

**CIBTAC / SDTC**  
**LEVEL 4 AWARD IN ADVANCED**  
**SKIN SCIENCE**  
**(CSDA02)**

**SYLLABUS**  
**QAN 603/0157/0**

## 1. Structure of the Award

**1.1** The structure of the Award is made up of one mandatory unit and one optional unit.

**1.2** The Mandatory units are as following:

SDT02: Advanced Skin Science

The optional unit is as follows:

SDT04: Principles and practice of the Medispa Sector

## 2. Strategy for Delivery

**2.1** The strategy for delivery of the units that make-up the Level 4 Award is based upon a blended learning approach. It is usually delivered through online distance learning modules with face to face delivery of practical skill. Each unit is divided into modules. The course consists of knowledge only modules for the unit SDT02.

**2.2** Delivery of the program may vary according to the centre and may be delivered in any format that supports the Total Qualification Time of 88 hours.

**2.3** The Level 4 Award has a total minimum number of 65 GLH. This may include training workshops or seminars, e-learning, distance learning or self-study.

MANDATORY UNIT TITLE	GLH
SDT02: Advanced Skin Science	65
<b>TOTAL</b>	<b>65</b>
OPTIONAL UNIT TITLE	GLH
SDT04: Principles and practice of the Medispa Sector	32

**2.4** The Level 4 Award is made up of a minimum 65 GLH.

**2.5** The mandatory unit within the Level 4 Award is a preparation for work unit based on competence and knowledge.

## 3. Assessment Strategy

**3.1** CIBTAC/SDTC qualifications are assessed through a combination of internal assessment carried out by the delivering centre and external assessment strategy carried out by CIBTAC examiners.

The assessment methodology for the Level 4 Award consists of seven parts detailed below:

1. Underpinning Knowledge for this Level 4 Award will be assessed in the first instance through a series of consolidation and formative Multiple Choice Question Tests.
  - There will be one test per module in all units of the course, which will be delivered through the bespoke online platform. They will be completed and marked automatically online, following each module of study.
  - Tests will be timed. The timing allocated for each test will be detailed through the online delivery platform.
  - Learners will need to pass each test. Each test has a pass mark of 60%. After the test has been submitted % marks will be provided instantaneously to the learner through the online system.
  - Tests will be graded. See the table 3.3.i Learners will be expected to notify the course tutor at the delivering centre of their grades for each and every test and record their grades on the mapping sheet provided in the portfolio.
  - Learners not reaching the 60% pass mark will need to take another test.
  - Second tests will assess the same content but questions will vary.
  - For any learners not reaching the 60% mark on the second test, a third and final test must be given to ensure the learner has the opportunity to achieve the pass grade.
  - It will be the responsibility of the delivering centre to provide appropriate learner support to assist all learners through this stage of the assessment process. Centres must be tracking learner success and give additional support to learners who are needing to re-sit tests.
  - After this time centres may use oral questioning or written questions to ensure knowledge of the unit content is complete. Oral question and answers will need to be documented.
  - Evidence of this part of the assessment process must be captured in the course portfolio.
  
2. Underpinning Knowledge for this Level 4 Award will also be assessed through the completion of course workbook for units SDT02 and two 2000 word assignments for SDT04 (optional unit).
  - The workbooks can be completed on-line or they can be printed by the delivering centre and completed as a hard copy document.

- Learners must forward completed workbooks to internal assessors for marking.
  - Workbooks will be marked internally by delivering centre assessors and sampled by the CIBTAC examiners.
  - The workbook and marking evidence must be presented in the course portfolio.
  - The unit SDT04 (optional unit) – Principles and Practice of the Medispa sector, will be assessed through two 2000 word assignments. These assignments will be marked internally by qualified tutors and sampled by the CIBTAC examiners at the end examination date.
- 3.** Practical skill competency will be assessed by the delivering centre assessors.
- Learners will take part in practical sessions at which skill competencies as relevant to the course will be taught and internal assessment will take place to prepare learners for the end practical examination conducted by CIBTAC external examiners.
  - Evidence of practical skill competency and examination preparation should be evidenced in the course portfolio.
- 4.** Learners will not be required to complete course case studies for the units in this certificate, which evidence further treatments and contextualising knowledge.
- Case study requirements, will be set by CIBTAC/Sally Durant Training and Consultancy.
  - Case Studies will be marked internally by delivering centre staff.
  - Marked case studies must be evidenced in the course portfolio and presented at the final examination date.
  - The CIBTAC external examiner will sample portfolios.
- 5.** Learners will compile a course portfolio in which all the assessment evidence will be captured.
- All portfolios must have been checked and the assessment content marked by the delivering centre before they are presented to the CIBTAC examiner.
  - The course portfolio will be presented to the CIBTAC examiner at the end of course examination.
  - The external examiner will sample portfolios.

