

CENTRAL SIERRA REGIONAL OCCUPATIONAL PROGRAM

Administration Office: 4675 Missouri Flat Road, Placerville, CA 95667
(530) 622-5081, ext. 7239

Cosmetology: Theory & Laboratory

[Programs Begin: July and January]

Students must complete 1,600 clock hours of applied effort set forth by the State Board of Cosmetology, in addition to complying with the educational standards of the Central Sierra ROP. Students will be taught theoretical knowledge and practical skills needed to pass the California Cosmetology Examination and become familiar with business practices and procedures used in most beauty salons. In the exciting career of Cosmetology, you can become a hairstylist, platform artist, salon owner, or one of many opportunities open to licensed cosmetologists!

OBJECTIVE—Training in theoretical, practical, and all phases of hair care with particular emphasis on chemistry, product knowledge, and life science.

AREA	REQUIRED HOURS		TOPIC
	THEORY	LABORATORY	
<i>Regulations and Health & Safety</i>	20	–	Cosmetology Act/Board Rules and Regulations
	20	–	Health and Safety
	20	–	Disinfection and Sanitation
<i>Sciences</i>	20	–	Cosmetology Chemistry
	5	–	Theory of Electricity in Cosmetology
	15	–	Bacteriology, Anatomy and Physiology
<i>Cutting & Styling</i>	20	80	Hair Cutting
	25	200	Wet Hair Styling
	20		Thermal Hair Styling, Press & Curl
		40	Thermal Hair Styling
		20	Press & Curl
<i>Hair Treatment</i>	5	20	Scalp and Hair Treatment
	40	70	Hair Coloring and Bleaching
	20	25	Chemical Straightening
	20	80	Permanent Waving
<i>Facials</i>	5	10	Manual
	10	15	Electrical
	10	15	Chemical
<i>Cosmetics</i>	10	20	Eyebrow Arching & Hair Removal
	15	10	Make-up
<i>Manicures & Pedicures</i>	5	15	Water & Oil Manicures
	5	10	Complete Pedicure
	10	50	Artificial Nails, Acrylic Liquid Powders & Brush on
	10	50	Artificial Nail Tips
	5	20	Nail Wraps & Repairs

Weeks 1–8: freshman training. Lunch/Breaks: 30-minute lunch; 15-minute break (morning and afternoon).

Additional hours, not to exceed 50, may be utilized to correct individual deficiencies, where warranted.

Student displays appropriate skills and attitudes in language, service, courtesy, punctuality, reliability, and initiative.