

National Unit Specification: general information

UNIT Cosmetology: Beauty Practical Skills (Intermediate 1)

CODE F0FE 10

COURSE

SUMMARY

The focus of the Unit is practical. Candidates will learn how to perform a file and nail polish application to the hands safely and effectively. Candidates will learn to select suitable products and consumables, and complete the preparation for a basic facial cleanse, tone and moisturise. Candidates will learn to perform a basic facial cleanse, tone and moisturise routine.

This Unit is suitable for those who have no previous qualifications or experience and wish to gain an introductory qualification as part of a general education or a first step to more specialised study.

OUTCOMES

- 1 Perform a file and polish application.
- 2 Prepare for a facial cleanse, tone and moisturise treatment.
- 3 Perform a facial cleanse, tone and moisturise treatment.

RECOMMENDED ENTRY

Access to this Unit is at the discretion of the centre.

CREDIT VALUE

1 credit at Intermediate 1 (6 SCQF credit points at SCQF level 4*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates*

Administrative Information

Superclass: HL

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National Unit Specification: general information (cont)

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CORE SKILLS

There is no automatic certification of Core Skills or Core Skills components in this Unit. Opportunities for developing aspects of Core skills are highlighted in *Guidance on Learning and Teaching Approaches*.

National Unit Specification: statement of standards

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Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit Specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

OUTCOME 1

Perform a file and polish application.

Performance Criteria

- (a) Select suitable products and nail files.
- (b) Prepare client's hands and nails following organisational procedures.
- (c) Demonstrate filing of the finger nails safely and effectively.
- (d) Apply polish following the correct method of application.
- (e) Apply polish to give a neat and finished result.

OUTCOME 2

Prepare for a facial cleanse, tone and moisturise treatment.

Performance Criteria

- (a) Select products appropriate to client's needs.
- (b) Remove clients and own jewellery following workplace procedures and organisation's code of practice.
- (c) Demonstrate basic protection procedures for client's hair and clothing.
- (d) Carry out required sanitising of own hands in accordance with good hygiene procedures.

OUTCOME 3

Perform a facial cleanse, tone and moisturise treatment.

Performance Criteria

- (a) Cleanse client's eyes and lips following correct procedures.
- (b) Perform effective facial cleansing techniques.
- (c) Perform an appropriate application of toner.
- (d) Apply moisturiser using suitable techniques.

National Unit Specification: statement of standards (cont)

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EVIDENCE REQUIREMENTS FOR THIS UNIT

Performance evidence is required to demonstrate that all Outcomes and Performance Criteria have been achieved.

Outcome 1

Candidates will demonstrate by practical performance on two occasions that they can select suitable products, prepare hands and nails and perform a file and polish application, demonstrating an effective finished result. The evidence will include:

- ◆ method of sanitising hands following workplace procedures
- ◆ methods used to remove polish
- ◆ products and implements required for a basic file and polish
- ◆ file and polish procedures
- ◆ filing technique
- ◆ method of application — three to four brush strokes

Outcome 2

Candidates will demonstrate by practical performance on two occasions that they can select suitable products, ensure own and clients jewellery is removed, clients hair and clothing are protected, and hands are sanitised effectively, prior to the cleansing routine. The evidence will demonstrate competence in using:

- ◆ products required for a cleanse, tone and moisturise
- ◆ workplace Code of Practice regarding removal of jewellery
- ◆ relevant health and safety requirements
- ◆ preparation procedures
- ◆ procedures for sanitising hands

Outcome 3

Candidates will demonstrate by practical performance on two occasions that they can cleanse the eyes and lips, perform effective facial cleansing movements, apply an appropriate toner and apply moisturiser following suitable movements. The evidence will demonstrate competence in using:

- ◆ procedure of a facial cleanse
- ◆ appropriate use of products
- ◆ technique of eye and lip cleansing
- ◆ facial cleansing movements
- ◆ applications of toner
- ◆ moisturiser application

The practical performances should be recorded on an assessor observation checklist.

