



MCAST

Malta College of Arts, Science & Technology

MQF Level 3

CS3-01-14

Diploma for Beauty Specialists

Course Specification

Course Description

This course is intended for those seeking employment in salons as Beauty Specialists or to progress studies to the Level 4 Advanced Diploma in Beauty and Complementary Therapies. The course enables the student to acquire a thorough understanding and development of skills and competences required in different areas within this field.

The student will in fact learn how to develop and carry out treatment plans independently based on the client's requirements. Such treatments include skin care, manicure and pedicure, depilation, nails as well as make-up services, eyebrow and eyelash treatments. Moreover the course provides the student with knowledge and skills related to health and safety practices in the salon and business factors which also include business plans, effective communication and proper conduct with clients.

This course also offers students the opportunity to strengthen key skills: English, Maltese, Mathematics, Science, Information Technology and Personal Development.

Students will be required to have basic tools and products to practise with.

The student will be asked to purchase a salon uniform (white tunic) together with tools and products, and will also be required to provide models for salon practice.

Programme Learning Outcomes

At the end of the programme the students is able to

- 1. Identify the main parts of the human body and understand diet and nutrition programmes*
- 2. Perform manicures and pedicures and different techniques of nail extensions and nail art*
- 3. Perform facial and make-up services as well as eyebrow and lash treatments*
- 4. Understand the basic factors of setting up a business; maintain health and safety standards, personal appearance and good customer care.*

Entry Requirements

- MCAST Foundation Certificate ; or
- 2 SEC/O-Level/SSC&P (Level 3) passes
- Preferred: English Language, Art, Home Economics, Biology and Chemistry
- A full “Secondary School Certificate and Profile” (SSC&P) at Level 2 will be accepted in lieu of one (1) O-Level pass.

Other Entry Requirements

The applicant may be called for an interview.

Current Approved Programme Structure

Unit Code	Unit Title	ECVET
CSBTY-303-1401	Depilatory Treatments	3
CSBTY-303-1404	Hand and Foot Care	3
CSBTY-303-1406	Diet and Nutrition	3
CSBTY-306-1403	Make-up and Eyebrows/Lash Treatment	6
CSBTY-306-1405	Nail Art and Nail Technology	6
CSBTY-306-1407	Salon Management	6
CSBTY-309-1402	Facial Care	9
CSPHY-303-1504	Anatomy and Physiology	3
CDKSK-304-1402	English	4
CDKSK-304-1403	Mathematics	4
CDKSK-304-1401	Maltese	4
CDKSK-304-1601	Information Technology	4
CDKSK-304-1612	Individual and Social Responsibility	4
CDKSK-304-1609	Science	4
Total ECVET		63

Unit: CSBTY-303-1401 Depilatory Treatments

Unit level (MQF): 3

Credits : 3

Unit description

In this unit, students will learn to recognize different types of hair, hair growth and hair cycle, hair follicles, skin diseases and contra indications in relation to the treatments to be provided. Also, they will be introduced to the hair functions and disorders. They will learn about different types of depilatory treatments, and to recognize appropriate depilatory treatment for specific skin type.

Students will learn how to perform treatments for different skin and hair types and aftercare treatment at home.

Student will become familiar with the hair functions, types and disorders, and should be able to advice and perform depilatory treatments for different hair types.

Moreover, students will learn how to communicate with the client in professional manner, and learn how give after care advice for the treatments and product, and how to make a treatment plan. Students will also learn how apply different techniques of depilatory treatments according to the hair and skin type. They will learn how remove different types of hair, how bleach body hair and how to treat ingrown hair.

Learning Outcomes

On completion of this unit learners should be able to:

1. *Understand hair functions, types and disorders;*
2. *Understand different techniques of depilatory treatment;*
3. *Recognize abnormalities , contraindication and factors which determine hair growth*
4. *Give aftercare advice and know how to communicate with the client in a professional manner;*
5. *Create a treatment plan according to client's needs.*

Unit: CSBTY-303-1404 Hand and Foot Care

Unit level (MQF): 3

Credits : 3

Unit description

In this unit students will learn to prepare hands and feet basic and specialized treatments including paraffin wax, hot oil, thermal mittens, masks and scrubs. The students will gain knowledge and skills to perform consultation with the client and recommend the appropriate treatment. Moreover, the unit will offer knowledge of the anatomy of the hand and the foot. The unit will teach students to recognize diseases and disorders of the skin and nails. Students will be trained how to perform manicure and pedicure using appropriate tools and products. They will be taught about different massage techniques for hands and feet, French manicure, basic nail polish. Additionally, students will learn how to recommend home care for clients, and they will also learn how to refer the client to relevant practitioner in case of any contra indications.

