

# Cosmetology (2012)

## IDENTIFY AND UTILIZE SAFETY PROCEDURES AND PROPER TOOLS 1.0

### 1 DEMONSTRATE SAFETY RULES AND SANITATION PROCEDURES 1.1

- 1 Describe general safety rules and sanitation procedures (i.e., safety test) 1.1.1
- 2 Comply with appropriate personal protective measures such as gloves, smocks, etc. 1.1.2
- 3 Identify and wear appropriate clothing for lab activities 1.1.3
- 4 Utilize personal/professional hygiene practices 1.1.4
- 5 Research and apply applicable State Board laws and codes 1.1.5
- 6 Classify infectious and contagious diseases 1.1.6
- 7 Demonstrate universal precautions to protect clients and self (i.e., hand washing) 1.1.7
- 8 Demonstrate workplace sanitation and safety practices (i.e., work area, implements, equipment, and blood spills) 1.1.8
- 9 Locate and interpret material safety data sheets (MSDS) 1.1.9
- 10 Identify, mix, and label sanitation/disinfection materials per manufacturers requirements 1.1.10

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### 2 Identify and Utilize Proper tools, Implements, and Equipment 1.2

- 1 Identify tools, implements, and equipment and their appropriate usage 1.2.1
  - 2 Demonstrate the proper techniques when using tools, implements, and equipment 1.2.2
  - 3 Demonstrate proper sanitation, storage, and maintenance of tools, implements, and equipment 1.2.3
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## **DEMONSTRATE PROFESSIONAL BEHAVIORS 2.0**

### **1 Demonstrate Professional Communication Skills 2.1**

- 1 Utilize effective verbal and nonverbal communication techniques to successfully interact with clients and peers 2.1.1
  - 2 Demonstrate a client consultation/needs assessment 2.1.2
  - 3 Demonstrate customer service skills by addressing the customer using professional etiquette 2.1.3
  - 4 Describe effective listening skills 2.1.4
  - 5 Utilize proper telephone techniques to communicate with customers, peers, and vendors 2.1.5
  - 6 Prepare and maintain client record cards for the various cosmetology services 2.1.6
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### **2 Apply and Utilize Professional Image 2.2**

- 1 Compare professional attire versus personal dress 2.2.1
  - 2 Practice personal hygiene on a daily basis 2.2.2
  - 3 Research cultural diversity and its effect on the workplace 2.2.3
  - 4 Describe the importance of ongoing professional development 2.2.4
  - 5 Apply ergonomic posture daily and when working on clients 2.2.5
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### **3 Practice Life Skills 2.3**

- 1 Demonstrate resolution strategies when dealing with a dissatisfied client or peer issues 2.3.1
  - 2 Demonstrate effective reading, writing, and math skills 2.3.2
  - 3 Identify the importance of time management 2.3.3
  - 4 Research the career paths and employability options in the cosmetology profession 2.3.4
  - 5 Use a variety of technology resources when developing reports and presentations 2.3.5
  - 6 Recognize the importance of employability and workplace habits 2.3.6
  - 7 Tabulate a sales check and collect the correct monies for the services provided 2.3.7
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## **RELATE ANATOMY AND PHYSIOLOGY TO COSMETOLOGY 3.0**

### **1 Identify Cells and Tissue 3.1**

- 1 State the importance of anatomy and physiology in the cosmetology profession 3.1.1
- 2 Illustrate the basic structure of a cell 3.1.2
- 3 Summarize cell reproduction 3.1.3
- 4 Identify and describe the different types of tissues found in the body 3.1.4
- 5 Define all key terms associated with cells and tissues 3.1.5

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## 2 Compare Organs and Systems 3.2

- 1 Identify and describe the major organs and their basic functions in the body 3.2.1
  - 2 Summarize the main body systems (i.e., skeletal, muscular, nervous, circulatory, lymphatic/immune, endocrine, digestive, excretory, respiratory, integumentary, and reproductive) 3.2.2
  - 3 Define all key terms associated with the body, organs, and systems 3.2.3
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## 3 Critique Skin Structure 3.3

