

## Appendix B: Training Plans

### Cosmetology 10

Note: When in a salon setting, it is recommended that high school students practise their cosmetology skills on mannequins only.

Module 2A: Salon Housekeeping	Observe	Assist	Demonstrate
Sanitation of equipment			
Sanitary rules observed in the salon			

Module 3A: Shampoos and Rinses	Observe	Assist	Demonstrate
Set up of implements and materials			
Draping Client			
<ul style="list-style-type: none"> <li>towel over client</li> <li>cape not touching client</li> </ul>			
Pre-brushing			
<ul style="list-style-type: none"> <li>each strand 3 times</li> <li>1/2" sections</li> </ul>			
Hair analysis for proper product selection of shampoo			
<ul style="list-style-type: none"> <li>manipulations</li> <li>all areas of head washed and rinsed</li> <li>protect clients eyes/ears by use of hand</li> <li>cape over back of shampoo chair</li> <li>safety and sanitation</li> </ul>			

Module 4A: Hair Styling	Observe	Assist	Demonstrate
Visible Braid			
<ul style="list-style-type: none"> <li>clean partings</li> <li>holding comb in hand</li> <li>sterilization</li> </ul>			
Invisible Braid			
<ul style="list-style-type: none"> <li>clean partings</li> <li>holding comb in hand</li> <li>sterilization</li> </ul>			
Fish-tail Braid			
<ul style="list-style-type: none"> <li>clean partings</li> <li>holding comb in hand</li> <li>sterilization</li> </ul>			
Roller set			
Volume roller placement			
<ul style="list-style-type: none"> <li>on base/full volume</li> <li>1/2 off base/medium volume</li> <li>off base/minimal volume</li> </ul>			
<ul style="list-style-type: none"> <li>pre-plan style</li> <li>pre-sectioning</li> <li>set basic roller set</li> </ul>			
Roller set Comb-out			
<ul style="list-style-type: none"> <li>back combing</li> <li>back brushing</li> </ul>			
Sterilization and sanitation			
Blow-dry			
<ul style="list-style-type: none"> <li>pre-plan style</li> </ul>			

Module 4A: Hair Styling	Observe	Assist	Demonstrate
<ul style="list-style-type: none"> <li>• blow-dry using various tools e.g., comb, brush, hands, etc.</li> </ul>			
<ul style="list-style-type: none"> <li>• safety and sterilization</li> </ul>			
Curling Iron			
<ul style="list-style-type: none"> <li>• pre-plan style</li> </ul>			
<ul style="list-style-type: none"> <li>• use clicking and feeding technique while using the curling iron</li> </ul>			
Safety and sanitation			

Module 5A: Nail Care	Observe	Assist	Demonstrate
<ul style="list-style-type: none"> <li>• proper setup of manicure table</li> </ul>			
<ul style="list-style-type: none"> <li>• work from little finger to thumb</li> </ul>			
<ul style="list-style-type: none"> <li>• correct removal of nail polish</li> </ul>			
<ul style="list-style-type: none"> <li>• correct shaping of nails (corner to center)</li> </ul>			
<ul style="list-style-type: none"> <li>• correct removal of cuticle</li> </ul>			
<ul style="list-style-type: none"> <li>• manipulations (hand and arm)</li> </ul>			
<ul style="list-style-type: none"> <li>• clean under free edge</li> </ul>			
<ul style="list-style-type: none"> <li>• bevel nails</li> </ul>			
<ul style="list-style-type: none"> <li>• correct application of base, nail polish, and top coat</li> </ul>			
<ul style="list-style-type: none"> <li>• remove excess nail polish</li> </ul>			
Safety and sanitation			

Module 6A: Skin Care	Observe	Assist	Demonstrate
<ul style="list-style-type: none"> <li>• proper draping of client</li> </ul>			
<ul style="list-style-type: none"> <li>• skin analysis</li> </ul>			
<ul style="list-style-type: none"> <li>• set-up equipment</li> </ul>			
<ul style="list-style-type: none"> <li>• correct cleansing of face</li> </ul>			
<ul style="list-style-type: none"> <li>• correct steaming of face</li> </ul>			
<ul style="list-style-type: none"> <li>• massage (middle finger or ring finger, appropriate amount of pressure)</li> </ul>			
<ul style="list-style-type: none"> <li>• correct use of mask (application, left on appropriate amount of time)</li> </ul>			
<ul style="list-style-type: none"> <li>• correct removal of mask</li> </ul>			
Safety and sanitation			

