

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

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**Course Title:** Esthetics Concepts III

**Prefix and Course Number:** COS 135

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**Course Learning Outcomes:**

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

1. Define the reasons to study anatomy, physiology and histology
2. Define and describe cells, their structure, reproduction and tissue types found in the body
3. Name the 9 major body organs, the systems and their functions
4. Recognize contraindications for chemical exfoliation procedures
5. Understand light therapies and different medical esthetics
6. List the different forms of electric currents and measurements
7. Understand the scope of practice as an esthetician
8. Understand advanced exfoliation both manually and chemically
9. Identify when extractions can proper be performed using all safety and infection control procedures
10. Examine advanced machine use
11. Define spray tanning
12. Describe the application of lash extensions and spray tanning
13. Explain the importance of record keeping, creating a mission statement, retailing and creating a brand
14. Review for final exam

**Course Outline:**

*The instructor may offer up to 50% of this course to be taught online or offer a distance learning option.*

- I. Anatomy and physiology
  - A. Cells, structure and reproduction
  - B. Tissues and types in the body
  - C. Body organs
  - D. Body systems
- II. Electricity
  - A. Types of currents
  - B. Electrical measurements
  - C. Electrical equipment
  - D. Electrical equipment safety
  - E. Electrotherapy
  - F. Electromagnetic radiation and visible light
  - G. Safety and infection control
- III. Advanced esthetics topics and treatments
  - A. Contraindications of chemical exfoliation
  - B. Chemical peels
  - C. Benefits peels and microdermabrasion
  - D. Light therapy and laser
  - E. Microcurrent and ultrasound
  - F. Body treatments
  - G. Medical esthetics including injectables and surgical

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- IV. Advanced treatments and review
  - A. Wraps and body treatment
  - B. Exfoliation
  - C. Comedome extractions
  - D. Milia extractions
  - E. Machine use
  - F. Spray tanning
  - F. Safety and infection control procedures
- V. Lash enhancements
  - A. Individual and volume lash application
  - B. Advantages to the different materials of which lashes are made
  - C. Size, length and shape
  - D. Consultation
  - E. Safety and infection control procedures