- 1 Identify skin structure, growth, and its nutrition 3.3.1
  - 2 Describe the structure and composition of the skin 3.3.2
  - 3 List the food groups, dietary guidelines and vitamins that are recommended for good health 3.3.3
  - 4 Classify and categorize the nerves, glands, and the disorders of the skin 3.3.4
  - 5 Recognize and identify the color, strength, flexibility, and functions of the skin 3.3.5
  - 6 Define all key terms associated with the skin structure, growth and nutrition 3.3.6
  - 7 Identify and explain the skin disorders, diseases, and their importance as associated with cosmetology 3.3.7
  - 8 Recognize and compare lesions of the skin (i.e., primary and secondary) 3.3.8
  - 9 Identify and analyze skin inflammations, common infections, pigment disorders, and hypertrophies or abnormal growths of the skin (i.e., Allergic Contact Dermatitis, Irritant Contact Dermatitis) 3.3.9
  - 10 Investigate the sun's effects on the skin 3.3.10
  - 11 Identify and critique problem skin (i.e., acne and aging) 3.3.11
  - 12 Demonstrate and apply sanitation and safety precautions as associated with skin disorders 3.3.12
  - 13 Define all key terms associated with skin disorders and diseases 3.3.13
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## ASSESS HAIR AND SCALP CARE 4.0

### 1 Analyze Hair and Scalp 4.1

- 1 Illustrate and explain the structure of hair 4.1.1
- 2 List and describe the structures of the hair root and scalp 4.1.2
- 3 Identify and describe hair growth and hair loss 4.1.3
- 4 Identify disorders of the hair and scalp using visual media 4.1.4
- 5 Explain the chemical composition of hair 4.1.5
- 6 Demonstrate knowledge of texture, density, porosity, and elasticity 4.1.6

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## **2 Demonstrate Shampooing and Conditioning** 4.2

- 1 Apply the proper client draping for a shampoo and conditioning treatment 4.2.1
- 2 Distinguish the correct shampoo and conditioner for different hair and scalp types 4.2.2
- 3 Demonstrate the proper technique of shampooing and conditioning 4.2.3

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## **3 Demonstrate Scalp Care** 4.3

- 1 Show the proper procedure for scientific brushing 4.3.1
- 2 Demonstrate and apply the formulated scalp treatment for different scalp conditions 4.3.2

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## **IDENTIFY PRINCIPLES OF HAIR DESIGN** 5.0

### **1 Demonstrate Styling Techniques** 5.1

- 1 Categorize facial types, shapes, and profiles for both women and men 5.1.1
  - 2 Explain the principles of hair design and their importance in creating hairstyles (i.e., proportion, balance, rhythm, emphasis, and harmony) 5.1.2
  - 3 Describe the basic elements of hair design used for styling both women and men (i.e., line, form, space, texture, and color) 5.1.3
  - 4 Define all key terms associated with principles of hair design 5.1.4
  - 5 Apply foundational professional skill concepts and demonstrate a client consultation based on the client's life style and/or desired look 5.1.5
  - 6 Demonstrate a finger wave using the appropriate technique and product for the specific hair type 5.1.6
  - 7 Describe the principle parts of a pin curl 5.1.7
  - 8 Create pin curl, roller set, and hair wrapping wet sets 5.1.8
  - 9 Demonstrate various blowdry styling techniques to produce smooth and full finish styles on a variety of hair types and textures 5.1.9
  - 10 Demonstrate the safe and proper use of thermal curling irons 5.1.10
  - 11 Describe the types of hair pressing and their purpose 5.1.11
  - 12 Demonstrate a soft and hard press 5.1.12
  - 13 Demonstrate a finished comb out using backbrushing and backcombing techniques 5.1.13
  - 14 Explain the various types of styling products and describe the results obtained from their use 5.1.14
  - 15 Demonstrate various braiding techniques using all safety precautions 5.1.15
  - 16 Describe phases of growth and the maintenance of dread locks 5.1.16
  - 17 Demonstrate diffusing curly hair in its natural wave pattern 5.1.17
  - 18 Define all key terms associated with wet, thermal, or dry natural hair styling 5.1.18
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## **CRITIQUE THE PRINCIPLES OF HAIRCUTTING 6.0**