Module 7A: Make-up	Observe	Assist	Demonstrate
Draping			
Eyebrow arch			
Color selection			
<ul style="list-style-type: none"> <li>• cleanse and moisturize client's face.</li> </ul>			
<ul style="list-style-type: none"> <li>• application of foundation</li> </ul>			
<ul style="list-style-type: none"> <li>• application of face powder</li> </ul>			
<ul style="list-style-type: none"> <li>• application of blush</li> </ul>			
<ul style="list-style-type: none"> <li>• application of eyeshadow</li> </ul>			
<ul style="list-style-type: none"> <li>• application of eyeliner</li> </ul>			
<ul style="list-style-type: none"> <li>• application of eyebrow pencil</li> </ul>			
<ul style="list-style-type: none"> <li>• application of mascara</li> </ul>			
<ul style="list-style-type: none"> <li>• application of lipliner and lipstick</li> </ul>			
Safety and sanitation			

## Cosmetology 20

Note: When in a salon setting, it is recommended that high school students practise their cosmetology skills on mannequins only.

Module 2B: Salon Housekeeping	Observe	Assist	Demonstrate
Sanitation of equipment			
Sanitary rules observed in the salon			

Module 3B: Shampoos and Rinses	Observe	Assist	Demonstrate
Set up of implements and materials			
Draping Client			
<ul style="list-style-type: none"> <li>towel over cape</li> <li>skin not touching client</li> </ul>			
Pre-brushing			
<ul style="list-style-type: none"> <li>each strand 3 times</li> <li>1/2" sections</li> </ul>			
Hair analysis for proper product selection of shampoo			
<ul style="list-style-type: none"> <li>manipulations</li> <li>all areas of head washed and rinsed</li> <li>protect clients eyes/ears by use of hand</li> <li>cape over back of shampoo chair</li> <li>safety and sanitation</li> </ul>			

Module 4B: Hair Styling	Observe	Assist	Demonstrate
Finger-waves			
<ul style="list-style-type: none"> <li>follows correct procedure</li> <li>finished product</li> </ul>			
Carved or Sculptured pincurls			
<ul style="list-style-type: none"> <li>body position</li> <li>strong wave pattern</li> <li>ribboning hair</li> <li>curl placed correctly</li> <li>curl pinned properly</li> <li>curl same size as wave pattern</li> </ul>			
Semi-standup Pincurls			
<ul style="list-style-type: none"> <li>body position</li> <li>strong wave pattern</li> <li>ribboning hair</li> <li>curl placed correctly</li> <li>curl pinned properly</li> <li>curl same size as wave pattern</li> </ul>			
Cascade or Stand up Pincurls			
<ul style="list-style-type: none"> <li>body position</li> <li>ribbon strand</li> <li>properly pinned</li> <li>curl same size as base</li> </ul>			
Roller set			
<ul style="list-style-type: none"> <li>indentation Roller placement</li> <li>rollers set to create a desired pattern</li> <li>assisting (passing rollers)</li> </ul>			
Long hair updo			
<ul style="list-style-type: none"> <li>rollers set to create desired combout pattern</li> </ul>			

Comb-out of long hair			
<ul style="list-style-type: none"> <li>• appropriate amount of back combing for style being created</li> </ul>			
<ul style="list-style-type: none"> <li>• balance</li> </ul>			
<ul style="list-style-type: none"> <li>• bobby pins used appropriately</li> </ul>			
Safety and sanitation			