## External Assessment Strategy

6. Underpinning Knowledge for this Level 4 Award will be also be assessed through;
  - A synoptic end of course MCQ test paper that will be taken at the end of the course examination date. This test will externally marked by CIBTAC and results will lead to grading marks, see table 3.i.
  - The CIBTAC examiner will sample course portfolios.

### **The features of the final external MCQ tests are:**

- a. The format of the MCQ test will be determined by the domain of learning (Knowledge, Understanding and Application) on which the learner is to be assessed.
  - b. The MCQ test will consist of questions to cover knowledge of the unit content.
  - c. The MCQ test will be marked out of 84 questions.
  - d. Each MCQ paper will be composed of MCQs with 1 correct answer and 3 distractors.
  - e. Each MCQ paper will have a maximum of 2 hours in which it can be completed.
  - f. Learners will be expected to gain a minimum of 60% in the final external MCQ test.
  - g. Results of MCQ assessment will be made available within 6 weeks following the exam date.
7. Practical skill competency will be assessed through;
    - Visual observation and assessment at an end of course examination. (This will be the same date as the end of course MCQ test paper).
    - All skill competencies, as appropriate for the course, will be assessed on the final examination day.
    - Schedules will usually be set by the CIBTAC examiners.
    - Examination schedules may also be proposed by the delivering centres and CIBTAC examiners will verify any changes they want to make. CIBTAC examiners reserve the right to decide the order of the final examination day.
    - All practical skills as appropriate for the course will be observed on the final examination date.
    - Scores will be aggregated and will form the final practical grade- See table 3.ii for grade boundaries.

### 3.2 Retake policy

If the Candidate is unsuccessful at the first attempt of an examination, they may receive a unit certification for successfully achieved units and/or be required to re-take the failed units. This applies to both practical and theory, although this is a knowledge only course. Candidates will have a total of 3 attempts at examinations. Candidates who are re-taking their examinations may be entered separately or mixed with Candidates taking the examination for the first time. There is a fee for any re-takes.

### 3.3 The grading schemes are as follows:

- i. CIBTAC operates the following grading scheme for Multiple Choice Theory examinations

Grade	Mark range	Description
Distinction	Marks of 85% and above	Extensive / detailed knowledge of subject
Merit	Marks of 75% - 84%	Adequate understanding of subject
Pass	Marks of 60% - 74%	Basic understanding of subject
Fail	Marks of 59% and below	Poor understanding of subject

- ii. CIBTAC operates the following grading scheme for the final synoptic practical assessment-

Grade	Mark range	Description
Distinction	Marks of 85% and above	Exemplary application of practical treatments. Excellent consultation with detailed explanation of treatment plan adapted to meet the client's needs. Outstanding client care.

Merit	Marks of 75% - 84%	Good application of practical treatments. Good consultation identifying the some of the client's requirements. Good client care throughout the treatment.
Pass	Marks of 60% - 74%	Basic application of practical treatments. Brief consultation and treatment plan provided. Satisfactory client care.
Fail	Marks of 59% and below	Poor application of practical treatments. Unsafe working practices. Not meeting commercial standards. Poor consultation with limited understanding of client's needs. Poor client care.

**3.4** The above grade descriptors give a general description of responses the examiner expects to see throughout practical examinations. Marks will be allocated according to the mark scheme which will guide how examiners will mark each question.

