

Personal Care Services

Course Overview and Syllabus

Grade level: 9–12

Prerequisite Courses: None

Credits: 0.5

Course Description

Personal Care Services introduces high school 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 semester-long course teaches students about what each career entails and the education and training they 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.

Course Objectives

Throughout the course, you will meet the following goals:

- Delve into different personal care professions and the education, skills, and foundational knowledge required for each
- Discover what cosmetology careers and specialties entail, from learning the anatomy of the integumentary system to accreditation and licensing
- Examine massage therapy careers and types of massage, anatomy of the musculoskeletal system, training, accreditation, and health and safety issues
- Explore careers in fitness instruction, from mind-body disciplines to general exercise, including group exercise and fitness education
- Learn about mortuary science and how the careers within this field interact

Student Expectations

This course requires the same level of commitment from you as a traditional classroom course. Throughout the course, you are expected to spend approximately 5–7 hours per week online on:

- Interactive lessons that include a mixture of videos, readings, and tasks
- Assignments in which you apply and extend learning in each lesson
- Assessments, including quizzes, tests, and cumulative exams

Communication

Your teacher will communicate with you regularly through discussions, email, chat, and system announcements. You will also communicate with classmates, either via online tools or face to face, as you collaborate on projects, ask and answer questions in your peer group, and develop your speaking and listening skills.

Grading Policy

You will be graded on the work you do online and the work you submit electronically to your teacher. The weighting for each category of graded activity is listed below.

| Grading Category | Weight |
|------------------|--------|
| Lesson Quizzes | 20% |
| Unit Tests | 20% |
| Cumulative Exams | 20% |
| Assignments | 10% |
| Projects | 30% |
| Additional | 0% |

Scope and Sequence

When you log into Edgenuity, you can view the entire course map—an interactive scope and sequence of all topics you will study. The units of study are summarized below:

- Unit 1:** Introduction to Personal Care Careers
- Unit 2:** Careers in the Beauty Industry
- Unit 3:** Careers to Support a Healthy Body
- Unit 4:** Careers in Whole Person Fitness
- Unit 5:** How These Careers Interact