

## 200 Hour Manicuring Curriculum

SUBJECT AREA	Recommended 200 Hour Core	Recommended Clinic 50% Core	Recommended Theory 25% Core
<b>1. Infection Control &amp; Principles/Practices</b> <ul style="list-style-type: none"> <li>• Bacteriology</li> <li>• Dispensary Requirements &amp; Operations</li> </ul>	30	15	7.5
<b>2. Anatomy</b> <ul style="list-style-type: none"> <li>• Bones, Muscles &amp; Systems</li> <li>• Nervous System</li> <li>• Joints, Cartilage</li> <li>• Ligaments of the Hand, Arm, Foot &amp; Leg</li> </ul>	10	5	2.5
<b>3. Massage</b> <ul style="list-style-type: none"> <li>• Client Health Issues &amp; Pre-Screening</li> <li>• Preparation</li> <li>• Manipulations (Hand/Arm, Feet/Legs)</li> <li>• Relaxation Treatments</li> </ul>	10	5	2.5
<b>4. Nail Care Procedures &amp; Practices</b> <ul style="list-style-type: none"> <li>• Safety Precautions</li> <li>• Basic &amp; Advanced Manicures</li> <li>• Basic &amp; Advanced Pedicures</li> <li>• Polish Application Techniques</li> <li>• Structure of the Nail</li> <li>• Diseases, Disorders, and Conditions (Hand, Arm, Foot &amp; Leg)</li> </ul>	55	27.5	13.75
<b>5. Chemistry</b> <ul style="list-style-type: none"> <li>• Compounds and Mixtures</li> <li>• Nail Enhancement Composition</li> <li>• Ingredients</li> <li>• Nail Cosmetics</li> </ul>	10	5	2.5
<b>6. Nail Enhancements</b> <ul style="list-style-type: none"> <li>• Application Procedures</li> <li>• Artificial Nail Structure</li> <li>• Preparation</li> <li>• Application</li> <li>• Removal</li> <li>• Nail Repairs</li> </ul>	35	17.5	8.75
<b>7. Specialized Equipment</b> <ul style="list-style-type: none"> <li>• Curing Methods</li> <li>• Drills/ Advanced Tools</li> <li>• Safety &amp; Effects</li> </ul>	10	5	2.5
<b>8. Salon Operations &amp; Communication Skills</b> <ul style="list-style-type: none"> <li>• Salon Operation &amp; Management (<i>Sales/Consultation/Career Development/Professional Image</i>)</li> <li>• Communication Skills (<i>Listening Skills/Product &amp; Service Education/Consultation</i>)</li> </ul>	20	10	5
<b>9. Cosmetology Laws &amp; Rules</b> <ul style="list-style-type: none"> <li>• Ohio Administrative Code/ Ohio Revised Code/ Inspection &amp; Enforcement</li> <li>• Continuing Education / Policies &amp; Procedures</li> <li>• Human Trafficking (1 Hour)</li> </ul>	20	10	5
<b>Total</b>	200	100	50
<b>Flexible Learning Hours</b>		50	
<b>Parameters:</b> <ul style="list-style-type: none"> <li>• Each School must prepare and submit for approval a teaching plan within this curriculum.</li> <li>• Flexible Learning Hours shall be used to create an Individualized Learning Plan if necessary</li> <li>• Internship Hours would be designated as Flexible Learning Hours.</li> </ul>			