**3.5** The following equipment is required for the learner to produce the work for practical related units, however please see specific equipment required for each unit in section 4 of this document, which outlines unit specifics:

- Computer to access the on line course.
- Delivering centre to provide treatment room/s for the practical elements of the course with accompanying equipment and products to include:  
Equipment - Couch, stool, chair, trolley, illuminated magnifying lamp, camera, towels, couch roll, consultation and informed consent documentation with accompanying storage facility (electronic or physical), pens.  
Products - A range of cosmeceutical cleansing products, exfoliating products, massage mediums, treatment masks, serums, moisturisers and sun protection products.

- Delivering centre to provide theory space for the mock MCQ exams and the final external MCQ exams to take place with the CIBTAC examiner.

**3.6** No specific products will be needed for treatments as outlined in the centre agreement document for this Award as all units are theory based.

### **Related Hygienic, Safe and Environmentally Sustainable working practices**

This course is a blended learning course consisting of both knowledge and practical units.

**3.7** CIBTAC examiners will visually assess that all learners working practices are compliant with the relevant Health and Safety legislation for the country they are in and such practices are consistently and relevantly applied to the treatment performance.

**3.8** The learner must be taught the relevance of the following information and their responsibilities in law in relation to the country within which the qualification is taught and the particular legislative requirements of the following UK Acts, or their country's equivalent: The education provider is responsible for translating this information and ensuring knowledge and understanding of any other regulatory requirements particular to their country, in addition the education provider is responsible for identifying and signposting any comparable legislation particular to the safe practices and working conditions of the country they are in, including the age definition of a "minor". The following information relates to the laws and regulations of the British Isles and the importance of:

- o The Precautions Act
- o Health and Safety at Work Act
- o Health and Safety (First Aid) Regulations
- o The Manual Handling Operations Regulations
- o The Personal Protective Equipment at Work Regulations
- o The Provision and Use of Work Equipment Regulations
- o The Control of Substances Hazardous to Health Regulations (COSHH)
- o The Electricity at Work Regulations
- o Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)
- o The Equality Act 2010
- o Data Protection Act 2010



- o The Regulatory Reform (Fire Safety Order)
- o The Environmental Protection Act
- o The Management of Health and Safety at Work Regulations
- o The Health and Safety (Information for Employees) Regulations
- o Adhere to all product safety precautions and manufacturers' instructions
- o Legislation which relates to the work being carried out
- o Legislation which relates to the storage and use of Client data
- o Hygienic working practices to minimise the risk of cross infection
- o Ensure that informed and signed parent or guardian consent is obtained for minors under the age of 16 prior to any service
- o Ensure that a parent or guardian is present throughout the services for minors under the age of 16

### 3.9 Environmental and Sustainable working practices

- o Reducing waste and managing waste (recycle, reuse, safe disposal)
- o Reducing energy usage (energy efficient equipment, low energy lighting, utilising solar panels)
- o Reducing water usage and other resources
- o Preventing pollution
- o Using disposable items
- o Using recycled, eco-friendly furniture
- o Using low chemical paint
- o Using organic and allergy free products
- o Using environmentally friendly product packaging
- o Choosing responsible domestic products (Fairtrade tea and coffee)
- o Encouraging carbon reducing journeys to work

## MANDATORY UNIT - 1

<b>UNIT TITLE</b>	<b>Advanced Skin Science</b>
<b>CIBTAC/SDTC UNIT CODE</b>	<b>SDT02</b>
<b>OFQUAL QAN</b>	<b>F/615/0638</b>
<b>UNIT TYPE</b>	<b>Mandatory</b>
<b>CREDIT VALUE</b>	<b>9</b>
<b>UNIT AIM AND PURPOSE</b>	
<p>This is a preparation for work unit with the aim of providing underpinning knowledge in advanced anatomy and physiology of the skin to support the delivery of cosmetic procedures within the aesthetic skin care sector. Equally it serves to advance the knowledge of anyone working within the skin care and beauty therapy industry beyond that of general Level 3 standard and the learning provided by industry manufacturer training.</p> <p>It fulfils the needs of the post graduate market and specifically addresses the recommendations of the government body Health Education England for new education standards in the clinical aesthetics sector as published in their final report January 2016 and the 2016 NOS. It raises individual knowledge of this core subject area and relates it directly to the practical skill environment, so increasing performance levels in the provision of safe, ethical and effective treatment. In turn it leads to greater professional reputation, personal economic success and ultimately the strengthening of the economic potential of the sector.</p> <p>This unit may be taken as an Award qualification in its own right but it also forms one of the mandatory units in the following CIBTAC/SDTC Certificate and Diploma qualifications;</p> <p>CIBTAC Level 4 Award in Advanced Skin Science</p> <p>CIBTAC Level 4 Certificate in Advanced Skin Studies and the Principles of Aesthetic Practice</p> <p>CIBTAC Level 4 Diploma in Advanced Skin Studies and the Practice of Chemical Skin Peeling and Micro-Needling</p>	