Student will learn how to maintain hygiene standards including tools and equipment required necessary to perform manicure and pedicure. They will learn how to communicate with the client and adopt the treatment accordingly

Learning Outcomes

On completion of this unit learners should be able to:

1. *Understand anatomy of the hand and the foot*
2. *Recognize nail and skin diseases disorders and contra indications to treatment*
3. *Perform manicure and pedicure routine including massage according to clients' needs*
4. *Use and maintain tools, products and equipment according to hygiene standards for work in the salon*
5. *Recommend home care for clients.*

Unit: CSBTY-303-1406 Diet and Nutrition

Unit level (MQF): 3

Credits : 3

Unit description

Students will learn how to choose healthy foods so the body can be as healthy as possible and function as well as it can. They will be able to suggest foods that correspond to their clients' eating habits and life styles, as well as discuss different diet plans. Students will also become familiar with the body systems related to nutrition, such as the digestive and endocrine systems. They will learn about the importance of the different nutrients in the diet, gain knowledge about different types of diets and whether they work or if they can be dangerous. They will learn how to distinguish between healthy and unhealthy foods, and be able to interpret calories and kilojoules. Also, students will learn how explain the importance of the different nutrients in the diet. Students shall also learn about dietary disorders and ways in which these can be managed.

Learning Outcomes

On completion of this unit learners should be able to:

1. *Understand the digestive and endocrine systems*
2. *Explain the importance of the different nutrients in the diet*
3. *Choose healthy foods and interpret diet information for the clients' needs*
4. *Recognise dietary disorders and suggest ways in which these can be managed.*

Unit: CSBTY-306-1403 Make-up and Eyebrows/Lash Treatment

Unit level (MQF): 3

Credits : 6

Unit description

In this unit, students will learn how to apply professional make-up for day, evening and special occasions. They will learn how to apply make-up according to the rules, and suggest appropriate make-up for the client according to face shape, skin type and tone condition in order to fulfil clients' wishes, using appropriate make-up and hygiene techniques.

Students will learn to identify types of eye shadow, lipstick, lip gloss, blush, different types of powders, foundations, and mascara.

Students must understand the basis of client communication and client care.

Students will be able to learn different techniques for defining eyebrows on different face shapes. They will first learn how to determine face shape and natural shape of eyebrows in order to be able to shape eyebrows in different ways for different face shapes.

Students will also be able to dye eyebrows/lashes according to client's needs.

The student will gain knowledge and skills in eyelash extensions, application and removal.

Learning Outcomes

On completion of this unit learners should be able to:

1. *Choose appropriate make-up, products and tools according to clients' needs*
2. *Apply make-up for day, evening and special occasions*
3. *Apply make-up in accordance to hygiene standards*
4. *Introduce clients to basics make-up techniques and home care advice*
5. *Perform eyebrow/ eyelash treatment according to the clients' needs.*

Unit: CSBTY-306-1405 Nail Art and Nail Technology

Unit level (MQF): 3

Credits : 6

Unit description

This unit will provide a good basis for students to be able to perform, maintain and remove gel and acrylic extensions, including the proper application of semi-permanent nail polish and nail art.

Learners will also be introduced to the proper method to carry out an effective consultation and treatment plan with clients to identify contra indications, skin diseases and disorders. This is important as this will directly impinge on the type of treatment that can be applied.

This unit will also provide the knowledge and skills required to ensure that services are provided in a hygienic ,safe and professional manner to ensure client satisfaction.Different occasions , lifestyles and situations require the use of different colours and nail art styles. Hence students will be introduced to the basic colour theory.

Students will also be introduced to the importance of home care advice in relation to the different nail treatments.

