



## COURSES OFFERED IN ENGLISH FOR 2022-2023 ACADEMIC YEAR

### COSMETOLOGY – for Erasmus Students

#### Winter Semester

Course Name	Course Name (in Polish)	ECTS	Semester
Biology and Genetics	Biologia i Genetyka	4	I
Dermatology part 1	Dermatologia cz. 1	4	I
Skin Care Cosmetology part 1	Kosmetologia pielęgnacyjna cz. 1	5	I
Cosmetic Chemistry	Chemia kosmetyczna	5	III
Gynecological and endocrine aspects in cosmetology	Ginekologiczno- endokrynologiczne aspekty w kosmetologii	2	III
Cosmetic Evaluation Methods	Metody oceny kosmetyku	3	V
Image Consulting and Styling	Wizaż i stylizacja	4	V
Cosmetic Recipe	Receptura kosmetyczna	3	V
<b>ALL</b>		<b>30</b>	

#### Summer Semester

Course Name	Course Name (in Polish)	ECTS	Semester
Dermatology part 2	Dermatologia cz. 2	5	II
Skin Care Cosmetology part 2	Kosmetologia pielęgnacyjna cz. 2	5	II
English part 2	Język angielski cz. 2	2	II
Physiology	Fizjologia	2	II
History of Cosmetology	Historia kosmetologii	1	II
Beautifying and Corrective Cosmetology part 2	Kosmetologia upiększająca i korekcyjna cz. 2	4	IV
English part 4	Język angielski cz. 4	2	IV
Rules of Proper Nutrition	Zasady prawidłowego żywienia	2	IV
The Basics of Medical Cosmetology with Cosmetics Surgery Elements	Podstawy kosmetyki lekarskiej z elementami medycyny estetycznej	2	VI
Physical Treatments in Cosmetology	Zabiegi fizykalne w kosmetologii	2	VI
Basics of Podology	Podstawy podologii	3	VI
<b>ALL</b>		<b>30</b>	



**Course name: Biology and Genetics**

Subjects:

1. Structure and function of a eukaryotic cell.
2. Structure and dynamics of cell membranes.
3. Cell energy - the role of carbohydrates and lipids.
4. The structure of the extracellular matrix.
5. Cell death - apoptosis vs. necrosis.
6. The cell cycle and mitotic cell division.
7. Meiosis and gametogenesis.
8. Basics of embryonic development.
9. Stem cells - definition, classification, possible use in medicine.
10. Structure and function of nucleic acids, organization of the human genome.
11. DNA replication.
12. Expression of genetic information.
13. Epigenetic mechanisms of regulation of the expression of genetic information.
14. Human karyotype and chromosomal aberrations.
15. Selected syndromes of chromosomal aberrations.
16. Mendel's laws, autosomal and sex-linked inheritance.
17. Selected monogenic diseases.
18. Mitochondrial inheritance.
19. Multi-factor inheritance.



**Course name: Dermatology part. 1**

Subjects:

1. The structure of the skin and its appendages.
2. Dermatological semiotics and dermatological research.
3. Bacterial skin infections.
4. Mycoses of the skin, its appendages and mucous membranes.
5. Parasitic skin diseases.
6. Viral diseases of the skin and mucous membranes.
7. Allergic skin diseases (AD, eczema, drug reactions).
8. Pre-cancerous conditions and skin neoplasms.
9. Psoriasis, lichen planus, annular granuloma.
10. Flushing, Gibert's pink dandruff, seborrhea.
11. Diseases of the sebaceous glands of the sweat (acne vulgaris, rosacea).
12. Hair diseases, skin pigmentation disorders.



## **Course name: Skin care cosmetology part 1**

### Subjects:

1. Acquainting students with the rules of a cosmetic studio. Work regulations and health and safety regulations. Rules hygiene in a beauty salon.

2. Disinfection and sterilization procedures in a beauty salon. Make-up removal around the eyes, face, neck and neckline - introduction.

Types of preparations used in make-up removal. Introduction to massage. Presentation of cosmetic massage of the eye area. Performing a massage.

