



sallydurant
aesthetic education & training

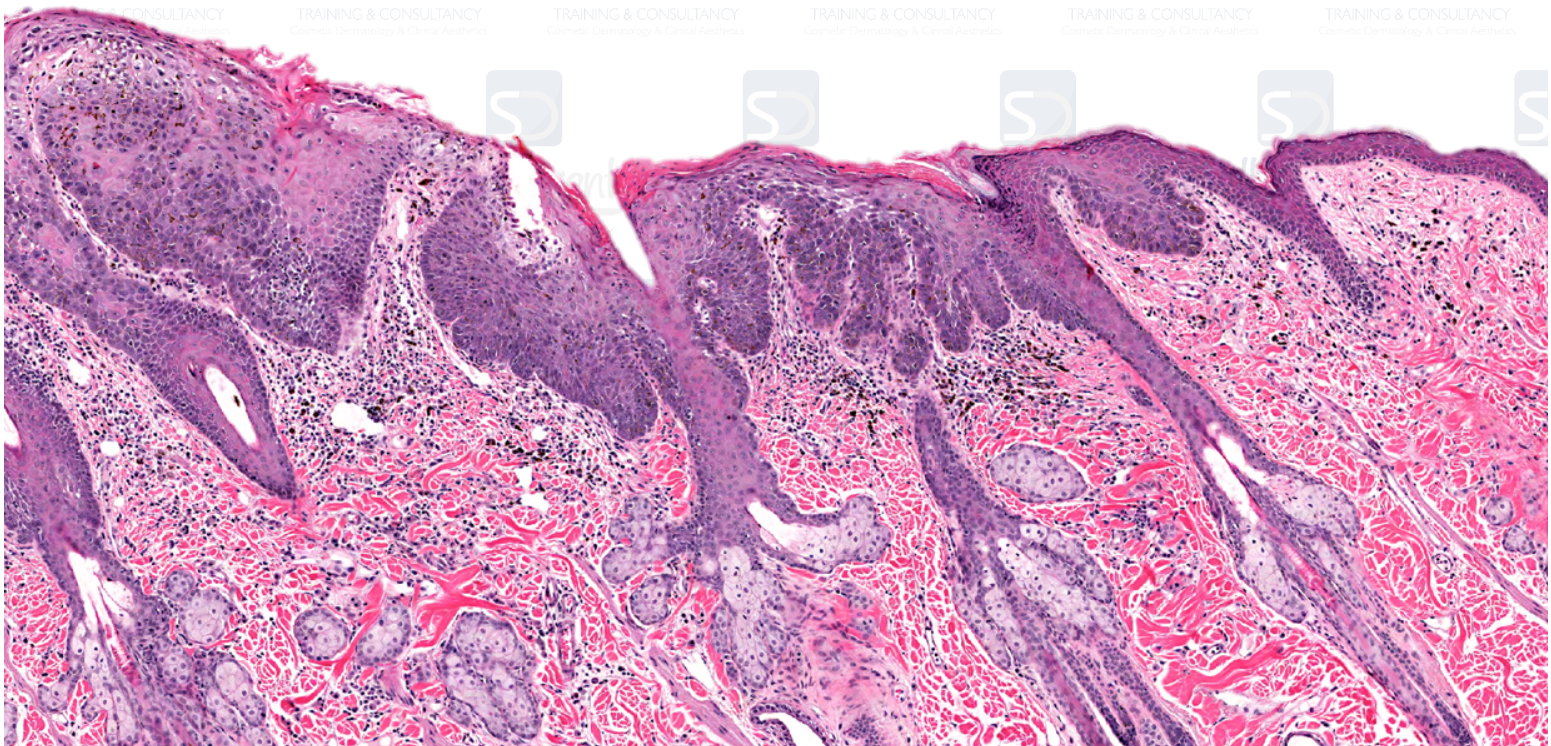
THE CIBTAC / SALLY DURANT

LEVEL 4 QUALIFICATION PORTFOLIO

UNIT 2 ADVANCED SKIN SCIENCE

MODULE 6

The Physiology of Skin Ageing Assignment



UNIT 2, MODULE 6 – THE PHYSIOLOGY OF AGEING

ASSIGNMENT BRIEF

INTRODUCTION

This assignment forms part of your Assessment Workbook for Unit 2 Advanced Skin Science and should be included in your portfolio alongside the rest of your workbook.

The question / title for this Assignment is:

Discuss the broad spectrum of factors which influence the anatomical and physiological changes in the skin's cells and tissues which result in premature skin ageing.

THE BRIEF

You are to structure your work in essay format to include an introduction to the subject, a middle in which you will present the principle discussions to answer the question above and then finishing with a conclusion to summarise the content.

The objective is to reflect the knowledge gained from your completion of Module 6 to explain how the various age-related changes to the structure and function of the skin can be influenced or increased by intrinsic and extrinsic factors. These will include:

- Poor Diet and Nutrition – deficiencies and excesses
- The environment – sun, pollution, weather extremes, indoor environments etc
- Smoking
- Alcohol
- Stress
- Exercise Levels
- General health and medication
- Poor skin treatment and home care

You should research this topic as broadly as possible using the internet, professional magazines or textbooks to provide a comprehensive and individual study of the topic. As always your work must be presented in your own words.

SUBMISSION

You should attach this assignment to your Unit 2 Assessment Workbook using the same media so that they are kept together – ie if you are presenting your Workbook in soft copy then this work should also be presented in that way, and ditto for hard copy submission.