupies space and has mass (weight)
8. Molecules – a chemical combination of two or more atoms
9. pH scale – measures the acidity and alkalinity of a substance
10. Solutions – stable mixtures of two or more mixable substances
11. Suspensions – unstable mixtures of undissolved particles in a liquid

Unit 6: The Study of Nails

1. Activator – a product used to speed up the curing process of resins and adhesives
2. Acrylic nails – created by combining methacrylate monomer liquid with polymer powder
3. Beau's lines – visible depressions running across the width of the natural nail plate
4. Corrugations – wavy ridges caused by uneven nail growth; usually result of illness or injury
5. Furrows – depressions in the nail that run either lengthwise or across the nail; result from illness, injury, stress or pregnancy
6. Inhibition layer – tacky surface left on the nail once a UV gel has cured
7. Initiators – energized and activated by catalyst; initiators start the chain reaction
8. Nail diseases – conditions of the nail that require medical attention
9. Nail disorders – condition caused by an injury or disease of the nail unit
10. Nail tip – Artificial nail made of ABS or tenite acetate polymer that is adhered to the natural nail to add length
11. Onychia – inflammation of the nail matrix with shedding of the nail
12. Onychocryptosis – ingrown nails
13. Overlay – Acrylic (methacrylate) liquid and powder, wraps, or UV gets applied over a tip for added strength
14. Polymerization – chemical reaction that creates polymers; also called curing or hardening
15. Rebalancing – method for maintaining the beauty, durability, and longevity of the nail enhancement
16. Tinea pedis – medical term for fungal infections of the feet
17. Tip cutter – implement similar to a nail clipper, designed especially for use on nail tips
18. Wrap resin – an adhesive used over the fabric wrap, to adhere it to the nail extension or nail plate

Unit 7: The Study of Skin

1. Contraindication – procedure or condition that requires avoiding certain treatment to prevent undesirable side effects
2. Dermatitis – inflammatory condition of the skin
3. Depilatories – substances, usually a caustic alkali preparation, used for the temporary removal of superfluous hair by dissolving it at the skin surface level
4. Diseases – abnormal conditions of all or part of the body, organ, or mind that makes it incapable of carrying out normal function
5. Eczema – inflammatory, painful itching disease of the skin, acute or chronic in nature, presenting many forms of dry or moist lesions
6. Electrolysis – removal of hair by means of an electric current that destroys the root of the hair
7. Epilator – substance used to remove hair by pulling it out of the follicle
8. Exfoliation – removal of excess dead cells from the skin surface
9. Hypertrichosis – growth of an unusual amount of hair on parts of the body normally bearing only downy hair, such as the faces of women or the backs of men
10. Hypertrophy – abnormal growth of the skin
11. Keloid – thick scar resulting from excessive growth of fibrous tissue
11. Nevus – small or large malformation of the skin due to abnormal pigmentation or dilated capillaries; commonly known as birthmark

Unit 8: Salon Business

1. Deductive reasoning – process of reading logical conclusions by employing logical reasoning
2. Employment portfolio – collection, usually bound, of photos and documents that reflect your skills, accomplishments, and abilities in your chosen career field
3. Resume – written summary of a person's education and work experience
4. Test-wise – having a complete and thorough knowledge of the subject matter, and understanding the strategies for taking tests successfully
5. Transferable skills – skills mastered at other jobs that can be put to use in a new position
6. Work ethic – taking pride in your work, and committing yourself to consistently doing a good job for your clients, employer and salon team