Learning Outcomes

On completion of this unit learners should be able to:

1. *Apply and maintain different nail extension techniques after consultation*
2. *Apply semi-permanent gel polish and use different nail art ideas*
3. *Prepare necessary tools according to appropriate hygiene procedures*
4. *Create a treatment plan and give appropriate homecare advice*
5. *Apply appropriate techniques to remove nail extension and nail art.*

Unit: CSBTY-306-1407 Salon Management

Unit level (MQF): 3

Credits : 6

Unit description

This unit will provide students with the knowledge that relates to the mode and range of services appropriate to the salon. The students will learn about primary, auxiliary, weekly and monthly tasks. Additionally, they will be introduced to the health and safety legislation, sterilization process, salon hygiene and personal hygiene. Also, the topics related to the emergency of fire, electrical safety, first aid and how to manage procedures required in case of an accident will be considered within the unit. The unit will teach student to carry out personal presentation in order to make a professional relationship with the clients. The risk assessment methods at the workplace will be also presented to the students. Students will understand the importance of communication skills; know how to apply them, and present goods and services effectively, using body language, facial mimicry and voice.

Students will also learn various business skills for salon needs and their personal needs. In this unit students will learn how to communicate with clients, and how to make a successful commercial for promotional purposes. They will learn to make business contracts with other firms.

Learning Outcomes

On completion of this unit learners should be able to:

1. *Understand basic factors to set up a business*
2. *Understand the basic principles of budgeting and accounting*
3. *Understand the basic elements of marketing and sales*
4. *Maintain basic health and safety standards in the salon according to local health and safety legislation*
5. *Understand the importance of health and safety practices in the salon.*

Unit: CSBTY-309-1402 Facial Care

Unit level (MQF): 3

Credits : 9

Unit description

In this unit, students will learn how to become independent in recognizing skin conditions, diseases and contra indications. The unit will provide students with the knowledge and skills to perform consultations and create appropriate treatments on facial care. Students will learn to diagnose skin types and skin conditions and select the products, tools and equipment for treatments. They will also learn to apply different types of scrubs, masks, ampoules and concentrates. The students will also be introduced with the ingredients of cosmetic preparations. Students will become familiar with different skin treatments and their effects. This will include treatments for different skin types (young, mature, problematic, dry, oily skin, combination and sensitive skin as well as various anti-ageing treatments). In addition, students will learn the anatomy of the face in order to perform facial, neck and décolleté massage. Furthermore, student will acquire organizational skills which will enable them to properly maintain the work place, supplies and equipment. They will also learn how to recommend proper home care for different clients.

Also, they will learn how to recommend treatments and therapy for different clients, analyse skin type and skin condition. Students should be able to advise the appropriate care in the salon and at home, perform various facial treatment independently and will be responsible for keeping required hygiene conditions during face care treatments.

Learning Outcomes

On completion of this unit learners should be able to:

1. *Create a treatment plan on the basis of the analysis of the type and condition of client skin and possible contra indications*
2. *Perform consultation with the client and fill in record card appropriately, and advise adequate home care*
3. *Carry out different face care treatments*
4. *Know the ingredients of face care products and their effects on the skin*
5. *Maintain hygiene standards in delivery of beauty therapy treatment.*

Unit: CSPHY-303-1504 Anatomy and Physiology

Unit level (MQF): 3

Credits : 3

Unit description

The unit involves the study and learning of the body structure, its' physiology and function. It is vital to have a sound knowledge of the body system especially because it is the foundation on which beauty treatments are based on. It provides the learner with a better understanding to why and how should a beauty specialist make use of various beauty treatments that are safe to the human body.

The unit delves into various other aspects that link the study of the human body with beauty treatments, methods and contraindications, symptoms and conditions of the client so that the learner is aware of when and when not to treat a client, and only operate within certain parameters.

Learning Outcomes

On completion of this unit learners should be able to:

1. *Explain the organisation of the body, cells, tissues, and organs and how they work together to form the body's system*
2. *Describe muscular and bone structures including position, functions, and the various nerves that are affected during treatments*
3. *Explain the structure of the integumentary system (skin, hair and nails)*
4. *Explain different types of joints*
5. *Describe the functions of the circulatory system and the importance of blood and lymph circulation.*