National Unit Specification: statement of standards (cont)

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Sample assignment briefs and assessor checklists are included in the Assessment Support Pack which has been produced for this Unit. Centres who wish to produce their own instruments of assessment should refer to the Assessment Support Pack to ensure a comparable standard.

National Unit Specification: support notes

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This part of the Unit Specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

GUIDANCE ON THE CONTENT AND CONTEXT FOR THIS UNIT

This Unit is designed to enable candidates to carry out a file and nail polish application to the hands. Candidates should ensure the hands are sanitised prior to filing the nails. They will have to demonstrate they are able to file the nails safely and effectively in order not to damage the nails.

They should demonstrate a nail polish application, which produces a neat finish to the nail plate.

They need to be able to remove old nail polish from the nails using nail polish remover technique correctly before applying a basecoat and coloured polish by the application method of using three to four strokes only to cover the nail plate. A topcoat should be applied by the same method if required.

This Unit is also designed to enable candidates to perform the necessary preparation for a cleanse, tone and moisturise routine to the face. Candidates will have to demonstrate they are able to select the products and consumables and protect the hair and clothing prior to a cleansing routine. The removal of own and client's jewellery must be adhered to following the organisation's code of practice. They must be able to apply and remove a suitable cleanser to the eyes, lips and then the facial area, following a specified routine using effective movements. They will need to know how to apply toner following an appropriate method. They can remove a toner with tissues if necessary, before applying the moisturiser to the face. The moisturiser should be applied using the appropriate upward and outward movements over the face.

Candidates undertaking this Unit will need to have knowledge of the following topics:

- ◆ suitable products to perform a file and polish
- ◆ suitable products for a facial cleanse, tone and moisturise
- ◆ preparation of treatment area, hair and clothing
- ◆ organisations code of practise regarding removal of jewellery
- ◆ procedure of a file and polish
- ◆ procedure for a facial cleanse
- ◆ filing technique
- ◆ polish application method
- ◆ techniques used for a facial cleanse routine
- ◆ appropriate use of toner
- ◆ moisturiser application

National Unit Specification: support notes (cont)

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GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

Candidates will develop knowledge and understanding through their practical activities. Some use can be made of videos, books, pictures and manufacturer's information booklets.

Practical demonstrations by the tutor will provide the main teaching forum for all Outcomes in this Unit, with the candidates then practising the skills. Candidates will be shown how to complete a file and polish and perform a facial cleanse, tone and moisturise. Candidates should have the opportunity to experience the processes and effects by working on each other, which will also help develop confidence and encourage peer group discussions.

Candidates will not be required to have specific knowledge of contra-indications to the hand, nails or skin. The importance of referring any condition candidates are not sure about to a relevant person should be reinforced throughout the Unit. They will be given advice on the appropriate action to be taken.

Candidates will be advised on suitable products required to perform their practical skills, however given this is an Intermediate 1 Unit, the extent of product knowledge required must be clearly defined and appropriate to the level.

It is expected that, at this level, candidates will be given support and guidance from the assessor/person responsible before progressing to assessment.

Opportunities for developing Core Skills

In this Unit, candidates will carry out practical activities in the selected workplace environment, which will involve listening, seeking advice, talking to customers and collecting and organising information from a number of sources. These are good opportunities for developing communication skills and for working co-operatively with others.

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

The assessment for Outcome 1 is a practical performance performed on two occasions where candidates will carry out the preparation and perform file and polish on nails. The assessment for Outcome 2 and 3, will be integrated in practical performance where candidates will carry out on two occasions the preparations and performance of a facial cleanse, tone and moisturise. Assessment should take place only after candidates have had time to practise the relevant skills. Time should be left, however, to allow for re-assessment where necessary.

CANDIDATES WITH DISABILITIES AND/OR ADDITIONAL SUPPORT NEEDS

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).