

**Course Objectives/Course Outline**  
**Spokane Community College**

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**Course Title:** Introduction to Cosmetology  
**Prefix and Course Number:** COS 101

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**Course Learning Outcomes:**

**By the end of this course, a student should be able to:**

- Describe the importance of the history of cosmetology
- Understanding of career opportunities available within the industry
- Perform proper paperwork for record keeping
- Create long-term and short-term goals
- Practice a positive attitude
- Practice communication skills with customers and coworkers
- Understand the importance of professional image

**COURSE OUTLINE:**

**The instructor may offer up to 25% of this course to be taught online or offer a distance learning option.**

- I. History of Cosmetology
  - A. Progression from Egyptian Times
  - B. The Evolution of Cosmetology
  - C. Origin of Esthetics
  - D. Origin of Manicures/Nails
  - E. Cosmetology, Esthetics, and Nails: Impact on Society
- II. Requirements for Cosmetologists
  - A. Requirements
  - B. State Laws
- III. Professional Development
  - A. Importance of a Healthy Body and Mind
  - B. Stamina
- IV. The Importance of Rest and Relaxation
  - A. Exercise
  - B. Nutrition
  - C. Hygiene
  - D. Image
  - E. Ergonomics
- V. Effective Communication
  - A. Non-verbal Communication
  - B. Verbal Communication
- VI. Human Relations
  - A. Personalities
  - B. The Importance of Teamwork
  - C. Ethics

- VII. Working in a Salon
  - A. Commissions
  - B. Renting Space: Pros and Cons
  - C. Leasing Space: Pros and Cons
- VIII. Starting a Salon
  - A. Licensing Requirements
  - B. Costs
  - C. Retailing
- XI. Overview