## UNIT INTRODUCTION

This unit provides an in-depth knowledge and understanding of skin anatomy, physiology, histology and immunology relative to skin health, skin dysfunction, cosmetic dermatology and advanced remedial treatment of the skin. It provides intricate knowledge of the structure and function of stratified squamous epithelial tissue, areolar tissue and adipose tissue. The epidermal layers are scrutinised, to include the formation, structure and function of the various types of specialised cells of the epidermis, the bilayer formation, epidermal lipids, Natural Barrier Function and Natural Moisturising Factor. The Extra Cellular Matrix of the dermis, together with its appendages and histology, is studied in detail to include the inflammatory responses, immunology, tissue wounding and degeneration, regeneration and remodelling. Extensive study is also made of the physiology of the skin ageing process and the formation of pigmentation pertinent to aesthetic practices.

The equipment and products required for the completion of this unit are as below:

- Computer to access the online course.
- Delivering Centre to provide theory space for the mock MCQ exams and the final external MCQ exams to take place with the CIBTAC examiner.

## LEARNING OUTCOME 1: Understand advanced skin science and the relevance to facial aesthetic treatment

### 1.1 Explain the relevance of advanced knowledge and understanding of skin anatomy and physiology to safe and effective aesthetic practice

- Normal skin structure and function at cellular level, skin homeostasis for overall skin health, changes in skin structure and function, visual assessment of normal and adverse skin conditions, information impacting on skin histology, physiology and immunology, skin dysfunction influenced by both extrinsic and intrinsic influences, the physiological mechanisms for transdermal penetration, the physiological impact of remedial treatment approaches in promoting skin

health and treating skin dysfunction.

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### **1.2 Explain the structure and function of the skin as an entire body organ**

- As a physical protective barrier tissue, a hydrophobic and lipophilic organ, as a chemical protective barrier tissue, triple layer structure – epidermis, dermis, subcutaneous layers, principle tissue types – epithelial, areolar and adipose tissues, Skin statistics – cell types and appendages

### **1.3 Demonstrate knowledge of the skin anatomy on a medical grade anatomical diagram**

- The epidermal layers, The DEJ, The Papillary layer, Papillary rete pegs, The Reticular Layer of the dermis, Fibroblast cells, The ECM – Collagen, Elastic, Hyaluronic Acid, The Pilosebaceous unit incorporating the hair follicle, hair and sebaceous gland, The eccrine and apocrine sweat glands, The sensory nerve endings for heat, cold, touch, pain and pressure, Arrector Pili Muscle, Arterial and venous vascular vessels, lymphatic vessels

### **1.4 Explain the principle functions of the skin**

- Sensation – heat, cold pain, touch, pressure etc.; Heat regulation – vasodilation, vasoconstriction, sweating and arrector pili response; Absorption – implications of hydrophobia and hydrophilia in relation to transdermal penetration; Protection – physical (epidermis, dermis and subcutis), chemical (epidermis), melanin, immunology (epidermal inflammatory and immune reactions / dermal inflammatory and immune reactions); Excretion – eccrine and apocrine sweat; Secretion – sebum and extracellular epidermal lipids; Vitamin D production – UV trigger, conversion of dehydrocholesterol, vitamin D synthesis, dietary sources

### **1.5 Explain the development, structure, histology and function of the epidermis in relation to skin health**

- Keratinised, Stratified Squamous Epithelial tissue - The keratinocyte cell and the function of cell organelles – to include Nucleus, Nucleolus, Centrosome, Chromosomes, Cytoplasm, Cell membrane, Mitochondria, Vacuoles,

