Arkansas CTE

Cosmetology I: Grades 11, 12

Adopted 2010

Career and Technical Student Organizations (Skills USA)

1.1 Define terminology related to student organizations

1. Use terms appropriately in context 1.1.1

1.2 Outline a self-assessment and identify individual learning

1. Show individual strengths 1.2.1
2. Show areas in need of improvement 1.2.2

1.3 Describe self-motivation techniques and establish short-term goals

1. Prepare a list of short-term goals 1.3.1
2. Discuss ways to change or improve lifestyle appearance and behavior 1.3.2

1.4 Give examples of individual time-management skills

1. Prepare and maintain a time journal 1.4.1
2. Outline ways to improve time management skills 1.4.2

1.5 Predict future occupations

1. Research the Internet to explore for career opportunities within specified fields of study 1.5.1
2. Prepare a presentation on a specified career area 1.5.2

1.6 Identify the customer

1. Differentiate between external and internal customers 1.6.1
2. Identify factors which contribute to poor customer relationships 1.6.2

1.7 Identify the benefits of doing a community service project

1. Outline ways to become involved in the community 1.7.1
2. Develop a community service project 1.7.2

1.8 Describe effective communication with others

1. Note personal barriers to listening 1.8.1
2. Relate a personal plan to overcome barriers to listening 1.8.2

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Give locations for a shadowing activity

1. Summarize and relate an experience of job shadowing activity 1.9.1

1.10 Identify the components of an employment portfolio

1. Present parts of a portfolio 1.10.1
2. Compile a personal employment portfolio for an interview 1.10.2

1.11 List proficiency in program competencies

1. Construct an interpersonal competency assessment 1.11.1

1.12 Describe how to measure/modify short-term goals

2. Discuss how to pursue short-term goals 1.12.2

1.13 Identify stress sources

1. Prepare a list of personal sources of stress 1.13.1
2. Outline techniques to cope with individual sources of stress 1.13.2

1.14 Identify characteristics of a positive image

1. List behaviors and traits that lead to a positive image 1.14.1
2. Note behaviors and traits that lead to a negative image 1.14.2

1.15 Describe how team skills can be applied to a group project

1. Form a team to develop a class project 1.15.1

1.16 Outline how to observe and critique a meeting

1. Attend a formal meeting held within the community 1.16.1
2. Prepare a critique of the meeting attended 1.16.2

1.17 List business meeting skills

1. Relate the basic rules required to ensure an orderly and business-like meeting 1.17.1
2. Demonstrate with role-playing to illustrate appropriate meeting skills 1.17.2

1.18 Outline a survey for employment opportunities

1. Compile information on a particular employment opportunity of interest 1.18.1
2. Perform an Internet search of a specific career are 1.18.2

1.19 Select a professional journal for review and develop a three to five minute presentation

1. Prepare a presentation on the content, purpose, and distribution of a particular professional journal 1.19.1

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1.20 Identify customer expectations

1. List customer expectations 1.20.1

2. Discover the consequences of unmet customer expectations 1.20.2

1.21 List parts of a job application

1. Prepare a job application from various businesses in the community 1.21.1
2. Demonstrate a mock job interview 1.21.2

1.22 Outline your employment portfolio

1. Construct a personal employment portfolio 1.22.1

1.23 Identify supervisory and management roles in an organization

1. Prepare an organizational chart 1.23.1
2. Outline the responsibilities of managers and supervisors 1.23.2

1.24 Outline safety issues

1. Research safety issues within a given career area 1.24.1

Infection Control

2.1 Discuss bacteria

1. Differentiate between Pathogenic and Non-Pathogenic bacteria 2.1.1
2. Compare the various ways that bacteria move 2.1.2
3. Explain bacterial growth and reproduction 2.1.3

