

Cosmetology (Associate of Applied Science)

This program prepares students for the Virginia State Board of Cosmetology examinations for licensure. Students can take a variety of courses in hair design, nail artistry, and facial makeup from basic to advanced levels that offer extensive hands-on training.

Course #	Course Title	Lecture	Lab	Clinic	Credit
COS101	State and Local Laws, Rules, and Regulations	10			1
COS102	Communication Skills	20			2
COS103	Bacteriology, Sterilization, and Sanitation	10			1
COS104	Anatomy and Physiology	10			1
COS105	Skin and Nail Composition	20			2
COS108	Freshman Lab and Practice I		140		5
COS111	Hair Structure and Chemistry	20			2
COS112	Principles of Hair Design	20			2
COS113	Shampooing, Rinsing, and Conditioning	10			1
COS114	Hair Cutting	20			2
COS118	Freshman Lab and Practice II		130		5
COS151	Advanced Haircutting Techniques	20			2
COS152	Braiding Techniques	20			2
COS158	Intermediate Lab and Practice I		60		3
COS159	Intermediate Clinic I			110	3
COS161	Placement of Artificial Hair	20			2
COS162	Permanent Waves	10			1
COS168	Intermediate Lab and Practice II		70		3
COS169	Intermediate Clinic II			100	3
COS171	Hair Coloring	10			1
COS172	Bleaching and Tinting	10			1
COS173	Skin Diseases and Disorders	10			1
COS174	Hair Removal	10			1
COS178	Intermediate Lab and Practice III		80		4
COS179	Intermediate Clinic III			80	2
COS201	Facials and Makeup I	10			1
COS202	Facials and Makeup II	10			1
COS203	Manicuring and Pedicuring I	10			1
COS208	Senior Lab and Practice I		70		3
COS209	Senior Clinic I			100	3
COS211	Manicuring and Pedicuring II	10			1

COS212	Finger Waving, Skip Waving, and Pencil Waving	20			2
COS213	Job Seeking Skills	10			1
COS214	Professional Ethics and Salon Management	10			1
COS215	Business Skills	20			2
COS218	Senior Lab and Practice II		60		3
COS219	Senior Clinic II			150	4
BIO102	Introduction to Biology	40			4
BPS102	Business and Professional Speech	40			4
CPS101	Computer Science I	40			4
CRT101	Critical Thinking	40			4
ENG101	Composition I	40			4
MAT101	Algebra	40			4
PSY101	Introduction to Psychology	40			4
	Required Hours and Credits	590	610	540	100

- **COS101 State and Local Laws, Rules, and Regulations** – This course provides an understanding of the state and local laws, rules, and regulations.
- **COS102 Communication Skills** – Through this course students learn how to communicate with clients, partner, handling complaints, receiving telephone calls, booking appointments by phone.
- **COS103 Bacteriology, Sterilization, and Sanitation** – Students learn to list the types and classifications of bacteria, list the types of disinfectants and how they are used, describe how to safely clean and disinfect salon tools and equipment. Students also learn differences between cleaning, disinfection and sterilization and discuss the universal precautions and the responsibilities as a salon professional.
- **COS104 Anatomy and Physiology** – Students learn to explain and understand the importance of anatomy and physiology to the cosmetology profession and also to define and describe cells, reproduction, and types of tissues.
- **COS105 Skin and Nail Composition** - This course provides the advanced-level knowledge in skin and nail composition.
- **COS108 Freshman Lab and Practice I, COS118 Freshman Lab and Practice II** – This lab course is oriented towards demonstrating basic principles of cosmetology and mastering modern techniques. Students exercise current techniques used in cosmetology.

- **COS111 Hair Structure and Chemistry** - This course provides a chemistry guide for students to ensure safe, consistent, professional results. Addressing the fundamental concepts of chemistry as they apply to salon products and services, this course includes the latest technological advances in cosmetic science.
- **COS112 Principles of Hair Design** – This course provides design elements and principles of hairstyling.
- **COS113 Shampooing, Rinsing, and Conditioning** – Students learn how to choose the proper type of shampoo, rinse, and conditioner, depending on the condition of the hair, based on the acquired knowledge of shampoo types, conditioners.
- **COS114 Hair Cutting** - This course introduces basic principles of haircutting, reference points, areas of the head, lines and angles, elevation and cutting line.
- **COS118 Freshman Lab and Practice II** – This course offers a Basic level laboratory of cosmetology. It includes hair structure and the fundamental concepts of chemistry as they apply to salon products.
- **COS151 Hairstyling Techniques** - This course is an introduction to basic principles of hairstyling and its design elements.
- **COS152 Braiding Techniques** – Students learn the braiding techniques and advanced haircutting techniques.
- **COS158 Intermediate Lab and Practice I, COS 168 Intermediate Lab and Practice II, COS 178 Intermediate Lab and Practice III** – This course offers an intermediate level laboratory of cosmetology. It includes hair structure and the fundamental concepts of chemistry as they apply to salon products. Also, students exercise hairstyling, shampooing, rinsing, conditioning, placing artificial hair, permanent waving, and techniques of hair cutting and braiding.
- **COS159 Intermediate Clinic I, COS169 Intermediate Clinic II, COS179 Intermediate Clinic III** - This course offers students the opportunity to engage in hands-on practical training through client session under the supervision of current instructors.
- **COS161 Placement of Artificial Hair** – Students learn how to use hair enhancements such as wigs, hair pieces, and hair extensions.
- **COS162 Permanent Waves** - This course introduces types of perms, different techniques of perm style, and application of relaxers.