Endoplasmic reticulum – rough / smooth, Ribosomes, Golgi Body / Apparatus, Odland Body, Lamellar Body, Lysosomes

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- The types and characteristics of the Keratinocyte cell and epidermal cell programming - epidermal stem cells, columnar keratinocyte cells, cell differentiation, keratinisation, the epidermal zones of proliferation, differentiation, cornification and desquamation, programmed cell death – apoptosis, desquamation, the keratinocyte life cycle
- The development, histology and function of the Stratum Germinativum - Mitosis to include all multistage processes within the distinct phases Interphase, Prophase, Metaphase stages 1 and 2, Anaphase, Telophase, Production of two identical daughter cells - stem cells and transient amplifying (TA) cells, the location of the melanocyte cells, Langerhans cells and Merkel cells
- The development, histology and function of the Stratum Spinosum - process of cell differentiation begins - cellular polygonal shape, commencement of keratinisation and apoptosis, commencement of melanin synthesis, production of membrane coating proteins by odland bodies, production of the epidermal lipids by lamellar bodies, composition of epidermal lipids - cholesterol, ceramides and free fatty acids
- The development, histology and function of the Stratum Granulosum - the transitional zone – bilayer formation and its significance to the Natural Barrier Function of the skin and the implications on the prevention of Trans Epidermal Water Loss (TEWL), Keratohyaline granule production, Profilaggrin conversion to filaggrin protein and cross linkage, cornification of the cells and the role of the T-Gase enzymes and dehydrovitamin D1,25 in this process, desosome degradation
- The development, histology and function of the Stratum Lucidum - formation of the cornified cell 'envelope', thickness of stratum lucidum according to location on the body, function of the stratum lucidum
- The development, histology and function of the Stratum Corneum - final stages of keratinisation – structure of the corneocyte, the role of filaggrin protein, thickness of stratum corneum, the desquamation process, the dissolution of the corneodesmosomes and the necessary environment for efficient desquamation, the implications of poor desquamation on overall skin health

- - The keratinocyte lifecycle to include - cellular reproduction by mitosis in the Stratum Germinativum, cellular differentiation through the epidermal layers in terms of shape, ,
  - loss of nucleus, moisture loss, keratin production – keratohyaline, profillagrin and fillaggrin proteins, corneocyte envelope formation, desquamation, the varying duration of the keratinocyte cycle dependant on age
  - The natural Moisturising Factor as the hydration mechanism of the Epidermis - the formation of the Natural Moisturising Factor (NMF) within the corneocyte cells, the components of the NMF, the significance of filaggrin protein in the formation of the NMF, the physiology of the water retaining capability of the NMF, the impact on skin health of poor NMF capability
  - The Natural Barrier Function of the epidermis and its importance to skin health - The formation of the physical barrier – bilayer cells and lipid structure, desmosome adhesion, The formation of the chemical barrier of the epidermis – the acid mantle created by the epidermal lipids - types, composition. Sebum – composition inside the gland and its metabolism by the P acne bacteria and the impact of a compromised acid mantle
  - The mechanisms for epidermal adhesion and its relevance to the aesthetic practitioner - The location, structure and function of the corneodesmosomes and hemidesmosomes. Adhesion at the dermal epidermal junction DJ – Collagen types IV and VII, adhesion through the epidermal layers, Collagen type XVII, Laminin, Cadherins, integrin, plectin and keratin, Calcium dependent adhesion
  - Corneodesmosis, Loss of DEJ adhesions through degradation by UV and the skin ageing process leading to epidermal loosening, the importance of cellular adhesion in skin assessment, the ageing process and skin regenerative procedures

