

Master Cosmetologist Course Details

Junior Level (1 - 450 hours)

Course #	Course Name	Description	Hours	Days	Chapters Covered	Hours
COS 110	Introduction to the Beauty Industry	a. Social Skills b. Reception or Desk Work c. Arts and Ethics d. State Board of Cosmetology Rules and Laws e. Salesmanship f. Telephone Etiquette & Ethics	75	10	1, 2, 3, 4, 30, 31, 32	0 - 75
COS 120	Theory of Hair Cutting & Dressing	a. Theory of Hair Cutting (30 hours) b. Theory of Hairdressing (45 hours)	75	20	14 16 (Basics)	76 - 150
COS 130	Safety & General Sciences I	a. Chemistry of Beauty Products & Composition of Tints, Dyes, and Bleaches b. Sanitation & Sterilization c. EPA; OSHA; Bloodspill Procedures d. AIDS; HIV; and Communicable Diseases e. Physiology f. Electricity g. Safety Precautions	150	30	6, 12, 13 20, 21 (Basics)	151 - 300
COS 150	General Sciences II	a. Skin Structure, Growth, & Nutrition b. Skin Disorders & Diseases c. Nail Structure & Growth d. Nail Disorders & Diseases	100	20	7, 8, 9, 10	301 - 400
COS 160	Laboratory Techniques	a. Tint and Bleaches / Perms b. Washing and Sanitizing Equipment c. Germicidal Solutions d. Shampoos	50	10	5	401 - 450
TOTALS			450	90		

Senior Level (451 - 1500 hours)

Course #	Course Name	Description	Hours	Days	Chapters Covered	Hours
COS 300	Hair Cutting & Shaping	a. Hair Cutting & Shaping (130 hours)	130	20	17 16 (Basics)	451 - 580
COS 310	Scalp & Hair Treatment	a. Scalp & Hair Treatment (50 hours)	50	10	11, 15	581 - 630
COS 320	Basic Nail Techniques	a. Manicures with Forearm Massage (25 hours) b. Pedicures with Foot/Leg Massage (20 hours) c. Nail Sculpting (45 hours)	90	15	25,26,27,28,29	631 - 720

COS 330	Basic Facial & Skin Techniques	a. Facial Treatment (35 hours) b. Make-up Applications (20 hours) c. Brow & Lash Tint (5 hours) d. Lip, Chin, & Face Hair Removal (10 hours) e. Brow Tweezing (10 hours) f. Brow Waxing (10 hours)	90	15	22,23, 24	721 - 810
COS 400	Senior Level II Theory & Practical Applications	a. Permanent Waving (130 hours) b. Chemical Hair Relaxing (50 hours) c. Hair Coloring & Hair Lightening (100 hours) d. Braiding and Braid Extensions (40 hours) e. Wigs and Hair Additions (40 hours) f. Hairdressing, Shampoo, & Comb-out (180 hours)	540	90	18, 21,	811 - 1350
COS 500	Senior Clinical Practice	a. Hairdressing, Shampoo, & Comb-out (10 hours) b. Chemical Hair Relaxing (50 hours) c. Hair Coloring & Hair Lightening (40 hours) d. Permanent Waving (50 hours)	150	25	19,20,16	1351 - 1500
TOTALS			1050	175		

Barbering Course Details

Junior Level

Course #	Course Name	Description	Hours	Days	Chapters Covered
BAR 110	Introduction to Barbering Field	a. Social Skills b. State Board of Barber Rules and Laws c. Salesmanship d. Career/Business Planning (including interviews)	20	3	1, 2, 21, 22, 3
BAR 120	Safety & Chemistry	a. Chemistry of Beauty Products & Composition of Tints, Dyes, and Bleaches b. EPA; OSHA; Bloodspill Procedures c. AIDS; HIV; and Communicable Diseases d. Safety Precautions	50	9	4,5,6,7,10,11
BAR 130	Coloring of Hair Theory & Applications	a. Bleaching b. High and Low Lighting c. Permanent Color d. Semi-permanent Color e. Temporary Rinse	20	3	19,8,9,
BAR 140	Permanent Waving, Relaxing, & Chemical Applications I (Theory & Applications)	a. Theory (30 hours) b. Applications (50 hours)	80	13	18
BAR 150	Permanent Waving, Relaxing, & Chemical Applications II (Theory & Applications)	a. Theory (20 hours) b. Applications (60 hours)	80	13	18
BAR 160	Permanent Waving, Relaxing, & Chemical Applications III (Theory & Applications)	a. Theory (15 hours) b. Applications (60 hours)	75	13	18
TOTAL HOURS			325	54	