- **COS171 Hair Coloring** – Students learn to identify natural hair color and tone, types of hair color, and to select hair color and apply it, using lighteners and toners.
- **COS172 Bleaching and Tinting** – Students learn how to properly apply bleaching and tinting techniques with less damage.
- **COS173 Skin Diseases and Disorders** – Students learn various kinds of skin diseases and disorders and their causes and prevention.
- **COS174 Hair Removal** – Students learn permanent hair removal and the methods of temporary hair removal.
- **COS201 Facials and Makeup I** – Students learn how to determine skin type, choose skin care products, do facial massage and other treatments, and apply different types of makeup such as special occasion and corrective makeup.
- **COS202 Facials and Makeup II** – Students learn advanced-level facials and makeup.
- **COS203 Manicuring and Pedicuring I** – Students learn how to choose a nail shape, basic manicure, conditioning oil manicure, and hand and arm massage, performing pedicures and foot massage.
- **COS208 Senior Lab and Practice I, COS218 Senior Lab and Practice II** – This laboratory course is focused on advanced techniques related to both hairstyling and facials in Cosmetology. It includes advanced procedures of hair coloring, bleaching, tinting, finger waving, skip waving, and pencil waving in Hairstyling part. Students also practice facials and makeup as well as manicuring and pedicuring.
- **COS209 Senior Clinic I, COS219 Senior Clinic II** – This course offers students the opportunity to engage in hands-on practical training through client session under the supervision of current instructors.
- **COS211 Manicuring and Pedicuring II** – Students learn advanced-level manicuring and pedicuring.
- **COS212 Finger Waving, Skip Waving, and Pencil Waving** – Students learn different types of waving such as finger, skip, and pencil waving.
- **COS213 Job Seeking Skills** – Students learn how to prepare for licensure and for employment: writing a resume, preparing for interviews, and filing an employment application.

- **COS214 Professional Ethics and Salon Management** - This course introduces basic salon management skills including professional ethics and other related topics.
- **COS215 Business Skills** – Students acquire business skills needed in conducting own business such as how to sell services and how to expand the client base.

General Education Requirements

In addition to the designated courses outlined for each specific field, students seeking an Associate Degree must complete additional general education courses. The six following courses are four credits each, totaling in 24 credits of general education requirements.

- **BIO102 Introduction to Biology** - This course introduces major concepts of cell biology, including cell physiology and structure, molecular biology, genetics, and evolution. Course is a prerequisite for professional health-science programs.
- **BPS102 Business and Professional Speech** - This course focuses on student's awareness, knowledge and recall, comprehension and understanding, and information used in new and different situations. During the course, student will learn 1) Analysis – examination and categorization of pieces of information, 2) Synthesis – combination of information to create something new, and 3) Evaluation – value judgment supported by reasoning.
- **CPS101 Computer Science I** - It studies fundamental computer concepts and methods of object-oriented program development and design. The course also covers language systems and semantics, structured program verification, different language paradigms, and documentation techniques. Students use a structured, high-level object-oriented programming language and learn to use both text-oriented and windows-based user interfaces.
- **CRT101 Critical Thinking** - This course enables the student to identify logical fallacies in selected readings including things written by their classmates and by themselves, demonstrate the capacity for self-critique through the writing of a paper in which they identify alternative assumptions that would lead to different conclusions, and assess the advantages and disadvantages of alternative formulations of any argument. It also teaches to identify and analyze a recent ethical lapse that occurred in a business organization, the nature of the lapse, and provide a possible explanation for the lapse and alternative solutions to prevent similar lapses.
- **ENG101 College Composition** - Through the course, students will learn to write a professional-quality resume, memo, and letter, identify, analyze, and emulate some basic features of a professional report/article typical for their major field. This course also teaches follow the guidelines and do appropriate research to submit a basic grant proposal, use writing to reflect

upon the significance of business, technological, and industrial activity for local and global economies, local and global cultures, human health, and the environment, and articulate their response to ethical issues raised by professional practices.

- **MAT101 Algebra** - This course concentrates on making students understand the study skills for success in mathematics and using a calculator, able to set and other basic concepts, and understand the properties of and operations with real numbers.

- **PSY101 Introduction to Psychology** - This course summarizes accountable terminal objectives, explain and give names associated with the major psychology theories, and biological and environmental factors play a role in shaping behavior and development. Students will learn to distinguish between and apply principles of classical conditioning, operant conditioning, and cognitive learning, name and describe stage theories of development relative to physical, cognitive, and psychosocial issues and correctly identify the theorist associated with each, and define abnormal behavior and support the definition, provide examples of situations where counseling or treatment could be advised or necessary.