**Course Description:**

Students will learn the knowledge and skills to perform both manicures and pedicures. They will learn how to maintain personal hygiene and infection control. Students will give plain/oil manicures, pedicures, and hand/arm & foot/leg massages. Enhanced hand and foot procedures using specialized products and techniques will be performed.

**Strand 1. Business Operations/21st Century Skills**

Learners apply principles of economics, business management, marketing and employability in an entrepreneur, manager and employee role to the leadership, planning, developing and analyzing of business enterprises related to the career field.

**Outcome: 1.3. Business Ethics and Law**

Analyze how professional, ethical and legal behavior contributes to continuous improvement in organizational performance and regulatory compliance.

**Competencies**

1.3.2. Follow protocols and practices necessary to maintain a clean, safe and healthy work environment.

1.3.5. Access and implement safety compliance measures (e.g., quality assurance information, safety data sheets [SDSs], product safety data sheets [PSDSs], United States Environmental Protection Agency [EPA], United States Occupational Safety and Health Administration [OSHA]) that contribute to the continuous improvement of the organization.

**Strand 2. Human Body System**

Learners will analyze and explain the various forms, and functions associated with body systems and alterations from a normal state. Particular emphasis is given to disorders of the hair, skin, and scalp.

**Outcome: 2.1. The Human Body**

Describe the various human body systems and their functions.

**Competencies**

2.1.1. Describe the function and components of the respiratory system and pulmonary ventilation and factors influencing respiratory rates.

2.1.2. Describe nerve tissue and the nervous system, including regions of the brain and their function.

2.1.3. Describe the musculoskeletal system, including skeletal, cardiac and smooth muscle, and various bone structures.

2.1.4. Describe the immune system and the lymphatic system's role in immunity.

2.1.5. Describe the sensory system, related structures and functions.

2.1.6. Describe the endocrine system, its structures and the role of hormones.

2.1.7. Describe the integumentary system, related structures and functions.

2.1.8. Describe the difference between pathology and physiology.

**Outcome: 2.2. Disorders of the Skin, Glands, Hair and Scalp.**

Identify and explain the various disorders and procedures associated with the skin, hair, glands, and scalp.

**Competencies**

2.2.1. Identify and describe diseases, and disorders of the skin and glands.

2.2.2. Describe procedures for skin disorders.

2.2.3. Explain the composition and structure of the hair follicle.(e.g., structure, shape, distribution and growth).

2.2.4. Complete a hair analysis and describe the qualities of hair.

2.2.5. Describe the various contagious and non-contagious disorders of the hair and scalp.

2.2.6. Explain corrective hair and scalp procedures.

2.2.7. Describe appropriate scalp manipulations and their respective functions.

**Strand 3. Health and Safety Interventions**

Students analyze the impact of hygiene and bacteriology on personal care services and how to demonstrate safe practices in accordance with federal, state and local regulations. Students gain general knowledge in infection control, prevention, and reducing risk of injury.

**Outcome: 3.1. Environmental Interventions**

Create and maintain a safe and sanitary environment.

**Competencies**

3.1.1. Use standard precaution guidelines, recommended by the Centers for Disease Control and Prevention.

3.1.2. Identify and remove environmental and electrical hazards to decrease the risk of falls, injury, or ingestion of dangerous materials (e.g., clutter, equipment, throw rugs, spills, plants, hazardous chemicals).

3.1.3. Demonstrate chemical and electrical safety and their application to the work environment.

3.1.4. Determine the risk of burns resulting from equipment, liquids, chemicals and fire.

3.1.5. Implement disaster preparedness response to fire, tornado, emergency evacuation, hazardous material spill, infant/child abduction, bomb threat, violent person, active shooter, missing adult and loss of power.

3.1.6. Identify risk factors of exposure to hazardous materials (i.e., chemical, radiologic, microbial) and provide safety precautions.

3.1.7. Account for all instruments, supplies and equipment.

3.1.8. Perform the safe operation, packing and cleaning of equipment.

3.1.9. Prepare and dispense solutions made from concentrates according to manufacturers’ directions.

3.1.10. Explain the need for appropriate working heights of chairs, stools, footrests, work areas and equipment.

3.1.11. Properly position clients to safely deliver service.

**Outcome: 3.2. Principles of Infection Control**

Use principles of infection control to prevent the growth and spread of pathogenic microorganism’s, infection, and ensure client safety.

**Competencies**

3.2.1. Identify the different types and classifications of bacteria.

3.2.2. Explain bacteria growth and its relationship to diseases and infection.

3.2.3. Describe the chain of infection and mechanisms for the spread of infection.

3.2.4. Implement methods of controlling or eliminating microorganisms and the importance of practices that hinder the spread of infection (e.g., hand washing, disinfecting care areas).

3.2.5. Use personal protective equipment (PPE) when encountering body fluids, potential of splashing, or respiratory droplets. (e.g., sneezing, coughing)

3.2.6. Perform various decontamination techniques and procedures.

3.2.7. Dispose of refuse and biodegradable materials, according to manufacturers’ directions and state and federal requirements.

3.2.8. Implement effective draping and client protection techniques.

3.2.9 Apply principles of decontamination (e.g. sanitize, disinfect, and sterilize.)

**Strand 5. Nail and Facial Services**

Students will examine the nails and recognize common disorders and diseases. Students will apply techniques for various facial services for clients. Students will also apply face, arm, and hand massage techniques for clients.

**Outcome: 5.2. Skin Care Services**

Students will perform facial services including hair removal, facial massage, and makeup procedures.

**Competencies**

5.1.1. Explain the nail growth process, nail structure and various nail shapes

5.1.2. Identify nail diseases and disorders.

5.1.3. Explain the theory of basic arm, hand and foot manipulations

5.1.4. Identify health conditions that prohibit the safe use of massage

5.1.5. Clean and prepare the natural nail by removing nail polish and cleaning under the free edge

5.1.6. Soften, trim and care for cuticles.

5.1.7. Shape, smooth, and buff the natural nail.

5.1.8. Perform proper techniques for foot care, including sanitizing and soaking. 5.1.9. Explain and demonstrate arm, hand, and foot massage procedures.

5.1.10. Compare and contrast artificial nail products and select for client needs.

5.1.11. Prepare the natural nail for the application of an artificial nail product.

5.1.12. Implement knowledge of angles, curves and relationship to size and select the correct size and type of artificial nails.

5.1.13. Correctly apply artificial material to the natural nail following safety protocol.

5.1.14. Apply artificial applications to the free edge of the natural nail and or to the full natural nail.

5.1.15. Shape and buff the artificial nail to the proper consistency by applying knowledge of angles and shapes to mold into a natural looking nail

5.1.16. Properly polish the nail with a base, color and topcoat to make a smooth even shade to the nail.