Senior Level

BAR 200	Barbering Theory & Techniques I	a. Sanitation (6 hours) b. Hair & Scalp Treatments, Shampoo, Conditioner (6 hours) c. Shaving (9 hours) d. Facial Hair Design & Waxing (6 hours) e. Hairstyling Techniques & Cutting (55 hours) f. Permanent Waving, Relaxing & Chem Apps - Apps Only (8 hours)	90	15	5,12,13,14,15,18
BAR 210	Barbering Theory & Techniques II	a. Sanitation (6 hours) b. Hair & Scalp Treatments, Shampoo, Conditioner (6 hours) c. Shaving (9 hours) d. Facial Hair Design & Waxing (6 hours) e. Hairstyling Techniques & Cutting (55 hours) f. Permanent Waving, Relaxing & Chem Apps - Apps Only (8 hours)	90	15	5,12,14,13,15,18

BAR 220	Barbering Theory & Techniques III	a. Sanitation (6 hours) b. Hair & Scalp Treatments, Shampoo, Conditioner (6 hours) c. Shaving (9 hours) d. Facial Hair Design & Waxing (6 hours) e. Hairstyling Techniques & Cutting (55 hours) f. Permanent Waving, Relaxing & Chem Apps - Apps Only (8 hours)	90	15	5,12,13,14,15,18
BAR 230	Barbering Theory & Techniques IV	a. Sanitation (6 hours) b. Hair & Scalp Treatments, Shampoo, Conditioner (6 hours) c. Shaving (9 hours) d. Facial Hair Design & Waxing (6 hours) e. Hairstyling Techniques & Cutting (55 hours) f. Permanent Waving, Relaxing & Chem Apps - Apps Only (8 hours)	90	15	5,13,14,16
BAR 240	Barbering Theory & Techniques V	a. Sanitation (6 hours) b. Hair & Scalp Treatments, Shampoo, Conditioner (6 hours) c. Shaving (9 hours) d. Facial Hair Design & Waxing (6 hours) e. Hairstyling Techniques & Cutting (55 hours) f. Permanent Waving, Relaxing & Chem Apps - Apps Only (8 hours)	90	15	13,14,17
BAR 250	Barbering Theory & Techniques VI	a. Sanitation (6 hours) b. Hair & Scalp Treatments, Shampoo, Conditioner (6 hours) c. Shaving (9 hours) d. Facial Hair Design & Waxing (6 hours) e. Hairstyling Techniques & Cutting (55 hours) f. Permanent Waving, Relaxing & Chem Apps - Apps Only (8 hours)	90	15	13,14,15
BAR 260	Barbering Theory & Techniques VII	a. Sanitation (6 hours) b. Hair & Scalp Treatments, Shampoo, Conditioner (6 hours) c. Shaving (9 hours) d. Facial Hair Design & Waxing (6 hours) e. Hairstyling Techniques & Cutting (55 hours) f. Permanent Waving, Relaxing & Chem Apps - Apps Only (8 hours)	90	15	5,12,13,14
BAR 270	Barbering Theory & Techniques VIII	a. Sanitation (6 hours) b. Hair & Scalp Treatments, Shampoo, Conditioner (6 hours) c. Shaving (9 hours) d. Facial Hair Design & Waxing (6 hours) e. Hairstyling Techniques & Cutting (55 hours) f. Permanent Waving, Relaxing & Chem Apps - Apps Only (8 hours)	90	15	13,14,15,18
BAR 280	Barbering Theory & Techniques IX	a. Sanitation (6 hours) b. Hair & Scalp Treatments, Shampoo, Conditioner (6 hours) c. Shaving (9 hours) d. Facial Hair Design & Waxing (6 hours) e. Hairstyling Techniques & Cutting (55 hours) f. Permanent Waving, Relaxing & Chem Apps - Apps Only (8 hours)	90	15	13,14