Module 5B: Nail Care	Observe	Assist	Demonstrate
<ul style="list-style-type: none"> <li>• proper setup of manicure table</li> </ul>			
<ul style="list-style-type: none"> <li>• work from left hand, little finger to thumb</li> </ul>			
<ul style="list-style-type: none"> <li>• correct removal of nail polish</li> </ul>			
<ul style="list-style-type: none"> <li>• correct shaping of nails (corner to center)</li> </ul>			
<ul style="list-style-type: none"> <li>• correct removal of cuticle</li> </ul>			
<ul style="list-style-type: none"> <li>• manipulations (hand and arm)</li> </ul>			
<ul style="list-style-type: none"> <li>• clean under free edge</li> </ul>			
<ul style="list-style-type: none"> <li>• bevel nails</li> </ul>			
<ul style="list-style-type: none"> <li>• correct application of base, nail polish, and top coat</li> </ul>			
<ul style="list-style-type: none"> <li>• remove excess nail polish</li> </ul>			
<ul style="list-style-type: none"> <li>• safety and sanitation</li> </ul>			

Module 10: Pedicure Foot care	Observe	Assist	Demonstrate
<ul style="list-style-type: none"> <li>• proper setup of pedicure chair</li> </ul>			
<ul style="list-style-type: none"> <li>• work from left hand, little toe to big toe</li> </ul>			
<ul style="list-style-type: none"> <li>• correct removal of nail polish</li> </ul>			
<ul style="list-style-type: none"> <li>• correct shaping of nails (corner to center)</li> </ul>			
<ul style="list-style-type: none"> <li>• correct removal of cuticle</li> </ul>			
<ul style="list-style-type: none"> <li>• manipulations (foot)</li> </ul>			
<ul style="list-style-type: none"> <li>• clean under free edge</li> </ul>			
<ul style="list-style-type: none"> <li>• bevel nails</li> </ul>			
<ul style="list-style-type: none"> <li>• correct application of base, nail polish, and top coat</li> </ul>			
<ul style="list-style-type: none"> <li>• remove excess nail polish</li> </ul>			
<ul style="list-style-type: none"> <li>• safety and sanitation</li> </ul>			

Module 6B: Skin Care	Observe	Assist	Demonstrate
<ul style="list-style-type: none"> <li>• proper draping of client</li> </ul>			
<ul style="list-style-type: none"> <li>• skin analysis</li> </ul>			
<ul style="list-style-type: none"> <li>• set-up equipment</li> </ul>			
<ul style="list-style-type: none"> <li>• correct cleansing of face</li> </ul>			
<ul style="list-style-type: none"> <li>• correct steaming of face</li> </ul>			
<ul style="list-style-type: none"> <li>• massage (middle finger or ring finger, appropriate amount of pressure)</li> </ul>			
<ul style="list-style-type: none"> <li>• correct use of mask (application, left on appropriate amount of time)</li> </ul>			
<ul style="list-style-type: none"> <li>• correct removal of mask</li> </ul>			
<ul style="list-style-type: none"> <li>• safety and sanitation</li> </ul>			

Module 7B: Make-up Application	Observe	Assist	Demonstrate
Draping			
Eyebrow arch			
Color selection			
Highlighting			
Shading			
<ul style="list-style-type: none"> <li>• cleanse and moisturize client's face.</li> </ul>			
<ul style="list-style-type: none"> <li>• application of foundation</li> </ul>			
<ul style="list-style-type: none"> <li>• application of face powder</li> </ul>			
<ul style="list-style-type: none"> <li>• application of blush</li> </ul>			
<ul style="list-style-type: none"> <li>• application of eyeshadow</li> </ul>			
<ul style="list-style-type: none"> <li>• application of eyeliner</li> </ul>			
<ul style="list-style-type: none"> <li>• application of eyebrow pencil</li> </ul>			
<ul style="list-style-type: none"> <li>• application of mascara</li> </ul>			
<ul style="list-style-type: none"> <li>• application of lipliner and lipstick</li> </ul>			
<ul style="list-style-type: none"> <li>• safety and sanitation</li> </ul>			

Module 12: Hair removal (Wax/Sugar)	Observe	Assist	Demonstrate
<ul style="list-style-type: none"> <li>• prepare client</li> </ul>			
<ul style="list-style-type: none"> <li>• direction of application</li> </ul>			
<ul style="list-style-type: none"> <li>• pull against direction of hair growth</li> </ul>			
<ul style="list-style-type: none"> <li>• safety and sanitation</li> </ul>			

