



# COURSE OUTLINE

**Please save a copy onto your computer before filling in the form**

**Course Name:** Body Treatment

**Department Head/Coordinator:** Julie Wright

**Effective Date:** September 2012

**School or Centre:** School of Music and Dance      **Department:** Hairdesign and Esthetics

**Course History:** New Course      **Year of Study:** Click arrow for options

**Name of Replacing Course (if applicable):**      **Course Number:** ESTH 1215  
**Number of Credits:** 3

**Course Pre-requisites (if applicable):**

Successful completion of; ESTH 1100, ESTH 1105, ESTH 1110, ESTH 1115, ESTH 1120, ESTH 1125 and ESTH 1130.

**Course Co-requisites (if applicable):**

**PLAR (Prior Learning Assessment & Recognition)**       No     Yes (details below):

**Course Description:**

This course explores improving and maintaining body skin conditions with a focus on analyzing, full body exfoliation, steam & heat, full body wraps, introduction to body massage, back skin treatments and the use of body products. This course also includes product knowledge and prescription home care.

**Note to instructors:** An instructional strategy is an approach that an instructor uses to achieve the learning outcomes (e.g., lecture, case study, video, group work).

### **Instructional Strategies:**

Instructional strategies include lecture, demonstration, video presentation, assignments, practical work, group work, individual work and theoretical assessments.

### **Course Learning Outcomes:**

Upon successful completion of this course, students will be able to:

- Prepare for body treatments
- Prepare themselves, the client and the work area for treatment
- Use suitable consultation techniques to identify treatment objectives
- Carry out a skin analysis on the body
- Use products, tools and equipment to suit client treatment needs, skin types and conditions
- Provide body treatments
- Provide clear recommendations to the client

### **Program Learning Outcomes:**

Upon successful completion of the Skin and Body Therapy (Esthetics) Certificate students will be able to:

- Practice skin and body therapies in accordance with safety, hygiene, and sanitation standards and regulations.
- Describe human anatomy, physiology and chemical composition specific to concerns relating to nail, skin, body, and hair removal treatments.
- Perform spa treatments based on client consultation, skin analysis and nutritional needs.
- Apply the principles of colour and design to lash, brow and specialized makeup techniques.
- Perform in an ethical and professional manner conducive to spa environments.

**Evaluation/Grading System** *(Click on drop down box arrows to see list of options)*

| Grading System | Specify if 'Other': | Specify Passing Grade: |
|----------------|---------------------|------------------------|
| Letter Grades  |                     | C                      |

**Components and Weighting of the Assessment/Evaluation Plan:** *(Click on drop down box arrows to see list of options)*

| Type          | Percentage | Evaluation Plan<br>(provide a brief explanation for each component especially if value exceeds 35%): |
|---------------|------------|--|
| Assignments   | 25         |  |
| Exam          | 25         |  |
| Lab Work      | 30         |  |
| Participation | 20         |  |
| -             |            |  |
|               |            |  |
| <b>Total</b>  |            | <b>100</b>   |

**Learning Environment/Type** *(Select all that are used within the course)*

| Instruction Type          | Hours Per Instruction Type | Comments |
|---------------------------|----------------------------|----------|
| K - Shop/Teaching Kitchen | 45                         |          |
| L - Classroom             | 45                         |          |
| -                         |                            |          |
|                           |                            |          |
|                           |                            |          |
| <b>Enter Total Hours</b>  | <b>90</b>                  |          |

**Resource Material(s):**

Resources are items in addition to tuition that the student is responsible for purchasing. Course resource information will be supplied by the department/instructor.

## Course Topics and Sequence Covered:

- Topic 1.0 Introduction to Body Treatments
- Topic 2.0 Plan & Prepare for Treatment
- Topic 3.0 Consultation & Skin Analysis on the body
- Topic 4.0 Treatment Technique and Procedure
- Topic 5.0 Introduction to body massage
- Topic 6.0 Introduction to Electrical Treatments
- Topic 7.0 Aftercare & Home Care Advice
- Topic 8.0 Promote suitable products and other services

## VCC Education and Education Support Policies

There are a number of **Education** and **Education Support** policies that govern your educational experience at VCC, please familiarize yourself with them.

The policies are located on the VCC web site at:

<http://www.vcc.ca/about-vcc/policies/index.cfm>

To find out how this course transfers, visit the BC Transfer Guide at [www.bctransferguide.ca](http://www.bctransferguide.ca).

### FOR COMMITTEE USE ONLY

|                                     |  |  |  |
|-------------------------------------|--|--|--|
| Date Approved by Education Council: |  | Date Approved by VCC Board<br>(if applicable): |  |
|-------------------------------------|--|--|--|