



**Related Training For Cosmetology/240 Hour Temporary Distance Education Online Course**  
 BAKERSFIELD,DOWNEY,OXNARD, OCEANSIDE-Calendar

Cosmetica Cosmetology and Barbering Unilateral Apprenticeship Committee  
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**5 Hour credit per chapter**  
**You are required to sign in into Cosmetica**

AUG. 4	THEME	AUG. 11	THEME	AUG. 18	THEME	AUG. 25	THEME	SEP 1	THEME	SEP 8	THEME	SEP 15	THEME	SEP 22	THEME
<b>Theo: Chap. 26</b>	Pedicuring	<b>Theo: Chap27</b>	Nail Tips & Wraps	<b>Theo: Chap. 28</b>	Monomer Liquid & Polymer Powder Nail Enhancements	<b>Theo: Chap. 29</b>	Light Cured Gels	<b>Theo: Chap. 30</b>	Preparing For Licensure & Employment	<b>Theo: Chap. 31</b>	On The Job	<b>Theo: Chap 32</b>	The Salon Business	<b>Theo: Chap. 1</b>	History & Career Opportunities
<b>Pract. NIC: 9-10</b>	*Virgin Hair Relaxer Application with Colored Simulated Product *Blood Exposure Procedure	<b>Pract. NIC: 11</b>	(14) Basic Facial	<b>Pract. NIC: 12</b>	(20) Sculptured Nail	<b>Pract. NIC: 1-2</b>	*Working Area and Client Preparation, and Set up of Supplies (1st Client) *Thermal Cutting	<b>Pract. NIC: 3</b>	Haircutting	<b>Pract. NIC: 4-5</b>	*Work Area and New Client Preparation, and Set up of Supplies (2nd Client) *Chemical Waving	<b>Pract. NIC: 6-7-8</b>	*Predisposition Test and Strand Test with Simulated Product. *Highlight with Foil, Virgin Application with Colored Simulated Product *Hair Color Retouch with Colored Simulated Product	<b>Pract. NIC: 9-10</b>	*Virgin Hair Relaxer Application with Colored Simulated Product *Blood Exposure Procedure
<b>BBC Theory Sec. 8:</b>	<b>Health &amp; Safety:</b> Solving Health and Safety Problems	<b>BBC Theo Sec. 9:</b>	<b>Health &amp; Safety:</b> Worker's Rights	<b>BBC Theo Sec. 1:</b>	<b>Health &amp; Safety:</b> The Board of Barbering and Cosmetology	<b>BBC Theo Sec. 2:</b>	<b>Health &amp; Safety:</b> Chemicals and Your Health	<b>BBC Theo Sec. 3:</b>	<b>Health &amp; Safety:</b> Safety Data Sheets:What You Need to Know	<b>BBC Theo Sec. 4:</b>	<b>Health &amp; Safety:</b> Protecting Yourself From Hazardous Chemicals	<b>BBC Theo Sec. 5:</b>	<b>Health &amp; Safety:</b> Ergonomics: Fitting The Job To The Person	<b>BBC Theo Sec. 6:</b>	<b>Health &amp; Safety:</b> Communicable Diseases
SEP 29	THEME	OCT 6	THEME	OCT 13	THEME	OCT 20	THEME	OCT 27	THEME	NOV 3	THEME	NOV 10	THEME	NOV 17	THEME
<b>Theo: Chap. 2</b>	Life Skills	<b>Theo: Chap. 3</b>	Your Professional Image	<b>Theo: Chap. 4</b>	Communicating For Success	<b>Theo Chap. 5</b>	Infection Control: Principles & Practices	<b>Theo: Chap. 6</b>	General Anatomy & Physiology	<b>Theo: Chap. 7</b>	Skin Structure, Growth & Nutrition	<b>Theo: Chap 8</b>	Skin Disorders & Diseases	<b>Theo: Chap. 9</b>	Nail Structure & Growth
