



National Unit specification: general information

Unit title: Pedicure

Unit code: H1WW 11

Superclass: HL

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Summary

This is a mandatory Unit of the National Progression Award (NPA) in Manicure and Pedicure Skills at SCQF level 5, but can be taken as a free standing Unit.

Candidates will learn about the structure of the skin and nails as well as common disorders and diseases of the nail and foot. They will consult with clients, analyse the feet in preparation for treatment and develop practical skills in pedicure.

On completion of this Unit, candidates will be able to plan and perform a pedicure using the most appropriate resources.

This Unit is suitable for those who have no previous qualifications or experience.

Outcomes

- 1 Demonstrate knowledge of the skin, nail and foot.
- 2 Prepare to carry out a pedicure treatment.
- 3 Perform a pedicure, give aftercare advice and evaluate treatment.

Recommended entry

Entry is at the discretion of the centre.

General information (cont)

Unit title: Pedicure

Credit points and level

1 National Unit credit at SCQF level 5: (6 SCQF credit points at SCQF level 5*)

**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.*

Core Skills

Achievement of this Unit gives automatic certification of the following Core Skills component:

Complete Core Skill None

Core Skill component Critical Thinking at SCQF level 4

There are also opportunities to develop aspects of Core Skills which are highlighted in the Support Notes of this Unit specification.

National Unit specification: statement of standards

Unit title: Pedicure

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 SQA.

Outcome 1

Demonstrate knowledge of the skin, nail and foot.

Performance Criteria

- (a) Identify the skin structure.
- (b) Identify the nail structure.
- (c) Identify contra-indications to a pedicure treatment.
- (d) Identify conditions which may restrict a pedicure treatment.

Outcome 2

Prepare to carry out a pedicure treatment.

Performance Criteria

- (a) Consult with and identify client requirements.
- (b) Select appropriate resources.
- (c) Record planned treatment and resource selection.
- (d) Prepare and position client for treatment.

Outcome 3

Perform a pedicure, give aftercare advice and evaluate treatment.

Performance Criteria

- (a) Perform a pedicure effectively to meet client needs following correct sequence time and application.
- (b) Give relevant aftercare advice.
- (c) Evaluate treatment performed.
- (d) Comply with current relevant legislation throughout.

National Unit specification: statement of standards (cont)

Unit title: Pedicure

Evidence Requirements for this Unit

Evidence is required to demonstrate that candidates have achieved all Outcomes and Performance Criteria.

Outcome 1 Structured Written Questions

Structured questions will be set which must be carried out in closed-book conditions.

The questions must enable candidates to demonstrate their knowledge of:

- 1 (a) Skin Structure - layers of the epidermis, dermis, arrector pili muscle, sweat gland, sebaceous gland, sensory nerve endings, dermal papilla, blood supply, subcutaneous layer, hair follicle.
- 1 (b) Nail Structure – matrix cuticle, lunula, nail bed, nail groove, nail wall, nail plate, hyponychium, free edge.
- 1 (c) Contra-indications to pedicure - ringworm, verruca, bacterial infection, fungal infection, viral infection.
- 1 (d) Conditions which may restrict pedicure – ingrowing nails, bunions, corns, claw/hook nails.

Outcome 2 and 3: Performance evidence

Candidates will be required to demonstrate by practical activity on a **minimum of three occasions on different clients** that they are able to:

- ◆ Consult with and identify client requirements
- ◆ Select appropriate resources, products and equipment
- ◆ Record planned treatment and resource selection
- ◆ Prepare and position client for treatment
- ◆ Perform a pedicure treatment effectively to meet client needs following correct sequence time and application
- ◆ Give relevant aftercare advice
- ◆ Evaluate treatment performed
- ◆ Comply with current relevant legislation throughout

Practical evidence for Outcomes 2 and 3 must be gathered on the same assessment occasion and completed in a viable commercial time.

Nail painting must include the use of a strong colour.

Performance must be supported by accurately completed client consultation records and assessor observation checklist.

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

Candidates will learn about the structure of the skin and nail; contra indications and restrictions to treatment. They will develop positive communication and consultation techniques and develop practical skills in pedicure selecting appropriate resources to meet client requirements.

Candidates will learn how to present themselves in a hygienic and professional manner, and prepare the working environment following current relevant legislation.