BAR 290	Barbering Theory & Techniques X	a. Sanitation (6 hours) b. Hair & Scalp Treatments, Shampoo, Conditioner (6 hours) c. Shaving (9 hours) d. Facial Hair Design & Waxing (6 hours) e. Hairstyling Techniques & Cutting (55 hours) f. Permanent Waving, Relaxing & Chem Apps - Apps Only (8 hours)	90	15	13,14
BAR 300	Barbering Theory & Techniques XI	a. Sanitation (6 hours) b. Hair & Scalp Treatments, Shampoo, Conditioner (6 hours) c. Shaving (9 hours) d. Facial Hair Design & Waxing (6 hours) e. Hairstyling Techniques & Cutting (55 hours) f. Permanent Waving, Relaxing & Chem Apps - Apps Only (8 hours)	90	15	13,14,17
BAR 310	Barbering Theory & Techniques XII	a. Sanitation (6 hours) b. Hair & Scalp Treatments, Shampoo, Conditioner (6 hours) c. Shaving (9 hours) d. Facial Hair Design & Waxing (6 hours) e. Hairstyling Techniques & Cutting (55 hours) f. Permanent Waving, Relaxing & Chem Apps - Apps Only (8 hours)	90	15	12,13,14
BAR 320	Barbering Theory & Techniques XIII	a. Sanitation (6 hours) b. Hair & Scalp Treatments, Shampoo, Conditioner (6 hours) c. Shaving (9 hours) d. Facial Hair Design & Waxing (6 hours) e. Hairstyling Techniques & Cutting (55 hours) f. Permanent Waving, Relaxing & Chem Apps - Apps Only (8 hours)	90	15	14,21,22,23
BAR 400	State Board Preparation Course	a. Exam Preparation (Theory & Practical)	5	1	21
TOTAL HOURS			1175	196	

All BAR 200 and above courses include Practical work along with theory
There will be 1 hour of Theory per Day in the Corresponding Subject Being Taught that Class

Nail Technician Course Details (Full Time)

Junior Level (1 - 250 hours)

Course #	Course Name	Description	Hours	Days	Chapters Covered
NAIL 110	Introduction to the Beauty Industry	a. Social Skills b. Reception or Desk Work c. Arts and Ethics d. State Board of Cosmetology Rules and Laws e. Salesmanship f. Career/Business Planning (including interviews) g. Telephone Etiquette & Ethics h. Salon Department	75	13	P1 - 1, 2, 3, 4 P4 - 20, 21, 22 (1)
NAIL 120	Safety & Chemistry	a. Chemistry of Beauty Products & Composition of Tints, Dyes, and Bleaches b. Sanitation & Sterilization c. EPA; OSHA; Bloodspill Procedures d. AIDS; HIV; and Communicable Diseases e. Physiology f. Electricity g. Safety Precautions	90	15	P2(Section I)- 5, 6, 7, 8, P2(Section II)- 9, 10, 11,12 (2&3)
NAIL 200	Manicure Theory & Techniques	a. Manicures with Forearm Massage Theory b. Manicures with Forearm Massage Techniques	85	14	*13
TOTAL HOURS			250	42	

Senior Level (251 - 600 hours)

NAIL 210	Pedicure Theory & Techniques	a. Pedicures with Foot/Leg Massage Theory b. Pedicures with Foot/Leg Massage Techniques	85	14	*14
NAIL 220	Nail Sculpting Theory & Techniques	a. Nail Sculpting Theory b. Nail Sculpting Techniques	85	14	*15
NAIL 230	Artificial Nails & Applied Techniques I	a. Artificial Tip Application with Overlay (60 hours) b. Fill-in Applications (30 hours)	90	15	*16, 17, 18
NAIL 240	Artificial Nails & Applied Techniques II	a. Artificial Nail Removal/Repair (10 hours) b. Professional Drill Usage (10 hours) d. Nail Wrapping (20 hours)	40	7	*15, 16 Review
NAIL 250	Nail Art Techniques	a. Nail Art (10 hours) b. Airbrush Art (5 hours) c. Paraffin Treatments (5 hours)	20	3	19 (*4)
NAIL 260	Student Competition	Competition among students within senior class (rewards for winners given)	20	3	n/a
NAIL 300	State Board Preparation Course	a. Exam Preparation (Theory & Practical)	10	2	n/a
TOTAL HOURS			350	58	

All NAIL 200 and above courses include Practical work along with theory

Nail Technician Course Details (Part Time)

Junior Level (1 - 250 hours)

Course #	Course Name	Description	Hours	Days	Chapters Covered
NAIL 110	Introduction to the Beauty Industry	a. Social Skills b. Reception or Desk Work c. Arts and Ethics d. State Board of Cosmetology Rules and Laws e. Salesmanship f. Career/Business Planning (including interviews) g. Telephone Etiquette & Ethics h. Salon Department	75	13	P1 (Section I) - 1, 2, 3, 4 P4 (Section II)- 20, 21, 22 (1 &2)
NAIL 120	Safety & Chemistry	a. Chemistry of Beauty Products & Composition of Tints, Dyes, and Bleaches b. Sanitation & Sterilization c. EPA; OSHA; Bloodspill Procedures d. AIDS; HIV; and Communicable Diseases e. Physiology f. Electricity g. Safety Precautions	90	15	P2(Section III)- 5, 6, 7, 8 P2(Section VI)- 9, 10, 11,12 (3&4)
NAIL 200	Manicure Theory & Techniques	a. Manicures with Forearm Massage Theory b. Manicures with Forearm Massage Techniques	85	14	*13
TOTAL HOURS			250	42	

