



COS 32 - Advanced Manicuring and Pedicuring

Catalog Description

Transfer Status: CSU

Prerequisite: COS 12

Unit(s): 2.00

Lab: 102.00 Contact hours/0.00 Out of class hours/102.00 Total hours/2.00 Unit(s)

Total: 102.00 Contact hours/0.00 Out of class hours/102.00 Total hours/2.00 Unit(s)

Course Description: In this course students will perform advanced nail services on clients. Services include manicuring, pedicuring, safe use of manicuring equipment, nail enhancements and extensions, and safe removal of nail enhancements, acrylic, wraps and gel polish. Students will work towards California State Board of Barbering and Cosmetology practical operations and hours in subjects learned. This course is a capstone course in the Manicuring sequence.

Objectives

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

1. Perform complete and comprehensive client consultation to ensure safety.
2. Perform all safety sanitation and disinfection duties in a safe and timely manner.
3. Demonstrate safe performance in nail enhancement services.
4. Safely and effectively handle all equipment necessary to perform nail enhancements.
5. Synthesize information to identify infections and various disorders, analyzing clients skin and nails for contra-indications, determining whether or not services can be provided.
6. Effectively and correctly apply and remove acrylic and light-cured gel nail extensions.

Course Content

Topic Titles / Suggested Time Topic	
	<u>Lab</u>
<u>Topics</u>	<u>Lab Hrs</u>
Gel polish	12.00
• Safe and proper and nail bed preparation for gel polish • Removal and repair of damaged gel polish services	
Manicuring	23.00
• Manicuring safety practices • Manicuring practices and procedures	
Pedicuring	23.00
• Pedicuring safety practices and contraindications • Pedicuring procedures	
Safety, sanitation and disinfection	8.00
• Perform effective client consultation • Health and safety measures • Disinfectant handling • Disposal of single-use items	
Nail lengthening enhancements	24.00
• Nail bed preparation • Acrylic and light-cured gel application and removal • Acrylic and light-cured gel enhancement repair • Safe removal procedures for all nail enhancements	
Wraps and repairs	12.00
• Silk linen and fiberglass wraps • Nail wrap repair • Safe and effective nail wrap removal	

Total Hours: 102.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Multimedia Presentations

Methods of Evaluation

- A. Exams/Tests
- B. Portfolios
- C. Class participation
- D. Lab Projects
- E. Practical Evaluations
- F. Mid-term and final examinations

Examples of Assignments

Reading Assignments

1. Read the segment 'Safety in the Salon' in your text. Be prepared to discuss in class.
2. Read about hazards in the salon in the manual by the State Board of Barbering and Cosmetology, "Laws and Regulations". Prepare five questions you should ask your client to discern whether any service is safe.

Writing Assignments

1. Using your notes from today's lecture, "Nail Enhancement Practices", write a three-paragraph essay outlining each method of acrylic application.
2. After performing a thorough consultation on another student, use the information to write up a profile. This profile should include the state of your client's skin and nails, as well as any contraindications noted.

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 Learning, 14th*. 9780357925256.

Minimum Qualifications

Cosmetology

Created/Revised by: Miko, Katalin

Date: 04/07/2025