3. Eye care and beautifying their frame. Preparations and accessories for dyeing eyebrows and eyelashes. Indications and contraindications for dyeing eyebrows and eyelashes. Rules for selecting the right eyebrow shape. Allergy test to preparations used for dyeing. Eyebrow tinting presentation. Performing eyebrow styling.

4. Eye care and beautifying their frame. Methodology of performing the eyelash dyeing treatment - presentation, exercises. Coloring eyebrows and eyebrow shape regulation- exercises

5. Eye care and beautifying their frame. Dyeing eyelashes, eyebrows and correcting the shape of the eyebrows with the use of tweezers, exercises. A care treatment for the eye area with massage and selection of an appropriate care mask.

6. Hand and nail care - introduction. Purpose, indications, contraindications for hand care in a beauty salon. Preparations, accessories and tools used during the hand care treatment. Preparation of the workplace for treatments hand care. Personal protective equipment used during the procedure. Hygienic procedures. Biological manicure as well traditional- show. Basic information about nail art.

7. Manicure- exercises. The technique of biological and traditional manicure. The technique of painting nails with the use of traditional varnish. Hand massage - massage technique, basic information on hand massage. Hand care treatment with massage and paraffin hand bath. Purpose, indications and contraindications. Preparations, accessories and tools used during the procedure. Presentation and performance of the treatment.

8. Foot care - introduction. Basic information on foot care in a beauty salon. Objective, indications, contraindications. Hygienic procedures to be followed during the procedure. Presentation of the procedure and exercises.

9. Pedicure with keratinized epidermis removal - exercises. The technique of performing a pedicure with the use of tools and apparatus. Nail painting. Exercises. Basic information on foot massage. Massage techniques - demonstration.

10. Presentation and performance of a regenerative treatment with foot massage.



## **Course Name: Cosmetic Chemistry**

### Subjects:

1. Health and safety rules in the cosmetic chemistry laboratory. Basic laboratory equipment and activities. Weighing on an analytical balance and accurate volume measurement.
2. Methods of expressing the concentration of solutions - conversion of concentrations
3. Preparation of solutions of a given concentration with the use of pure substances and their concentrated solutions. Methods of determining the pH of solutions - pH conversion.
4. Getting acquainted with the characteristic reactions of selected cations and then their independent detection in a solution
5. Getting acquainted with the characteristic reactions of selected anions and then their independent detection in a solution
6. Acquainting with the methods of purifying cosmetic raw materials. Distillation.
7. Acquainting with the methods of purifying cosmetic raw materials. Crystallization
8. Acquainting with the methods of secreting cosmetic products. Extraction
9. Acquainting with the methods of testing the purity of cosmetic preparations.  
Chromatography
10. Saponification of fats and testing the properties of soaps
11. Preparation and testing of emulsion properties
12. Isolation of lecithin and preparation of cosmetic cream with lecithin
13. Chemicals in cosmetics for: skin and hair care, depilation, oral hygiene, makeup, whitening or tanning the skin, in sunscreens.



**Course Name: Gynecological and endocrine aspects in cosmetology**

Subjects:

1. Familiarization with the course of a woman's monthly cycle and its disorders
2. Broadening the knowledge of students about the physiological course of pregnancy and the hormones regulating this state
3. Acquainting with the most common hormonal disorders in women leading to the development of skin lesions
4. Broadening the knowledge of students in terms of the most common pathologies in the field of gynecological endocrinology in women
5. Gaining knowledge of the pathology of the sebaceous unit and the medical and therapeutic procedure
6. Familiarization with procedures in the field of cosmetology allowed and contraindicated in women during pregnancy, lactation and menopause
7. Familiarization with practical knowledge of the endocrine system and its disorders affecting the skin
8. Familiarization with the principles of conducting an interview, referring to appropriate examinations or specialist consultations of patients with disorders in the field of gynecological endocrinology



**Course Name: Cosmetics Evaluation Methods**

Subjects:

1. Introductory laboratory exercises. Health and safety regulations. Basic issues related to the methods of assessing cosmetics.
2. Qualitative sensory analysis of cosmetics.
3. Sensory analysis - creating a sensory team.
4. Toxicological assessment of cosmetics.
5. Application of analytical methods in the safety assessment of cosmetics.