Senior Level (251 - 600 hours)

NAIL 210	Pedicure Theory & Techniques	a. Pedicures with Foot/Leg Massage Theory b. Pedicures with Foot/Leg Massage Techniques	85	14	*14
NAIL 220	Nail Sculpting Theory & Techniques	a. Nail Sculpting Theory b. Nail Sculpting Techniques	85	14	*15
NAIL 230	Artificial Nails & Applied Techniques I	a. Artificial Tip Application with Overlay (60 hours) b. Fill-in Applications (30 hours)	90	15	*16, 17, 18
NAIL 240	Artificial Nails & Applied Techniques II	a. Artificial Nail Removal/Repair (10 hours) b. Professional Drill Usage (10 hours) d. Nail Wrapping (20 hours)	40	7	*15, 16 Review
NAIL 250	Nail Art Techniques	a. Nail Art (10 hours) b. Airbrush Art (5 hours) c. Paraffin Treatments (5 hours)	20	3	19 (*5)
NAIL 260	Student Competition	Competition among students within senior class (rewards for winners given)	20	3	n/a
NAIL 300	State Board Preparation Course	a. Exam Preparation (Theory & Practical)	10	2	n/a
TOTAL HOURS			350	58	

All NAIL 200 and above courses include Practical work along with theory

Esthetician Course Details

Junior Level (1 - 450 hours)

Course #	Course Name	Description	Hours	Days	Chapters Covered
ESTH 110	Introduction to the Beauty Industry	a. Social Skills b. Reception or Desk Work c. Arts and Ethics d. State Board of Cosmetology Rules and Laws e. Salesmanship f. Career/Business Planning (including interviews) g. Telephone Etiquette & Ethics h. Salon Department	75	12	1, 3, 4
ESTH 120	Safety & Chemistry	a. Chemistry of Beauty Products & Composition of Tints, Dyes, and Bleaches b. Sanitation & Sterilization c. EPA; OSHA; Bloodspill Procedures d. AIDS; HIV; and Communicable Diseases e. Physiology f. Electricity g. Safety Precautions h. Theory of Nail Care and Skin Care (25 hours)	125	20	6, 7, 8
ESTH 130	Professional Ethics	a. Personal Attitude b. Personal Image	25	4	2
ESTH 140	Introduction to Skin Sciences	a. Histology of Skin b. Cells c. Tissue d. Dermatology and Physiology <ul style="list-style-type: none"> i. Structure/Function of the Skin and Glands ii. Conditions and Disorders of the Skin iii. Physiology of Color iv. Morphology e. Medical Terminology f. Medical Charting g. Clinical Sanitation & Sterilization	225	36	5, 9, 10, 12
TOTAL HOURS			450	72	
Senior Level (451 - 1000 hours)					
ESTH 200	Advanced Skin Sciences	a. Patient Psychology b. Customer Service c. Advanced Skin analysis/diseases d. Camouflage Make-Up	95	15	11

ESTH 310	Body Treatments	a. Massage b. Wraps c. Cellulite d. Aromatherapy e. Reflexology	75	12	18
ESTH 320	Facial Treatments & Massages	a. Facial Techniques i. Client Consultation & Skin Analysis ii. Manipulations iii. Cleansing iv. Toning v. Pre-op Therapy vi. Post-op Therapy vii. Spa Facials b. Massage Techniques i. European Massage ii. Aromatherapy iii. Product Therapy iv. Mask Therapy c. Facial Machines i. Galvanic ii. High Frequency iii. Vacuum iv. Vaporizers v. Microdermabrasion	115	19	14, 15, 16
ESTH 330	Make-Up Techniques	a. Client Consultation & Skin Analysis b. Contouring c. Application d. Color Accent e. Camouflage Make-up	90	14	19
ESTH 340	Hair Removal Techniques	a. Lip, Chin, Face (20 hours) b. Leg Waxing (10 hours) c. Bikini Waxing (10 hours) d. Brow Arching (35 hours) e. Brow Tweezing (15 hours) f. Brow and Lash Tinting (5 hours)	75	12	17
ESTH 350	Spa/Salon Management	a. Front Desk b. Marketing, business, clients, products c. Managerial Responsibilities	75	12	21, 22
ESTH 360	Business Practices	a. State Board Rules and Laws b. Resume Writing c. Job Interviewing	25	4	21, 22
TOTAL HOURS			550	88	