### **1 Demonstrate Haircutting Techniques 6.1**

- 1 List the reference points on the head and their role in haircutting 6.1.1
  - 2 Distinguish angles, elevations, and guidelines when performing a haircut 6.1.2
  - 3 Demonstrate haircuts consistent with client's expectations 6.1.3
  - 4 Establish guideline procedures for a variety of haircuts 6.1.4
  - 5 Complete haircuts using a combination of stationary and traveling guidelines 6.1.5
  - 6 Demonstrate a cut using hair clippers and a neck trimmer 6.1.6
  - 7 Compare the different types of texturizing techniques and the results achieved 6.1.7
  - 8 Research new trends and haircutting techniques (i.e., professional journals, publications, and the internet) 6.1.8
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## **COMPARE CHEMISTRY AND ELECTRICITY USES IN COSMETOLOGY 7.0**

### **1 Apply Basic Principles of Chemistry and Electricity 7.1**

- 1 Differentiate between organic and inorganic chemistry 7.1.1
  - 2 List the different states of matter (i.e., solid, liquid, and gas) 7.1.2
  - 1 Describe oxidation-reduction reactions 7.1.3
  - 2 Illustrate the pH scale 7.1.4
  - 3 Compare the differences between solutions, suspensions, and emulsions 7.1.5
  - 4 Describe the two types of electrical current (i.e., alternating and direct) 7.1.6
  - 5 Identify electrical equipment, their appropriate usage, and safety precautions 7.1.7
  - 6 Compare the types of light therapy and their benefits 7.1.8
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**IDENTIFY AND UTILIZE  
CHEMICAL SERVICES 8.0**

**1 Demonstrate Haircoloring Techniques 8.1**

- 1 Describe the sanitation and safety requirements one must follow when coloring the hair 8.1.1
- 2 List the reasons why clients color their hair 8.1.2
- 3 Analyze the color wheel and its relationship to color formulation 8.1.3
- 4 Identify the levels of color and color tones 8.1.4
- 5 Explain hair structure and its role in color formulation 8.1.5
- 6 Compare the different types of melanin found in the hair 8.1.6
- 7 List and describe the different categories of haircolor and their uses 8.1.7
- 8 Research pH and its role in haircolor selection 8.1.8
- 9 Describe the basic chemistry of haircolor and the structural change to the hair after a haircolor service 8.1.9
- 10 Define a patch test 8.1.10
- 11 Describe a preliminary strand test 8.1.11
- 12 Select, formulate, and apply a virgin single process color 8.1.12
- 13 Select, formulate, and apply a retouch color application 8.1.13
- 14 Compare the various types of hair lighteners and their uses 8.1.14
- 15 Explain the purpose and use of a toner 8.1.15
- 16 Differentiate the methods for highlighting the hair and the results achieved by each method 8.1.16
- 17 Select, formulate and apply a virgin lightener (bleach) on the hair 8.1.17
- 18 Select, formulate and apply a lightener (bleach) retouch on the hair 8.1.18
- 19 Contrast special effects haircoloring 8.1.19
- 20 Match color formulations to gray coverage 8.1.20
- 21 Summarize the rules of color solutions for corrective work 8.1.21
- 22 Research new trends and haircoloring techniques via professional journals and the internet 8.1.22

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## **2 Demonstrate Chemical Texture Services** 8.2