2.2 Identify types of bacterial infections

1. Classify Pathogenic Bacteria
Cocci
Bacilli
Spirilla 2.2.1
2. Determine bacterial infections 2.2.2

2.3 Discuss viruses

1. Identify common type of viral infections 2.3.1
2. Compare and contrast viruses and bacteria 2.3.2

2.4 Explain external parasites

1. Identify types of external parasites 2.4.1
2. Analyze how external parasites can be spread 2.4.2

2.5 Discuss bloodborne pathogens

1. Analyze how pathogens enter the body 2.5.1

2.6 Define immunity

1. Discuss with clients the two types of immunity
Natural
Acquired 2.6.1

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Discuss levels of decontamination

1. Differentiate between sanitation, disinfection, and sterilization 2.7.1
2. Model what decontamination procedures are used in a salon 2.7.2

2.8 Explain sanitation

1. Demonstrate proper handwashing procedures 2.8.1
2. Utilize safety procedures for sanitation 2.8.2

2.9 Explain Disinfection

1. Determine when to disinfect or when to dispose of salon items 2.9.1
2. Identify types of disinfectants
quats
phenolics
alcohol
bleach 2.9.2
3. Plan proper disinfection procedures used in a salon
towels
linens
capes
electrical equipment
work surfaces
foot spas
pedicure equipment 2.9.3
4. Practice precautions for disinfection 2.9.4

2.10 Identify blood spill procedures

1. Outline blood spill procedures for a salon 2.10.1

Arkansas Law

3.1 Explain Arkansas Cosmetology Law Book (Reference: Arkansas Cosmetology Law book)

1. Interpret unlawful practices for a salon 3.1.1
2. Identify grounds for disciplinary action 3.1.2

3.2 Explain Arkansas Cosmetology Rules (Reference: Arkansas Cosmetology Rule book)

1. Interpret proper health and safety rules for a salon 3.2.1
2. Summarize key points from the Arkansas Law and Rules & Regulations books 3.2.2

3.3 Explain procedures for obtaining an Arkansas Cosmetology License

1. Complete steps to apply for a Cosmetology Permit 3.3.1
2. Outline training requirements for an Arkansas Cosmetology License 3.3.2
3. Determine procedures to assure compliance with the Arkansas Laws governing the operations of schools and salons 3.3.3

Professional Image

**4.1 Discuss the importance of maintaining a healthy lifestyle
exercise
hygiene
image
rest/relaxation
**

1. Determine the impact of a healthy lifestyle on your professional career 4.1.1

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**Identify ergonomic principals important for cosmetology
foot/leg
hand/wrist
hips/knees
neck/back
**

**
shoulders/chest
**

1. Identify benefits of ergonomically designed salon equipment 4.2.1
2. Research ergonomically designed salon equipment
availability benefits
design
price 4.2.2

**4.3 Discuss effective communication
verbal
non-verbal
**

1. Practice various communication techniques used while providing salon services 4.3.1

**4.4 Identify psychological concepts of human relations
ethics personality
teamwork
**

1. Analyze factors that influence personality 4.4.1
2. Summarize benefits of teamwork 4.4.2
3. Develop a personal ethics statement 4.4.3
4. Role model healthy attitudes toward others 4.4.4

Hair and Scalp Procedures

5.1 Discuss proper draping procedures

1. Demonstrate proper draping procedures
chemical service
dry wet 5.1.1

**5.2 Discuss the importance of hair brushing prior to shampoo service remove debris/hair products
stimulates blood circulation
**

1. Demonstrate proper brushing procedures 5.2.1

**5.3 Discuss benefits of scalp manipulation
stimulates muscles, nerves, and blood vessels
**

1. Demonstrate proper procedures for scalp manipulation 5.3.1

5.4 Explain the importance of pH in shampoo

1. Discuss the benefits of different shampoos and conditioners with clients during salon services 5.4.1
2. Illustrate the pH scale 5.4.2
3. Analyze pH of various hair products 5.4.3

Trichology

6.1 Describe the properties of the hair and scalp

1. Illustrate the structure of a hair
hair root
hair shaft 6.1.1

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6.2 Discuss hair quality

1. Compare hair analysis and hair quality
density
elasticity
porosity
texture 6.2.1
2. Demonstrate porosity and elasticity strand test 6.2.2
3. Determine hair density 6.2.3