#### **1.6 Explain the development, structure, histology and function of the dermis in relation to skin health**

- Characteristics of areolar connective tissue and the Extra cellular Matrix - types, locations, functions, background matrix
- Characteristics of the Papillary layer - Location and composition, The dermal

epidermal junction- location, collagen types, function of the papilla

- The characteristics of the Reticular layer - Location, collagen and elastin types and formation
- The process of dermal regeneration and the defence cells of the dermis - Fibroblast cells, mast cells, phagocytes, leucocytes, lymphocytes
- The histology, development and function of dermal collagen - characteristics, function, triple helix structure and its relevance to topical products, the role of vitamin C in collagen synthesis and maintenance, diet and collagen production, types of collagen- focus for collagen types 1,111, 1V,V,V11 and XV11
- The intrinsic and extrinsic factors that influence collagen degradation and the aesthetic treatments used for collagen regeneration
- Collagen glycation - the process of collagen glycation and visual characteristics, who get collagen glycation and how to treat it
- The histology, development and function of Elastin- characteristics, micro-fibril structure, degradation, signs of loss of skin adhesion
- The histology, development and function of the Glycosaminglycan- types, hyaluronic acid focus- structure, glycoproteins
- The natural degradation of the extra cellular matrix - the matrix metalloproteinases, up regulation, the tissue inhibiting metalloproteinases and significance to the aesthetic practitioner

### **1.7 Explain the dermal appendages and circulatory systems in relation to skin health**

- The pilo-sebaceous unit- structure, infundibulum, hair bulge, dermal papilla, arector pili muscle, sebaceous gland. Sebum, the hair and follicle structure, sudoriferous glands- eccrine, apocrine, sensory nerves - merkel cells, sensory perception
- Tissue fluid exchange, vasoconstriction and dilation, vascular damage
- The specialised cells and substances in the skin - The T and B cells, cytokines, interleukins, mast cells, Langerhans cells, stem cells, growth factors
- The inflammatory process in overview - neurotransmitters, thermoregulation, angiogenesis overview and the composition and function of blood in the process- erythrocytes, leucocytes, platelets, the role of the lymphatic system
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### **1.8 Explain the process of melanogenesis**

- Skin colour determinants - haemoglobin, carotene, melanin
- Function and types of melanin - biopolymer molecule, eumelanin & pheomelanin,
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- The electromagnetic spectrum and ultra violet radiation, wavelengths, visible light, infrared, x rays, UVA focus, UVB focus, photo-ageing overview
- The melanocyte cell, the p53 gene and melanin stimulating hormone, tyrosine and tyrosinase, melanin distribution, epidermal melanin transfer and distribution, melanin in the dermis

## **LEARNING OUTCOME 2: Understand and explain advanced knowledge of the wound healing process and the relevance to facial aesthetic treatment**

### **2.1 Explain wound healing as it relates to the skin and non-surgical aesthetic treatment**

- Factors that affect wound healing
- Inflammatory stage – neurotransmitters, substance P, arachidonic acid, the calcitonin gene related peptide, Langerhans cells, role of red and white blood cells, the first few hours, initial blood clotting, deeper inflammation
- Stage 2 proliferation - re-epithelialisation, re-building the basement membrane, mitosis, re-building the ECM and early collagen formation
- Stage 3 remodelling – maturation of tissues

## **LEARNING OUTCOME 3: Understand and explain the physiology of skin the ageing and the relevance to facial aesthetic treatment**

### **3.1 Describe the basic principles of the physiological changes associated with skin ageing**

- Changes to – elastin, collagen, hyaluronic acid levels, epidermal cell turnover, skin adhesion, the effects of oestrogen post menopause, skin density, pore texture, muscle tone, the healing capacity, pigmentation, sebum production, hydration levels, barrier function, vascular network, collagen glycation, hair growth



### **3.2 Describe the signs and symptoms of an ageing skin**

- Assessing the extracellular matrix, loss of dermal integrity, loss of elasticity, loss of hyaluronic acid and the effects of the menopause, skin density
- Vascular damage
- Skin adhesion
- Changes to sebaceous gland activity, pore texture, enlargement of sebaceous glands
- Hyperkeratosis
- Loss of muscle tone and dropped contours
- Collagen glycation
- Lines and wrinkles
- Pigmentation change

### **3.3 Give an overview of the influences on the healing capacity of an ageing skin**

- Intrinsic and extrinsic influences on premature skin ageing
- Formation of oxygen free radicals
- Other free radicals and broad spectrum protection- Hydroxyl radical, superoxide anion, hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>), hydroxyl radical (OH) and singlet oxygen

