



Course Outline

2026-2027 Catalog

COS 12 - Manicuring and Pedicuring

Catalog Description

Transfer Status: CSU

Prerequisite: Permission of instructor

Unit(s): 3.00

Lab: 153.00 Contact hours/0.00 Out of class hours/153.00 Total hours/3.00 Unit(s)

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Course Description: In this course students will develop and demonstrate proficiency in basic nail procedures. Topics are to include analyzation, treatment, creation, maintenance and removal of nail enhancements, including gel polish, wraps, repairs, acrylic and UV light cured gel enhancements. Students will work towards California State Board of Barbering and Cosmetology minimum practical hours and operations in subjects learned. This is a foundational course in the Cosmetology and Manicuring sequences.

Objectives

Upon successful completion of this course, the student should be able to:

1. Demonstrate the safe and sanitary use of tools used in facial and nail applications.
2. Analyze clients nails and skin in order to illuminate contraindications.
3. Identify examples of contraindications to nail services.
4. Demonstrate the five essential massage manipulations.
5. Apply color theory and the color wheel to nail care.
6. Describe and apply the methodical procedures for manicuring and pedicuring.
7. Describe and demonstrate the safe and sanitary application, maintenance, repair and removal of nail enhancements including gel polish, wraps, repairs, acrylics, and UV light cures gel enhancements.
8. Demonstrate a habit and consistent practice of disinfection and sanitation standards set by the State Board of Barbering and Cosmetology

Course Content

Topic Titles / Suggested Time Topic	
	<u>Lab</u>
<u>Topics</u>	<u>Lab Hrs</u>
Health and Safety	15.00
• Infection control • Disinfection of electrical equipment • Draping and table setup • Client protection	
Manicuring	41.00
• Manicuring • Consultation, equipment and implements • Nail shapes, manicuring procedure, water manicure, dry manicure, paraffin wax manicure, gel manicure, and basic nail art	
Pedicuring	41.00
• Pedicure consultation, equipment and implements • Nail shapes, pedicuring procedure, basic pedicure • Paraffin wax pedicure • Basic nail art	
Artificial Nails	41.00
• Consultation, safety and sanitation • Gel polish application • Monomer and polymer acrylic nails • Nail tips, nail wraps, and UV light cured gel nails	
Demonstrate a habit and consistent practice of disinfection and sanitation standards set by the State Board of Barbering and Cosmetology.	15.00
Total Hours: 153.00	

Methods of Instruction

- A. Class Activities
- B. Collaborative Group Work
- C. Demonstrations
- D. Guest Speakers

Methods of Evaluation

- A. Quizzes
- B. Class participation
- C. Lab Projects
- D. Performance Examinations
- E. Practical Evaluations
- F. Mid-term and final examinations

Examples of Assignments

Reading Assignments

1. Read Chapter 25 on Manicuring in the course textbook and be prepared to discuss in class.
2. Read "Why Study Manicuring?" in your textbook. Be prepared to answer questions in the comprehensive chapter quiz.

Writing Assignments

1. Watch the assigned Young Nails videos and write a step by step summary on the methodology used.
2. Write a short reflection on a nail service that you performed on a client and how you feel the client experience could have been improved. Be prepared to share it with the class.

Recommended Materials of Instruction

Milady. (2023). Milady's Standard Cosmetology with Standard Foundations + Student Workbook for Milady Standard Foundations + Workbook for Milady's Standard Cosmetology. *Cengage, 14th*. 9780357925256.

Minimum Qualifications

Cosmetology

Created/Revised by: Flores, Felicia

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