- 1 Describe the safety and sanitation requirements when chemically texturizing the hair 8.2.1
- 2 Explain the structure and purpose of the hair's layers when providing chemical texture services 8.2.2
- 3 Utilize the appropriate types of materials and tools needed for chemical texture services 8.2.3
- 4 Describe the chemical actions that occur during permanent waving and relaxing 8.2.4
- 5 Identify the different types of permanent waving solutions and their uses 8.2.5
- 6 Duplicate sectioning and rod placement patterns 8.2.6
- 7 Summarize the neutralization process 8.2.7
- 8 Compare the different types of relaxers or texturizers and their uses 8.2.8
- 9 Describe curl-reforming 8.2.9
- 10 Select, formulate, and demonstrate a permanent wave 8.2.10
- 11 Select, formulate, and apply a chemical texturizer 8.2.11

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## **DEMONSTRATE NAIL CARE PROCEDURES** 9.0

### **1 Practice Manicuring** 9.1

- 1 Classify the different nail diseases and disorders found on the hands and feet 9.1.1
- 2 Describe the structure and composition of the nail and how the nail grows 9.1.2
- 3 Identify the appropriate products and tools used in a basic manicure 9.1.3
- 4 Differentiate the various nail shapes 9.1.4
- 5 Demonstrate the setup of a manicure table following all safety and sanitation requirements 9.1.5
- 6 Analyze the hands and nails for a manicure procedure 9.1.6
- 7 Demonstrate a basic manicure including hand and arm massage 9.1.7
- 8 Illustrate and explain the steps of a paraffin wax treatment for the hands or feet 9.1.8

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## **2 Practice Pedicuring** 9.2

- 1 Describe the structure and composition of the nail and how the nail grows 9.2.1
- 2 Identify the appropriate products and tools used in a basic pedicure 9.2.2
- 3 Demonstrate the setup of a pedicure spa following all safety and sanitation requirements 9.2.3
- 4 Analyze the feet and toenails for a pedicure procedure 9.2.4
- 5 Demonstrate a basic pedicure including foot and leg massage 9.2.5
- 6 Perform the proper steps of disinfecting a pedicure spa following State Board of Cosmetology guidelines 9.2.6

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## **3 Identify and Utilize Nail Enhancements** 9.3

- 1 Differentiate what type of nail enhancement is best suited for the client's natural nail and life style 9.3.1
  - 2 Create nail enhancements following manufacturer's directions 9.3.2
  - 3 Demonstrate the application of nail tips 9.3.3
  - 4 Demonstrate the application of acrylic product on nails 9.3.4
  - 5 Demonstrate the application of gel on nails 9.3.5
  - 6 Perform the proper steps for the removal of acrylic and gel products from the nails 9.3.6
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## **ANALYZE SKIN CARE PROCEDURES** 10.0

### **1 Demonstrate Facials** 10.1

- 1 Research the histology of the skin 10.1.1
  - 2 Identify skin disorders and diseases 10.1.2
  - 3 Explain the purpose and types of facial treatments 10.1.3
  - 4 Perform and record the findings of a skin analysis on a client 10.1.4
  - 5 Prepare and set up a treatment room for services following all safety and sanitation precautions 10.1.5
  - 6 Formulate and apply cosmetics for a basic facial 10.1.6
  - 7 Describe and perform the various types of massage movements and the benefits of massage therapy 10.1.7
  - 8 Identify and describe the different types of electrical equipment used in facial treatments 10.1.8
  - 9 Practice Makeup Techniques 10.2
  - 10 Evaluate the skin and bone structure for corrective cosmetic application 10.2.1
  - 11 Assess skin color and apply cosmetics based on color theory 10.2.2
  - 12 Demonstrate cosmetic applications for daytime, evening, and special occasions 10.2.3
  - 13 Demonstrate the application of artificial lashes 10.2.4
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### **3 Perform Hair Removal Procedures** 10.3