<b>Pract. NIC: 11</b>	(14) Basic Facial	<b>Pract. NIC: 12</b>	(20) Sculptured Nail	<b>Pract. NIC: 1-2</b>	*Working Area and Client Preparation, and Set up of Supplies (1st Client) *Thermal Cutting	<b>Pract. NIC: 3</b>	Haircutting	<b>Pract. NIC: 4-5</b>	*Work Area and New Client Preparation, and Set up of Supplies (2nd Client) *Chemical Waving	<b>Pract. NIC: 6-7-8</b>	*Predisposition Test and Strand Test with Simulated Product. *Highlight with Foil, Virgin Application with Colored Simulated Product *Hair Color Retouch with Colored Simulated Product	<b>Pract. NIC: 9-10</b>	*Virgin Hair Relaxer Application with Colored Simulated Product *Blood Exposure Procedure	<b>Pract. NIC: 11</b>	(14) Basic Facial
<b>BBC Theory Sec. 7:</b>	<b>Health &amp; Safety:</b> Health and Safety Laws and Agencies	<b>BBC Theory Sec. 8:</b>	<b>Health &amp; Safety:</b> Solving Health and Safety Problems	<b>BBC Theo Sec. 9:</b>	<b>Health &amp; Safety:</b> Worker's Rights	<b>BBC Theo Sec. 1:</b>	<b>Health &amp; Safety:</b> The Board of Barbering and Cosmetology	<b>BBC Theo Sec. 2:</b>	<b>Health &amp; Safety:</b> Chemicals and Your Health	<b>BBC Theo Sec. 3:</b>	<b>Health &amp; Safety:</b> Safety Data Sheets: What You Need to Know	<b>BBC Theo Sec. 4:</b>	<b>Health &amp; Safety:</b> Protecting Yourself From Hazardous Chemicals	<b>BBC Theo Sec. 5:</b>	<b>Health &amp; Safety:</b> Ergonomics: Fitting The Job To The Person
NOV 24	THEME	DEC 1	THEME	DEC 8	THEME	DEC 15	THEME	<b>DECEMBER 21, 2020- JANUARY 1, 2021</b>							
<b>Theo: Chap. 10</b>	Nail Disorders & Diseases	<b>Theo: Chap. 11</b>	Properties Of The Hair & Scalp	<b>Theo Chap. 12</b>	Basics Of Chemistry	<b>Theo: Chap. 13</b>	Basics of Electricity	<b>**NO CLASSES PER OBSERVED HOLIDAYS**</b>							
<b>Pract. NIC: 12</b>	(20) Sculptured Nail	<b>Pract. NIC: 1-2</b>	*Working Area and Client Preparation, and Set up of Supplies (1st Client) *Thermal Cutting	<b>Pract. NIC: 3</b>	Haircutting	<b>Pract. NIC: 4-5</b>	*Work Area and New Client Preparation, and Set up of Supplies (2nd Client) *Chemical Waving								
<b>BBC Theo Sec. 6:</b>	<b>Health &amp; Safety:</b> Communicable Diseases	<b>BBC Theory Sec. 7:</b>	<b>Health &amp; Safety:</b> Health and Safety Laws and Agencies	<b>BBC Theory Sec. 8:</b>	<b>Health &amp; Safety:</b> Solving Health and Safety Problems	<b>BBC Theo Sec. 9:</b>	<b>Health &amp; Safety:</b> Worker's Rights								

**Additional Sources:**

*Do not forget to download the Health and Safety Training Course Textbook and the Student Exam Booklet, free of charge at:*

- [https://www.barbercosmo.ca.gov/schools/heathsafety\\_course.shtml](https://www.barbercosmo.ca.gov/schools/heathsafety_course.shtml)
- For more information on the practical and written exams, go to: <https://www.barbercosmo.ca.gov>
  - “Applicants”, at the bottom select, “Examination Information”
    - NIC Webcasts
  - Under “Practical Examinations”, Select “Candidate Information Bulletin Cosmetology”