### **3.4 Explain the sources and effects of antioxidants on skin health**

- Sources, dietary, supplementation, topical- the importance of Vitamin C
- Neutralisation of free radicals

### **3.5 Give an overview explanation of the effects of lifestyle on the skin and free radical attack**

- Sun exposure- effects on the dermis, epidermis, pigmentation, freckles, solar lentigenes, actinic/solar keratosis, seborrheic warts/keratosis, squamous cell carcinoma, basal cell carcinoma, malignant melanoma, mole health and

changes, lines and wrinkles and the Glocou scale

- - Environmental pollution and extremes of;
    - Smoking
    - Alcohol on the skin
    - Stress
    - Nutrition on the skin
    - Diet - protein, carbohydrates, fats and oils, vitamins, minerals

### 3.6 Explain the causes and effects of dehydration on the skin

- Visible signs and symptoms, influence on enzymatic activity - skin function and regenerative capacity, the effects of epidermal dehydration, the effects of dermal dehydration, recognising dehydration, hyaluronic acid and the effects of age and the menopause

### 3.7 Explain how ageing effects the skin healing response and the principles of skin regenerative treatments

- Slower, less effective, more potential for adverse reactions and poor results
- Regenerative treatment depends upon the ability of the skin to heal well - more time required for results, more need for pre and post and treatment topicals - topicals essential, Vitamins A & C, HA, etc.

### 3.8 Explain the signs and symptoms of Adult Acne

- Seborrhea – Androgen imbalance, poor cell turnover, slow desquamation- hyperkeratinisation, comedogenesis, poor lipid content – acid mantle imbalance, milia – excoriated lesions, bacterial infection – inflammation and sepsis, poor healing – excoriated lesions, post inflammatory scarring

## ASSESSMENT METHODOLOGY

This is a knowledge only unit in which all learning outcomes from LO1-3.8 inclusive are assessed through a combination of internal and external methodology;

#### Internal Assessment

- LO's 1-3.8 inclusive are evidenced through completion of the course portfolio.
- LO's 1.1-1.8, 2.1 and 3.1-3.8 are all assessed using Multiple Choice Questions delivered and marked through the online learning programme. A pass rate of 60% will be required for each test. Tests are graded- see table 3.3i.
- LO's 1.1-1.8, 2.1 and 3.1-3.8 are all assessed using a written question assessment workbook.
- A Centre can decide to supplement the above evidence with oral questions in instances where the learning outcome is at question and is needed to satisfy any additional needs of the learner. Evidence of questions asked and answers given must be provided.

#### External Assessment

- LO's 1.1-1.8, 2.1 and 3.1-3.8 are all assessed using an end of course Multiple Choice Examination Question paper to be taken on the allocated examination date.
- Test will be taken away for marking by CIBTAC.
- CIBTAC examiners will sample portfolios and the assessment evidence it captures.

This unit underpins all treatment skill practice so for learners moving on to practical skill courses, pertinent knowledge elements will be assessed during the 'face to face' element of those courses and during the end examination process that will be carried out by CIBTAC examiners.



## OPTIONAL UNIT – 1

<b>UNIT TITLE</b>	<b>Principles and Practice of the Medispa Sector</b>
<b>CIBTAC/SDTC UNIT CODE</b>	<b>SDT04</b>
<b>OFQUAL QAN</b>	<b>Y/615/1004</b>
<b>UNIT TYPE</b>	<b>Mandatory</b>
<b>CREDIT VALUE</b>	<b>5</b>
<b>UNIT AIM AND PURPOSE</b>	
<p>This is a preparation for work and distance-learning unit designed to ensure all practitioners have relevant and current awareness of the medispa sector outside of their own practice.</p> <p>This unit will examine: the treatment modalities and treatment practices being carried out in the medispa environment and the range of cosmeceutical products that accompany treatment and are available to the client. It will also examine the CPD opportunities that exist in the sector and it will ask learners to analyse the benefits and the limitations of treatments and products available to the client and consider the potential future developments.</p> <p>This unit is mandatory unit for the Level 4 Diploma in Advanced Skin Studies and Clinical Aesthetics qualification.</p> <p>This unit is a mandatory unit in the following CIBTAC/SD qualifications:</p> <ul style="list-style-type: none"> <li>• The Level 4 Award in Core of Knowledge for Aesthetic Practice</li> <li>• The Level 4 Certificate in Advanced Skin Studies and the Principles of Aesthetic Practice</li> <li>• The Level 4 Certificate in Chemical Skin Peeling</li> <li>• The Level 4 Certificate in Micro-Needling</li> <li>• The Level 4 Certificate in Non-Surgical Blemish Removal</li> <li>• The Level 4 Diploma in Chemical Skin Peeling and Micro-Needling</li> <li>• The Level 4 Diploma in Clinical Aesthetics</li> <li>• The Level 4 Diploma in Advanced Skin Studies, Chemical Skin Peeling and Micro-Needling</li> </ul>	

