

## **COURSE SYLLABUS**

<b>LAST REVIEW</b>	Fall 2022
<b>COURSE TITLE</b>	Manicuring Skills
<b>COURSE NUMBER</b>	NAIL 0105
<b>DIVISION</b>	Career and Technical Education
<b>DEPARTMENT</b>	NAIL
<b>CIP CODE</b>	12.0410
<b>CREDIT HOURS</b>	3
<b>CONTACT HOURS/WEEK</b>	Class: 1      Lab: 4
<b>PREREQUISITES</b>	NAIL-0101 Scientific Concepts

**COURSE PLACEMENT**      Students must meet the correct placement measure for this course. Information may be found at:  
<https://www.kckcc.edu/admissions/information/mandatory-evaluation-placement.html>

### **COURSE DESCRIPTION**

This course will provide the student with an understanding of the purpose and effect of manicures and pedicures as well as a working knowledge of the equipment, implements, supplies and products used in the performance of professional manicures and pedicures. The student will also be instructed in the proper preparation and procedures involved in performing basic manicures, reconditioning treatments, repair techniques, hand and arm massage, foot and leg massage and application of polish. The student will perform a minimum of 25 manicures and 10 pedicures.

### **PROGRAM LEARNING OUTCOMES**

1. Demonstrate safety and sanitation procedures required for professional license in the cosmetology industry
2. Utilize chemicals and implements to perform nail services including analysis and application.
3. demonstrate customer service skills
4. Perform a variety of nail services in compliance with the appropriate state requirements.

### **TEXTBOOKS**

<http://kckccbookstore.com/>

### **METHOD OF INSTRUCTION**

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

### **COURSE OUTLINE**

- I. Manicure essentials
  - A. Hand and arm massage
  - B. Manicure products
  - C. Manicure implements
  - D. Manicure supplies
  - E. Manicure equipment
- II. Basic manicure
  - A. Basic manicure preparation
  - B. Basic manicure procedure
  - C. Basic manicure finishing techniques
  - D. Advanced manicure techniques
- III. Pedicure essentials
  - A. Foot and leg massage
  - B. Pedicure products
  - C. Pedicure implements
  - D. Pedicure supplies
  - E. Pedicure equipment
- IV. Basic pedicure
  - A. Basic pedicure preparation
  - B. Basic pedicure procedure
  - C. Basic pedicure finishing techniques
  - D. Advanced pedicure techniques

## **COURSE LEARNING OUTCOMES AND COMPETENCIES**

Upon successful completion of this course, the student will:

- A. Understand and describe the five basic movements of massage for the basic manicure and pedicure.
  - 1. Define “massage” and understand the benefits of massage.
  - 2. Describe and demonstrate effleurage, petrissage, friction, tapotement and vibration.
- B. Identify the factors that make performing massage manipulations inadvisable in a manicure and pedicure.
  - 3. Describe and recognize the skin conditions that make performing massage inadvisable.
  - 4. Name the physical conditions that make performing massage inadvisable.
  - 5. Understand and recognize the conditions that require caution and/or special care when performing massage.
- C. Identify and describe the functions of manicure products, implements, supplies and equipment.
  - 6. Identify and understand the function of liquid soap, antiseptic sanitizer, polish remover, cuticle remover, cuticle conditioner, nail bleach, moisturizing lotion or cream, nail preparation solution, base coat, nail strengthener, colored polish, top coat and speed dry.
  - 7. Identify and understand the function of nail clippers, nail files, emery boards, glass files, metal files, diamond files, cuticle pushers, cuticle nippers, nail brushes and buffers.
  - 8. Identify and understand the function of towels, cotton or lint-free nail wipes, cosmetic spatulas and orangewood sticks.
  - 9. Identify and understand the function of the manicure table, table lamp, glass container,

disinfection container, finger bowl, client cushion, technician chair and client chair.

- D. Demonstrate the procedure for the basic manicure.
  - 10. Describe and demonstrate customer greeting, client consultation and analysis, and professional recommendation.
  - 11. Describe and demonstrate basic manicure set up and sanitation.
  - 12. Describe and demonstrate the five basic nail shapes.
  - 13. Describe and demonstrate cuticle care.
  - 14. Describe and demonstrate hand and arm massage.
  - 15. Describe and demonstrate polish application
- E. Demonstrate the procedure for advanced manicure techniques.
  - 16. Describe and demonstrate the French manicure.
  - 17. Describe and demonstrate the male manicure.
  - 18. Describe and demonstrate the children's manicure.
- F. Identify and describe the functions of pedicure products, implements, supplies and equipment.
  - 19. Identify and understand the function of antiseptic foot spray, foot soak, exfoliant and massage oil or lotion.
  - 20. Identify and understand the function of curette, nail rasp, foot file and toenail nippers.
  - 21. Identify and understand the function of toe separators and pedicure slippers.
  - 22. Identify and understand the function of pedicure basin or bath and spa pedicure throne.
- G. Demonstrate the procedure for the basic pedicure.
  - 23. Describe and demonstrate basic pedicure set up and sanitation.
  - 24. Describe and demonstrate correct toenail shaping.
  - 25. Describe and demonstrate exfoliation.
  - 26. Describe and demonstrate foot and leg massage.
- H. Demonstrate the procedure for the advanced pedicure.
  - 27. Describe and demonstrate proper care, cleaning and sanitation procedures for the spa pedicure throne.
  - 28. Describe and demonstrate the male pedicure.
  - 29. Describe and demonstrate the children's pedicure.

## **ASSESSMENT OF COURSE LEARNING OUTCOMES AND COMPETENCIES**

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

## **COLLEGE POLICIES AND PROCEDURES**

*Student Handbook*

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

*College Catalog*

<https://www.kckcc.edu/academics/catalog/index.html>

*College Policies and Statements*

<https://www.kckcc.edu/about/policies-statements/index.html>

*Accessibility and Accommodations*

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.