Module 20: Work Study	Observe	Assist	Demonstrate
<ul style="list-style-type: none"> <li>• portfolio</li> </ul>			
<ul style="list-style-type: none"> <li>• résumé</li> </ul>			
<ul style="list-style-type: none"> <li>• product displays</li> </ul>			
<ul style="list-style-type: none"> <li>• customer service</li> </ul>			
<ul style="list-style-type: none"> <li>• teamwork</li> </ul>			
<ul style="list-style-type: none"> <li>• self-starter</li> </ul>			
<ul style="list-style-type: none"> <li>• communication</li> </ul>			

## Cosmetology 30

Note: When in a salon setting, it is recommended that high school students practise their cosmetology skills on mannequins only.

Module 2C: Salon Housekeeping	Observe	Assist	Demonstrate
Sanitation of equipment			
Sanitary rules observed in the salon			

Module 13: Scalp Care	Observe	Assist	Demonstrate
Set up of implements and materials			
Draping Client			
<ul style="list-style-type: none"> <li>towel over cape</li> <li>skin not touching client</li> </ul>			
Pre-brushing			
<ul style="list-style-type: none"> <li>each strand 3 times</li> <li>1/2" sections</li> </ul>			
Hair analysis for proper product selection			
Perform normal scalp treatment			
<ul style="list-style-type: none"> <li>proper application of product</li> <li>manipulations</li> </ul>			
Shampoo			
<ul style="list-style-type: none"> <li>manipulations</li> <li>all areas of head washed and rinsed</li> <li>protect clients eyes/ears by use of hand</li> <li>cape over back of shampoo chair</li> <li>safety and sanitation</li> </ul>			

Module 5C: Nail Care	Observe	Assist	Demonstrate
<ul style="list-style-type: none"> <li>proper setup of manicure table</li> <li>work from left hand, little finger to thumb</li> <li>correct removal of nail polish</li> <li>correct shaping of nails (corner to center)</li> <li>correct removal of cuticle</li> <li>manipulations (hand and arm)</li> <li>clean under free edge</li> <li>bevel nails</li> <li>correct application of base, nail polish, and top coat</li> <li>remove excess nail polish</li> <li>safety and sanitation</li> </ul>			

Module 6C: Skin Care	Observe	Assist	Demonstrate
<ul style="list-style-type: none"> <li>proper draping of client</li> <li>skin analysis</li> <li>set-up equipment</li> <li>correct cleansing of face</li> <li>correct steaming of face</li> <li>massage (middle finger or ring finger, appropriate amount of pressure)</li> <li>correct use of mask (application, left on appropriate amount of time)</li> <li>correct removal of mask</li> <li>safety and sanitation</li> </ul>			

Module 7C: Theatrical Make-up	Observe	Assist	Demonstrate
• draping			
• cleanse and moisturize face			
• black eye			
• bruise			
• scar			
• cut			
• missing teeth			
• aging face			
• safety and sanitation			

Module 14: Hair Cutting (demonstration)	Observe	Assist	Demonstrate
• client consultation			
• hair analysis			
• predetermine finished style			
• pre-sectioning			
• haircut			
• safety and Sanitation			

Module 15: Men's Beard and Mustache Trim (demonstration)	Observe	Assist	Demonstrate
• client consultation			
• predetermine finished style			
• beard and mustache trim			
• safety and sanitation			

Module 16: Salon Management	Observe	Assist	Demonstrate
Recordkeeping			
• inventory			
• client services records			
• retailing			
Telephone technique			

Module 17: Permanent Waving (demonstration)	Observe	Assist	Demonstrate
• client consultation			
• hair analysis			
• correct product selection			
• sectioning			
• perm wrap			
• correct application of solutions			
• test curl			
• rinsing			
• pass rods and papers			
• safety and sanitation			

Module 18: Hair coloring (demonstration)	Observe	Assist	Demonstrate
• client consultation			
• hair analysis			
• hair level			
• correct product selection			
• patch test			
• strand test			
• color removal			
Color application			

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Module 18: Hair coloring (demonstration)	Observe	Assist	Demonstrate
• retouch			
• lightening			
• highlighting			
• safety and sanitation			