**Course name: Image consulting and Styling**

Subjects:

1. Acquaintance with color cosmetics products and with professional tools of a make-up artist. Disinfection of equipment and accessories. Health and safety rules at the workplace.
2. Techniques for applying color products.
3. Corrective make-up of face shapes.
4. Corrective make-up of face elements.
5. Make-up no-make-up.
6. Day make-up.
7. Evening make-up.
8. Photographic make-up (color - wedding).
9. Photo make-up (black and white).
10. Fantasy make-up.





**Course name: Cosmetic Recipe**

Subjects:

1. Chemical calculations used in a cosmetic recipe.
2. Preparation of solutions of various concentrations used in a cosmetic recipe
3. Recipe inconsistencies part. 1
4. Recipe inconsistencies part. 2
5. Inconsistencies in the recipe part. 3
6. Recipe for an exemplary light moisturizing cream for oily and acne-prone skin
7. Recipe of an exemplary depigmentation tonic and cleansing serum
8. Recipe of an exemplary cream with a UV filter and vitamins
9. Recipe of an exemplary cream deodorant
10. Summary. Passing.



## **Course name: Skin Care Cosmetology part 2**

### Subjects:

1. Organization of a beauty salon. Health and safety rules, Sanepid regulations. Lower limb care (preparation of the workplace and the patient for the procedure, disinfection and sterilization of tools, traditional pedicure technique)
2. Lower limb care (biological pedicure technique)
3. Lower limb care (foot treatments, foot massage)
4. Epilation - removal of unnecessary hair with hard and soft wax, work with a spatula and applicator
5. Make-up removal from the face, neck and neckline, taking into account skin types, toning. Cosmetological diagnosis: proper diagnosis types of skin, selection of appropriate preparations, utensils, tools, apparatus for specific skin types, customer card.
6. Peeling (preparation of the workplace, tools and the patient for the treatment, taking into account the provisions of health and safety, sanitary and fire protection), applying and removing peeling - scrub, enzymatic, gommage and peel off, exercises using brushing.
7. Cosmetic masks: applying and removing individual types of masks, the ability to select a mask for a given skin type
8. Face, neck and cleavage massage, the ability to choose the massage technique, duration of the treatment, and intensity of movements to individual patient's needs, the ability to combine face, neck and cleavage massage
9. Cosmetic masks: applying and removing individual types of masks, the ability to select a mask for a given skin type and surgery.



**Course name: Dermatology part 2**

Subjects:

1. Skin eruptions - practically.
2. Bacterial, fungal, viral and parasitic skin infections - analysis of clinical cases
5. Allergic skin diseases (urticaria, atopic dermatitis, eczema, drug reactions) - analysis of clinical cases.
6. Psoriasis. Hair diseases. Pigmented skin disorders - analysis of clinical cases
7. Diseases of the sebaceous and sweat glands (acne vulgaris, rosacea) - analysis of clinical cases
8. Pre-neoplastic conditions and skin neoplasms - analysis of clinical cases
9. General information about sexually transmitted infections (STIs)
10. Syphilis and gonorrhea
11. Chlamydia trachomatis infections
12. Trichomoniasis. Candidiasis. Bacterial vaginosis.
13. Sexually transmitted viral infections - infection with the herpes genital herpes virus (HSV), molluscum contagiosum virus (MCV), human papillomavirus (HPV), HIV / AIDS



**Course name: English part 2**

Subjects:

1. World events - listening, reading, speaking.
2. Giving orders and instructing the client - imperative, polite phrases.
3. Body treatments - phrases describing the action and goals of treatments.
4. Cosmetic and medical questionnaire - arranging questions at different times, vocabulary, role play.
5. Skin problems - reading, listening, vocabulary.
6. Skin types - describing skin types, giving advice.
7. Education of a cosmetologist - what cosmetologists learn in school.
8. Describing interiors, houses - vocabulary, grading adjectives, working with text, exercises developing listening and speaking skills, expressing the future, word formation.
9. Filing a complaint - useful phrases and structures, writing a complaint.
10. The relationship between the client and the beautician during the procedure - listening comprehension, making statements.