Key areas of knowledge are:

- ◆ Skin Structure — layers of the epidermis, dermis, arrector pili muscle, sweat gland, sebaceous gland, sensory nerve endings, dermal papilla, blood supply, subcutaneous layer, hair follicle
- ◆ Nail Structure — cuticle, lunula, nail bed, nail groove, nail wall, nail plate, hyponychium, free edge
- ◆ Contra-indications to pedicure — ringworm, verruca, bacterial infection, fungal infection, viral infection
- ◆ Conditions which may restrict pedicure — ingrowing toe nails, bunions, corns, claw/hook nails
- ◆ An awareness of current health and safety legislation and where to find further information on:
 - Data Protection Act
 - Health and Safety at Work Act
 - Control of Substances Hazardous to Health (COSHH)
 - Personal Protective Equipment (PPE)
- ◆ Salon hygiene procedures
- ◆ Prevention of cross infection
- ◆ Resources required for pedicure treatment — emery board, orange stock, cuticle knife, cuticle nipper, toe nail clippers, nail buffer, nail brush, hoof stick, hard skin rasp/file, pumice stone, basin, towels, spatulas, tissue, cotton wool, nail polish remover, nail enamel, base coat, top coat, cuticle cream/oil, cuticle remover, exfoliator
- ◆ Organisational requirements relating to treatment areas, storage and disposal
- ◆ Client preparation
- ◆ Effective communication techniques
- ◆ How to respond appropriately to others
- ◆ Knowledge of salon product range
- ◆ Methods of nail painting
- ◆ Importance of carrying out treatment in a commercially viable time
- ◆ How to evaluate treatment

Guidance on learning and teaching approaches for this Unit

There should be an introduction to the Unit which allows the candidates to understand fully what is required and the approaches which will be adopted.

The main approach to learning in this Unit should be experiential, through client and candidate centred activity. Candidates should have the opportunity to learn and develop practical skills in a salon environment where they will experience a realistic workplace environment and learn to work with others.

Due to the practical nature of this Unit, each part of the learning and teaching should incorporate both theory and practical, to facilitate learning. Candidates will therefore understand the relevance of the knowledge and understanding more easily as they experience the practical application. The learning and teaching should arise naturally throughout the practical activities.

Practical demonstration followed by supported role play, initially with peers, will enable candidates to practise and gain competence and confidence before progressing to work on clients. Formative work throughout, with constructive feedback, will enhance and support the candidates' performance. Emphasis should be placed on working safely and following salon hygiene procedures.

Candidates should be shown how to shape the nail using suitable files and how to improve the appearance of the cuticle using products. The use of a hoof stick could be included if applicable. The method of using a cuticle knife and nippers should be demonstrated by the lecturer, but it should only be used if the cuticle requires a significant amount of work and will not be applicable for all clients. Candidates may have the opportunity to practise this skill on a suitable client if available.

Methods of enamel application should be demonstrated including base coat, coloured enamel and top coat. Candidates should have the opportunity to use a variety of enamels.

The selection and use of the correct products, tools and equipment should be emphasised throughout.

It is important that sufficient time is given within the Unit to develop and practise skills as well as the opportunity to practise consultation techniques with peers before progressing to clients. This should include how to evaluate the treatment performed.

Candidates should be shown how to prepare the client appropriately for the treatment, ensuring client comfort and protection. Aftercare advice given should be relevant to clients' needs.

Candidates should be made aware of handling, disposal and storage of equipment and materials to comply with the organisation's and manufacturer's instructions, and legal requirements. Environmental issues on disposal should be considered.

Achievement of this Unit will be dependent on candidates being able to carry out practical activities either in a realistic working environment which involves working on a variety of clients, working with others and so, developing good working practice.

National Unit specification: support notes (cont)

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Guidance on approaches to assessment for this Unit

The Evidence Requirements are fully expressed in the mandatory section of this Unit Specification.

There are good opportunities for formative and self-assessment in this Unit.

Evidence for Outcome 1: The learning and teaching of the theory aspects of this Unit should be integrated with practical skills development to give candidates the understanding required.

Evidence for Outcomes 2 and 3: Practical performance must be assessed holistically supported by assessor observation checklists and accurately completed client consultation records. Practical treatments must be carried out in a commercially viable timeframe.

The ASP provided for this Unit illustrates the standard that should be applied. It includes restricted response questions for Outcome 1 and an assessor observation checklist and client consultation record for Outcomes 2 and 3.

If a centre wishes to design its own assessments for this Unit, they should be of a comparable standard.

Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

Opportunities for developing Core Skills

In this Unit candidates will carry out practical activities which involve interaction with customers and others. These are good opportunities for developing aspects of the Core Skill of *Communication*. Candidates will learn how important it is to work together as part of a salon team to meet the needs of customers which will allow the development of aspects of the Core Skill of *Working with Others*. Candidates will also be encouraged to provide treatments which meet clients' needs and evaluate the treatment given, which provides opportunities for developing aspects of Core Skills in *Problem Solving*.

This Unit has the Critical Thinking component of Problem Solving embedded in it. This means that when candidates achieve the Unit, their Core Skills profile will also be updated to show they have achieved Critical Thinking at SCQF level 4.

National Unit specification: support notes (cont)

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Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

History of changes to Unit

Version	Description of change	Date
02	Core Skills Component Critical Thinking at SCQF level 4 embedded.	10/10/2012

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