Post-Senior Optional Elective

ESTH 400	State Board Preparation Course	a. Exam Preparation (Theory & Practical)	10	2	n/a
----------	--------------------------------	--	----	---	-----

All ESTH 300 and above courses include Practical work along with theory

Cosmetology Instructor Course Details

Quarter 1 (1 - 375 hours)

Course #	Course Name	Description	Hours	Days	Chapters Covered
COS 510	Theory of General Education I	a. Cosmetology Laws, Rules, & Regulations (12.5 hours) b. Principles of Teaching Cosmetology c. Principles of Teaching Nail Care d. Principles of Teaching Skin Care	125	25	V1 - 1, 2, 3
COS 520	Theory of General Education II	a. Cosmetology Laws, Rules, & Regulations (12.5 hours) b. Principles of Teaching Cosmetology c. Principles of Teaching Nail Care d. Principles of Teaching Skin Care	125	25	V1 - 3, 4, 5
COS 530	Teaching Techniques & A/V Aids I	a. Curriculum Development b. Lesson Plans & Presentations c. Demonstrations & Lectures d. Various Methods of Evaluation	125	25	V1 - 6, 7, 8, 9
TOTAL HOURS			375	75	

Quarter 2 (376 - 750 hours)

COS 540	Teaching Techniques & A/V Aids II	a. Curriculum Development b. Lesson Plans & Presentations c. Demonstrations & Lectures d. Various Methods of Evaluation	100	20	10, 11 V2 - 9
COS 600	Practice of Teaching I	Students will be supervised in conducting actual lectures & demonstrations to the classroom of Cosmetology students	90	18	V2 - 1, 2, 3
COS 610	Practice of Teaching II	Students will be supervised in conducting actual lectures & demonstrations to the classroom of Cosmetology students	185	37	V2 - 4, 5, 6, 7, 8
TOTAL HOURS			375	75	

All Instructor Students will be supervised by a School Instructor at all times

Massage Therapy Course Details

Junior Level (1 - 330 hours)

Week	Course #	Course Name	Description	Hours	Chapters Covered
1 - 3	MSTH 110	Introduction to the Beauty Industry	<ul style="list-style-type: none"> a. Social Skills b. Reception or Desk Work c. Arts and Ethics d. State Board of Massage Rules and Laws e. Salesmanship f. Career/Business Planning (including interviews) g. Telephone Etiquette & Ethics h. Salon Department 	75	P1 - 1, 2
4 - 6	MSTH 220	Advanced Theory for Massage I	<ul style="list-style-type: none"> a. Client Data Collection b. Documentation c. Legalities & Professional Standard of Massage d. Therapeutic Relationships & Communications 	85	P 3 - 3, 6, 7, 8, 9
7 - 9	MSTH 230	Advanced Sciences for Massage I	<ul style="list-style-type: none"> a. Human Anatomy b. Physiology 	85	P2 - 4
10 - 12	MSTH 240	Advanced Sciences for Massage II	<ul style="list-style-type: none"> c. Kinesiology d. Human Pathology (40 hours) 	85	P2 - 5

TOTAL HOURS

330

Senior Level (331 - 600 hours)

13 - 15	MSTH 310	Advanced Massage Theory, Techniques, & Practice I	<ul style="list-style-type: none"> a. Theory & Hands-on Techniques b. Effleurage/Gliding c. Petrissage/Kneading d. Compression e. Friction f. Tapotement/Percussion g. Vibration 	90	P3 - 10, 11
16 - 18	MSTH 320	Advanced Massage Theory, Techniques, & Practice II	<ul style="list-style-type: none"> a. Direct Pressure b. Superficial Warming Techniques c. Pumping d. Stretching e. Jostling f. Shaking g. Rocking 	90	P3 - 12, 13
19 - 21	MSTH 250	Advanced Theory for Massage II	<ul style="list-style-type: none"> d. Body Mechanics e. Massage History 	40	P 3 - 3, 6, 7, 8, 9
22 - 24	MSTH 330	Advanced Massage Theory, Techniques, & Practice III	<ul style="list-style-type: none"> a. Hydrotherapy b. Massage in the Spa Settings c. Athletic/Sports Massage d. Other Therapeutic Modalities 	50	P 3 - 14, 15, 16, 17, 18, 19

TOTAL HOURS

270