- 1 Identify the sanitation and safety requirements when removing hair on a client 10.3.1
  - 2 Summarize the importance of a client consultation prior to any hair removal process 10.3.2
  - 3 Describe the methods of hair removal 10.3.3
  - 4 Demonstrate a basic arch on an eyebrow using tweezers 10.3.4
  - 5 Demonstrate basic waxing techniques for hair removal on the eyebrows, lips, and chin 10.3.5
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## **INVESTIGATE HAIR ENHANCEMENTS 11.0**

### **1 Apply Wigs and Hair Additions 11.1**

- 1 Identify why wigs and hair additions are vital to the cosmetology profession and industry 11.1.1
  - 2 Distinguish the difference between human hair and synthetic hair 11.1.2
  - 3 Recognize the advantages and disadvantages of human and synthetic hair 11.1.3
  - 4 Investigate the quality and cost of wigs and hair additions 11.1.4
  - 5 Critique the different types of wigs, their construction, ways to measure, and blocking methods 11.1.5
  - 6 Demonstrate how to place, cut, style, and chemically service wigs 11.1.6
  - 7 Describe the difference between a hairpiece and hair extensions 11.1.7
  - 8 Describe the types of hairpieces and techniques of attachment 11.1.8
  - 9 Recognize and demonstrate the different methods in attaching hair extensions (i.e., braid and sew, bonding, fusion, linking, and tube shrinking) 11.1.9
  - 10 Analyze the lucrative business of retailing wigs, hair additions, and the products for maintenance 11.1.10
  - 11 Define all key terms associated with wigs, hairpieces, and hair additions 11.1.11
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## **ASSESS SALON READINESS SKILLS 12.0**

### **1 Identify Employment Requirements 12.1**

- 1 Conduct salon observations comparing the different types of wage structures or booth rental options available and report the findings 12.1.1
  - 2 Compare and contrast an employee versus an independent contractor 12.1.2
  - 3 Research the career opportunities available to the master licensed cosmetologist 12.1.3
  - 4 Compose a self-marketing plan for building a clientele 12.1.4
  - 5 Critique information found in salon publications and on the internet regarding trends, products, and technology used in the cosmetology profession 12.1.5
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### **2 Analyze Business Management/Operations 12.2**

- 1 Create a business plan for opening a cosmetology establishment 12.2.1
- 2 Analyze the importance of building and maintaining a clientele 12.2.2
- 3 Conduct salon observations to investigate professional practices in the salon 12.2.3
- 4 Critique the importance of retail sales to the financial stability of a salon 12.2.4
- 5 Compare the different types of advertising methods used in the salon (i.e., flyers, ads, websites, etc.) 12.2.5
- 6 Research various professional cosmetic brands and the distributor who carries the line in the local area 12.2.6
- 7 Use mathematical calculations to correctly compute money transactions when servicing clients 12.2.7

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### **3 Prepare for State Board Licensure** 12.3

- 1 Identify the components on the National Interstate Council of State Boards of Cosmetology practical exam rubric 12.3.1
  - 2 Interpret the requirements of the Nevada State Board of Cosmetology written licensure exam 12.3.2
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## **DEMONSTRATE LEADERSHIP SKILLS** 13.0

### **1 Participate in Leadership Activities** 13.1

- 1 Participate in a job shadow at a cosmetology establishment 13.1.1
  - 2 Participate in various SkillsUSA conferences and/or competitive events 13.1.2
  - 3 Organize or participate in a fund-raising activity 13.1.3
  - 4 Analyze workplace situations and use problem-solving techniques to improve the environment 13.1.4
  - 5 Summarize a Nevada State Board of Cosmetology meeting 13.1.5
  - 6 Research the different professional organizations associated with the cosmetology profession 13.1.6
  - 7 Develop short and long term goals for personal attainment and success 13.1.7
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### **2 Demonstrate Positive Citizenship Characteristics** 13.2

- 1 Participate in a community service project 13.2.1
- 2 Review and utilize basic parliamentary procedures 13.2.2
- 3 Demonstrate the ability to work cooperatively with teachers, peers, and clients in a professional setting 13.2.3