

CURRICULUM OVERVIEW

Personal Care Services

Career and Technical Education Series



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Personal Care Services Course Overview

This course in Personal Care Services introduces students to a variety of careers in the following areas: cosmetology (including hairstyling and haircutting, esthetics, manicuring, makeup, and teaching) and barbering (including cutting and styling of hair and facial hair and manicuring for men); massage therapy, teaching body-mind disciplines (yoga, Pilates, and the martial arts), and fitness (general exercise classes and acting as a personal trainer); and mortuary science (embalming and funeral directing). The course teaches students about what each career entails and the education and training they will need to become credentialed in various career specialties. In addition, about half of the course is devoted to teaching knowledge associated with the various professions, so that students can get a feel for what they should learn and whether they would like to learn it.

- **Introduction to Careers in Personal Care:** Unit One is an overview of careers in personal care. Students will explore different jobs, the scope of a professional's work in each of these job titles and the type of education that will be required for each job title. Students also explore some foundational knowledge necessary for the pursuit of a career in personal care.
- **Careers in the Beauty Industry:** Unit Two focuses on careers in the personal appearance or beauty industry. In includes lessons on the anatomy of the integumentary system, cosmetology specialties, education and skill requirements for cosmetology careers, and accreditation and licensing.
- **Careers in Massage Therapy:** Students will learn about the anatomy of the musculoskeletal system, types of massage, massage-therapy training, accreditation, and health and safety issues.
- **Careers in Body-Mind Movement Instruction and Group Exercise and Fitness Education:** Unit four covers careers in fitness instruction, dividing this topic into mind-body disciplines and general exercise.
- **How These Careers Interact:** This unit focuses on mortuary science and culminates with a lesson on how the careers within this field interact.

Unit 1: Introduction to Personal Care Careers	
Assignments	
Personal Care Services	1. Course Overview
	2. Beauty Careers Overview
	3. Project: Interview a Personal Care Worker
	4. Healthy Body Careers Overview
	5. Project: Logging Miles
	6. Funeral Services Careers Overview
	7. Quiz 1: Personal Care Careers
	8. The Human Body's Anatomy and Physiology
	9. Project: Investigate Common Diseases of an Organ System
	10. Social Psychology
	11. Project: Writing Your Obituary
	12. Communication and Interpersonal Skills
	13. Quiz 2: Foundational Knowledge for Personal Care Careers
	14. Special Project*
	15. Test
	16. Course Project Part 1: Raising Awareness about Sustainability*
	17. Glossary and Credits

Unit 2: Careers in the Beauty Industry		
Personal Care Services	Assignments	
	1. Anatomy of Hair, Skin, and Nails	9. Project: Research the Life of a Famous Hairstylist
	2. Project: Causes and Treatment of Skin Cancer	10. Issues and Considerations in Cosmetology
	3. Cosmetology Careers - Focus on Hair	11. Project: Write an Article on Hair-Smoothing Treatments
	4. Project: Create a State-Specific FAQ For Cosmetology Or Barbering Education and Training	12. Quiz 2: Credentialing, Career Choices, and Professional Responsibilities
	5. Cosmetology Careers - Esthetics, Teaching, and Combinations	13. Special Project*
	6. Quiz 1: Training of Personal Appearance Workers	14. Test
	7. Professional Qualifications for Personal Care Professions	15. Course Project Part 2: Safe and Sustainable Personal Care Products*
	8. Career Paths for Personal Appearance Workers	16. Glossary and Credits
Unit 3: Careers to Support a Healthy Body		
Personal Care Services	Assignments	
	1. Anatomy for Massage	10. Health and Safety and Ethical Responsibilities
	2. Project: Label the Bones in the Body	11. Project: Ethical Dilemmas - What Would You Do?
	3. Massage Careers, Part 1 - Skills, Knowledge, and Education	12. Quiz 2: Credentialing, Career Choices, and Professional Responsibilities
	4. Project: Research a Massage Modality	13. Special Project*
	5. Massage Careers, Part 2 - Education and Training	14. Test
	6. Quiz 1: Training of Massage Therapists	15. Course Project Part 3: Massage Therapy as a Compliment to Cancer Treatment*
	7. Credentialing of Massage Therapists	16. Glossary and Credits
	8. Jobs and Careers for Massage Therapists	
	9. Project: Assess Your Fitness as a Caregiver to the Sick	
Unit 4: Careers in Whole Person Fitness		
Personal Care Services	Assignments	
	1. Anatomy of the Respiratory System	10. Fitness Instructor/Personal Trainer/Athletic Trainer
	2. Yoga Instructor	11. Project: Explore a Career - Physical Education Teacher or Athletic Trainer
	3. Project: Two Weeks of Yoga	12. Quiz 2: Training of Martial Arts or General Fitness Instructors
	4. Pilates Instructor	13. Special Project*
	5. Project: Ancient Greek Gymnastics	14. Test
	6. Quiz 1: Training of Yoga and Pilates Instructors	15. Course Project Part 4: Health Benefits of Fitness*
	7. Martial Arts Instructor	16. Glossary and Credits
	8. Project: Health Benefits of the Martial Arts	
	9. Types of Exercise Taught by Fitness Instructors	

Unit 5: How These Careers Interact		
Personal Care Services	Assignments	
	1. Blood and Lymph Systems	10. Project: Alkaline Hydrolysis: A Green Alternative to Burial or Cremation
	2. Project: Investigate Autoimmune Diseases	11. Humanistic Psychology and Its Application to Careers in Personal Care
	3. Funeral Service Careers - Skills and Knowledge	12. Quiz 2: Credentialing, Career Choices, and Professional Responsibilities
	4. Project: Researching a Day in the Life of a Mortician	13. Special Project*
	5. Funeral Service Careers - Education and Training	14. Test
	6. Quiz 1: Training of Funeral Services Professionals	15. Course Project Part 5: How to Plan for a Green Burial*
	7. Funeral Service Careers - Credentialing and Industry Trends	16. Glossary and Credits
	8. Project: Interview a Funeral Director about Green Burial Options	
	9. Funeral Service Careers - Health and Safety and Ethical Responsibilities	
Unit 6: Course Review and Exam		
	Assignments	
	1. Course Project Part 6: Improving the Sustainability Profile of an Industry Segment*	2. Review
		3. Exam

(*) Indicates alternative assignment