**6.3 Describe the process of hair growth
anagen
catagen
telogen
**

1. Illustrate the process of hairgrowth 6.3.1

6.4 Discuss hair loss and their causes

1. Discuss types of alopecia with clients 6.4.1
2. Research various hair loss treatments 6.4.2

**6.5 Identify disorders of the scalp
pediculosis capitis
pityriasis
scabies
tinea
**

1. Research various treatments of scalp disorders 6.5.1

Principles of Hair Design

**7.1 Discuss the elements of hair design
color
form
line
space
wave pattern / texture
**

1. Discuss angles and shapes as they relate to hair design while consulting with clients 7.1.1
2. Describe the effects different colors have on a hairstyle
depth
dimension
illusion of shine/texture
attention to special areas 7.1.2

**7.2 Identify principles of hair design
balance
emphasis/contrast
harmony
proportion
rhythm
**

1. Discuss principles of hair design used while consulting with clients 7.2.1
2. Demonstrate the principles of hair design to create a hairstyle. 7.2.2

**7.3 Recognize the seven facial shapes
diamond
inverted triangle
oblong
oval
round
square
triangular
**

1. Demonstrate how to design hairstyles to enhance or camouflage facial features 7.3.1

Haircutting

8.1 Explain the basic principles of haircutting

1. Identify reference points of the head in relation to their role in haircutting 8.1.1

8.2 Describe angles, elevations, and guidelines for haircutting

1. Compare concave and convex hairstyles 8.2.1
2. Identify the three basic straight lines 8.2.2

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3. Discuss natural fall and normal projection 8.2.3

**8.3 Discuss the factors involved in a successful client consultation
desired look
face, head, and body shape
hair analysis
lifestyle
**

1. Role play a client consultation 8.3.1

8.4 Discuss proper use and safety precautions for cutting hair

1. Demonstrate safety precautions for cutting hair 8.4.1

**8.5 Describe haircutting tools
clippers/trimmers
razor
shears
texturizing/thinning/shaping shears
**

1. Demonstrate proper use of hair cutting tools 8.5.1
2. Properly clean and store haircutting tools 8.5.2

8.6 Explain sectioning for a successful haircut

1. Identify workable areas for the purpose of control 8.6.1
2. Demonstrate a four part section 8.6.2

**8.7 Describe the four basic haircuts
solid/blunt form
graduated form
uniformly layered
increased layered form
**

1. Demonstrate each form haircut
0 degree
45 degree
90 degree
180 degree 8.7.1

**8.8 Discuss various haircutting techniques
combination form haircuts
form
shear/clipper overcomb
**

1. Demonstrate various haircutting techniques 8.8.1

8.9 Explain cross checking for balance and accuracy

1. Demonstrate cross checking 8.9.1

Hairstyling

9.1 Discuss client consultations procedures

1. Role play a client consultation for hairstyling 9.1.1

**9.2 Explain wet hair styling basics
prep
styles
tools
**

1. Identify tools needed for wet styling 9.2.1
2. Demonstrate hair prep for wet styling 9.2.2

9.3 Discuss wet hair styling techniques

1. Demonstrate basic wet prep styles
finger waves
pin curls
roller curls 9.3.1
2. Demonstrate alternate parallel waves
horizontal
ridge wave
vertical 9.3.2

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**9.4 Identify the three components of a curl
base
circle
stem
**

1. Compare and contrast roller curls and pin curls `9.4.1`
2. Demonstrate curl and stem
clockwise
counter clockwise `9.4.2`
3. Identify mobility of curl
full-stem curl
half-stem curl
no-stem curl `9.4.3`
4. Demonstrate the four pincurl shapes
crescent/arc
rectangle
square
triangle `9.4.4`
5. Demonstrate curl placement and anchoring `9.4.5`
6. Create hairstyles using cylinder roller
half base
off base
on base `9.4.6`

**9.5 Explain the three basic techniques of long hair design
french twist
three-strand over braid
three-strand under braid
**

1. Demonstrate a three strand over-braid `9.5.1`
2. Demonstrate a three strand under-braid `9.5.2`
3. Demonstrate a french twist `9.5.3`

