



## MASTER COURSE OUTLINE

A. COSM 1540 Principles and Practices: Advanced Practice Esthetics

B. COURSE DESCRIPTION:

This course is intended for Advanced Practice Esthetics students. This course will cover the knowledge needed to perform advanced facials on clients in the student salon. Topics will include anatomy and physiology, advanced skin disorders, and skin typing and aging analysis.

**(3 Cr – 1 lect, 2 lab)**

C. Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Professional Preparation and Practice in Advanced Esthetics
  - Safety, sanitation, and infection control duties
  - Tool and equipment safety
  - Client records
- Advanced Esthiology Theory
  - The cardiovascular and lymphatic systems
  - Advanced skin disorders
  - Skin typing and aging analysis
  - Pharmacology for estheticians
- Advanced Esthetics Procedures
  - Skin typing and analysis
  - Consultations for advanced facials
    - Prescription drugs-contraindications
  - Advanced skin care massage
    - Lymphatic massage
    - Machine-aided facial lymphatic massage

F. GOAL TYPE, OBJECTIVES, AND OUTCOMES:

<u>GOAL TYPE</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
<u>**Critical Thinking</u>	gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	<ol style="list-style-type: none"> <li>1. identify the definition of lymphatic drainage.</li> <li>2. identify benefits of lymphatic drainage.</li> <li>3. determine and identify frequently seen esthetic conditions.</li> <li>4. recognize signs of advanced medical conditions that require referral to a medical professional.</li> </ol>
<u>CS</u>	understand contraindications in skin care services.	<ol style="list-style-type: none"> <li>1. have a basic understanding of certain medications and their side effects that may affect the skin.</li> <li>2. determine whether a skin condition is the result to his or her medication.</li> </ol>
<u>CS</u>	perform skin typing and age analysis during an advanced skin care consultation.	<ol style="list-style-type: none"> <li>1. predict the outcome of treatments and determine which services will best meet the client's goals.</li> </ol>
<u>CS</u>	have a thorough understanding of advanced skin care massage.	<ol style="list-style-type: none"> <li>1. offer a variety of massage techniques into each session to meet individual client needs.</li> </ol>

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code S/Class Maximum 16; Letter Grade

Revision date: 04/05/21; 11/07/23

AASC Approval date: 05/04/21; 12/11/23

<b>*Riverland Community College Disciplines</b>	<b>MnTC Goal Number</b>
Communication (CM)	<b>1</b>
Natural Sciences (NS)	<b>3</b>
Mathematics/Logical Reasoning (MA)	<b>4</b>
History and the Social & Behavioral Sciences (SS)	<b>5</b>
Humanities and Fine Arts (HU)	<b>6</b>

<b>**Riverland Community College Core Themes</b>	<b>MnTC Goal Number</b>
Critical Thinking (CT)	<b>2</b>
Human Diversity (HD)	<b>7</b>
Global Perspective (GP)	<b>8</b>
Ethical and Civic Responsibility (EC)	<b>9</b>
People and the Environment (PE)	<b>10</b>

\*These five MnTC Goals have been identified as Riverland Community College Disciplines.

\*\* These five MnTC Goals have been identified as Riverland Community College Core Themes.

NOTE: The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

Riverland