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## UNIT INTRODUCTION

This unit will ensure all learners have a broad understanding of the medispa sector and the treatments and products that are available to both the clinics and the clients. It will ensure learners have an appreciation of the benefits and limitations of the offerings and consideration of the future developments in the sector.

This unit will ensure that learners are aware of the CPD opportunities that are available to them for the further development of their sector awareness and personal and economic potential.

## LEARNING OUTCOME 1: Understand the wider medispa sector outside of own practice

### 1.1 Evidence awareness of the wider medispa sector outside of own experience.

- Input will provide insight into a range of non-surgical treatment modalities and protocols for both the face and body (This is not a unit that will lead to skill competency)

**Modalities - may include, but not be limited to-** LED, Ultra-sound, Radio Frequency, Laser and IPL, injectable treatments for muscle relaxation and for reduction of lines and wrinkles and improvement of facial contour, Mesotherapy by fusion, injection and nappage. Hydrafacial and other combination modality equipment, Thread lifting, Cryolipolysis- fat freezing, fat dissolving, micro-pigmentation, tattoo removal, medi-spa facials

- Boundaries for therapists and medical practitioners.

## **LEARNING OUTCOME 2: Reflect on CPD opportunities in the medspa sector**

### **2.1 Discuss the CPD opportunities available in the medspa sector**

- Exhibitions, conferences, training courses, shadowing, work experience opportunities, trade press etc
- Diary dates, costs and location (where relevant)

## **LEARNING OUTCOME 3: Explain the benefits and limitations of treatments and products available to clients and discuss potential future developments in the sector**

### **3.1 Explain the benefits and limitations of treatments and products available to clients and discuss potential future developments in the sector**

- Effects benefits and indications of selected treatments
- Costs and purchasing options of selected treatments
- Legislative or governance implications for use and installation of selected treatments
- Effects and benefits of main actives in advanced formulations-  
**To include but not be limited to;** Hydroxy acids, Vitamin A, Vitamin C, Other antioxidants, peptides, plant botanicals for lightening and brightening, anti bacterial and anti-inflammatory effects, calming and soothing etc
- Transdermal delivery mechanisms
- Evidence based practice - Clinical studies and analysing research papers
- Costs of selected products
- Future developments- consider looking at trade press, exhibitions and distributor marketing etc

## UNIT ASSESSMENT

### ORAL AND / OR WRITTEN QUESTIONING

This is a knowledge only unit in which all learning outcomes from LO1-3 inclusive are assessed through a combination of internal and external assessment methodology;

Internal Assessment

- 2** LO's 1-3 inclusive are all evidenced through the completion of the course Portfolio and will show all assessment evidence
- 3** LO's 1-3 and are all assessed through the completion of the course assignments.
- 4** A centre can decide to supplement the above evidence with oral questions in instances where a knowledge learning outcome is at question and is needed to satisfy any additional needs of the learner. Evidence of questions asked and answers given must be provided. A centre may also decide to provide additional opportunities for internal assessment of practical skill to be achieved where centre staff, are of the opinion that skill competency is at question.



#### External Assessment

- 5** LO's 1-3 are assessed through the course assignments. This work will be sampled by the CIBTAC examiners.

Oral questions may be used in instances where the learning outcome is at question and is needed to satisfy any additional needs of the learner.