**9.6 Explain thermal styling procedures
air form solid form
air forming
pressing and curling
scrunch layered form
**

1. Identify implements and equipment needed for thermal styling `9.6.1`
2. Demonstrate proper safety procedures `9.6.2`
3. Demonstrate proper sanitation procedures `9.6.3`
4. Demonstrate various thermal styling techniques `9.6.4`
5. Demonstrate air forming techniques
combination form round brush/curling iron
graduated form round brush
layered form round brush `9.6.5`

Chemical Texturizing

**10.1 Describe three major types of chemical texturizing
curl reforming
hair relaxing
permanent waving
**

1. Role play client consultation for chemical texturizing `10.1.1`
2. Identify safety precautions for chemical texturizing `10.1.2`

**10.2 Explain the four types of permanent waving
ammonia thioglycolic
endothermic heat waves
exothermic heat waves
glycerol monothiogloycolic (acid)
**

1. Demonstrate proper safety precautions for permanent waving `10.2.1`
2. Identify perm tools
perm end wraps
rat tail/weave comb
various size rods `10.2.2`

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10.3 Discuss wrapping procedures

1. Illustrate the two basic methods in wrapping
croquignole
spiral 10.3.1
2. Demonstrate end paper techniques
bookend
cushion end
double-flat end 10.3.2
3. Demonstrate both wrapping methods using various end paper techniques 10.3.3
4. Demonstrate each wrapping pattern
bricklay pattern
curvature/double halo
partial
piggyback 10.3.4

**10.4 Describe the basic steps of the chemical phase of perm waving
apply solution
set timer/test curl
rinse
blot
apply neutralizer
rinse
**

1. Perform a perm wave 10.4.1
2. Demonstrate all safety and sanitation procedures for performing a perm wave 10.4.2

Haircoloring

11.1 Define principles of color and the law of color

1. Identify primary, secondary, and tertiary colors 11.1.1
2. Create a color wheel using the law of color 11.1.2
3. Identify warm and cool colors 11.1.3

11.2 Describe the levels of hair color

1. Identify natural level, desired level and tone 11.2.1

11.3 Identify types of hair color

1. Role play client consultation to determine color selection 11.3.1

11.4 Explain the color application process

1. Demonstrate safety and sanitation procedures for color application 11.4.1
2. Demonstrate basic four quad sectioning for color application 11.4.2
3. Demonstrate virgin color application 11.4.3
4. Demonstrate re-touch application 11.4.4
5. Demonstrate foil technique 11.4.5
6. Demonstrate cap technique 11.4.6

11.5 Discuss hair lightening techniques

1. Compare and contrast hair lightening and hair coloring 11.5.1
2. Demonstrate virgin color application 11.5.2
3. Demonstrate re-touch application 11.5.3

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4. Demonstrate foil technique 11.5.4
5. Demonstrate cap technique 11.5.5

11.6 Identify hair color problems

1. Role play client consultation for hair color correction 11.6.1

Wigs and Hair Additions

12.1 Describe wig composition and construction

1. Compare different wig compositions 12.1.1
2. Compare various wig constructions 12.1.2

12.2 Discuss wig selection

1. Organize all necessary implements and materials needed for wig measurements 12.2.1
2. Demonstrate proper procedure for taking wig measurements 12.2.2
3. Demonstrate how to apply a wig 12.2.3
4. Role play client consultation for wig services 12.2.4

**12.3 Explain proper wig care
blocking
cleaning/conditioning
cutting
setting/styling
**

1. Demonstrate proper procedure for blocking a wig 12.3.1
2. Demonstrate how to cut a wig 12.3.2
3. Discuss setting and styling a wig 12.3.3
4. Discuss cleaning and conditioning a wig 12.3.4
5. Apply all safety and sanitation procedures for wig services 12.3.5

12.4 Discuss various hair pieces

1. Discuss hair extensions with client during salon services 12.4.1
2. Classify methods of hair extensions 12.4.2
3. Perform client consultation for hair extensions 12.4.3