**Course name: Physiology**

Subjects:

1. Health and Safety Regulations. Nerve cell. Muscle physiology. Feeling and reflexes. Skin physiology.
2. Physiology of the circulatory and respiratory systems.
3. Blood physiology - selected issues. Kidney involvement in urine production and acid-base regulation.
4. Endocrine system. Digestive system. Metabolism.



**Course name: History of Cosmetology**

Subjects:

1. Prehistoric methods of disease treatment and prevention. Taking care of the health condition in the oldest civilizations (on the example of selected sources of material culture).

2. Aesthetics and beauty of the body in the Egyptians. The importance of cleanliness in the ancients

peoples of India. Harmony of body and spirit in ancient China.

3. Hygiene in the Hebrews. Hippocrates' health recommendations.

The figure and physical strength of the ancient Greeks and Romans. Roman

ways of maintaining beauty. The role and importance of baths in ancient times. Medieval asceticism.

4. The concept of cleanliness and dirt in the Renaissance and Baroque times.

5. Methods of producing personal hygiene products and their needs in communities XVII. eternal Europe. Views on hygiene and cleanliness of the body at the turn of the 18th and 19th centuries.

6. History of aromatherapy.

7. Natural and unconventional methods of treatment - history and present times.



**Course name: Beautifying and Corrective Cosmetology part 2**

Subjects:

1. Cavitation peeling and sonophoresis
2. Manual cleansing, acne
3. Obesity, stretch marks, cellulite
4. Body care treatment
5. Breast care treatment



**Course name: English part 4**

Subjects:

1. World news - listening and speaking.
2. Cellulite - symptoms, treatment, prevention.
3. Manicures and pedicures.
4. Advanced technologies in a beauty salon.
5. Mistakes we make as beauty therapists.
6. Professions, jobs, forms of employment, job requirements; solving professional problems; applying for a job - CV and cover letter; job interview: reading, listening, writing, speaking.





**Course name: Rules of Proper Nutrition**

Subjects:

1. Basic definitions of food and nutrition.
2. The energy demand of the human body. Energy balance. Assessment of the nutritional status
3. Basic nutrients and their role in the human body
4. Selected vitamins and minerals - health consequences of deficiency
5. Dietary supplements - benefits and risks
6. Supportive dietary treatment in selected disease entities, with particular emphasis on dermatoses.



**Course name: The Basic of Medical Cosmoetology with Cosmetic Surgery Elements**

Subjects:

1. Revitalizing treatment (hydrogen purification)
2. Closing blood vessels
3. Epilation and removal of fibromas
4. Medical acids



**Course name: Physical Treatments in Cosmetology**

1. Procedural cosmetology. Light therapy. The use of infrared in cosmetology. Treatment methodology.
2. Ultrasound. Application in cosmetology.
3. Microdermabrasion. Treatment methodology.
4. Thermotherapy. Treatment methodology.
6. Peloidotherapy. Mud, types of treatments and mud preparations.
7. Massage.
8. Electrotherapy. Cosmetic treatments with the use of electricity.



**Course name: Basics of Podology**

1. Criteria and rules for conducting a podiatry interview. Customer card.
2. Characteristics, discussion and identification of tools used in podiatry procedures.
3. Characteristics of podological treatments.
4. Differences between cosmetic and therapeutic pedicure
5. Operation of the milling machine. Recognition of cutters.
6. Work with a chisel.
7. Working with a scalpel.
8. Healing pedicures.
9. Removal of hyperkeratosis and calluses.
10. Ingrown nails: types and alternatives to surgical procedures (ingrown and ingrown nail).  
Diagnosis.
11. Plastic buckle - glued.
12. Relief and dressings.
13. Foot massage and taping elements.