

National Curriculum of Pakistan
2022-23

TECHNICAL EDUCATION

BEAUTICIAN AND COSMETOLOGY

Grades 9-12



NATIONAL CURRICULUM COUNCIL SECRETARIAT
MINISTRY OF FEDERAL EDUCATION AND
PROFESSIONAL TRAINING, ISLAMABAD
GOVERNMENT OF PAKISTAN

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It is with great pride that we, at the National Curriculum Council Secretariat, present the first core curriculum in Pakistan's 75-year history. Consistent with the right to education guaranteed by Article 25-A of our Constitution, the National Curriculum of Pakistan (2022-23) aspires to equip every child with the necessary tools required to thrive in and adapt to an ever-evolving globalized world.

The National Curriculum is in line with international benchmarks, yet sensitive to the economic, religious, and social needs of young scholars across Pakistan. As such, the National Curriculum aims to shift classroom instruction from rote learning to concept-based learning.

Concept-based learning permeates all aspects of the National Curriculum, aligning textbooks, teaching, classroom practice, and assessments to ensure compliance with contemplated student learning outcomes. Drawing on a rich tapestry of critical thinking exercises, students will acquire the confidence to embark on a journey of lifelong learning. They will further be able to acknowledge their weaknesses and develop an eagerness to build upon their strengths.

The National Curriculum was developed through a nationwide consultative process involving a wide range of stakeholders, including curriculum experts from the public, private, and non-governmental sectors. Representatives from provincial education departments, textbook boards, assessment departments, teacher training departments, *deeni madaris*, public and private publishers, private schools, and private school associations all contributed their expertise to ensure that the National Curriculum could meet the needs of all Pakistani students.

The experiences and collective wisdom of these diverse stakeholders enrich the National Curriculum, fostering the core, nation-building values of inclusion, harmony, and peace, making the National Curriculum truly representative of our nation's educational aspirations and diversity.

I take this opportunity to thank all stakeholders, including students, teachers, and parents who contributed to developing the National Curriculum of Pakistan (2022-23)

Dr. Mariam Chughtai

Director

National Curriculum Council Secretariat

Ministry of Federal Education and Professional Training

**Beautician and Cosmetology
Grades 11-12
Progression Grid**

Domain A: Cosmetology (All Theory)

Standard I: Students will gain an understanding of different fields of cosmetology and anatomy of hair, skin and nails

Grade 9	Grade 10	Grade 11	Grade 12
<p>Benchmark I: Students will be to identify and differentiate cells of hair, skin and nails</p> <p>Benchmark II: Students will be able to identify different fields in cosmetology sector (listed in outcome below) and specific scope of each field</p>		<p>Benchmark I:</p>	
Student Learning Outcomes			
<p>[SLO:BC-09-A-01]:</p> <p>Students will be able to:</p> <p>distinguish between anatomy of hair, skin and nails</p>	-		-

[SLO:BC-09-A-02]:

Students will be able to identify different physiological processes of hair, nails and skin that pertain to growth of bacteria. One example is ph level of skin and how it affects growth of bacteria

[SLO:BC-09-A-03]:

Students will able to perform sanitation, sterilization, first aid, personal hygiene and professional hygiene relating to sterilizing equipment and the overall environment of salon

[SLO:BC-09-A-04]:

Students will be able to identify the specific features of body parts for massage and strokes:

- Tissues

<ul style="list-style-type: none"> - Skeletal such as function of bones - Muscular such as positioning of the muscle for massage - Nervous system of the body to apply appropriate pressure and massage strokes for client safety 			
<p>[SLO:BC-09-A-05]:</p> <p>Students will be able to categorize different fields and scope of cosmetology:</p> <ul style="list-style-type: none"> - Hair stylists - Beauty consultant - Skin specialist - Nail technician - Hair colour specialist - Cosmetology instructor - Product representative - Makeup artist - Salon manager - Salon owner 			

Domain B: SKIN (Skin Types, Treatment, and Makeup)

Standard I: Students will gain an understanding of skin anatomy and structure for advanced skin treatments and will demonstrate mastery of face treatment plans

SKIN ANATOMY & TREATMENTS

Grade 9	Grade 10	Grade 11	Grade 12
<p>Benchmark I: Students will recognize skin anatomy and structure, recommend and execute face treatments based on skin types and conditions.</p>		<p>Benchmark I: Students will recognize the role of advanced skin treatments, and demonstrate mastery of five face treatment plans based on skin types and conditions.</p>	
Student Learning Outcomes			
<p>[SLO:BC-09-B-01]: Students will be able to recognise and name all layers of the skin, understand its role and knowledge about skin complexion, types and conditions. The topics to be covered include:</p> <ul style="list-style-type: none"> - Skin as an organ - Epidermis and its layers 	<p>[SLO:BC-10-B-01]: Students will be able to demonstrate sanitation and hygiene of:</p> <ul style="list-style-type: none"> - Brush hygiene - Product contamination - Product Expiry - Makeup kit 	<p>[SLO:BC-11-B-01]: Students will be able to summarize skin anatomy and give detailed presentation on its structure and diseases</p> <p>[SLO:BC-11-B-02]: Students will be able to identify tools, products, equipment, machine handling for the following:</p>	<p>- N/A</p>

<ul style="list-style-type: none"> - Cells of epidermis - Skin complexion - Skin types - Skin complexities <p>[SLO:BC-09-B-02]: Students will be able to identify different skin types and skin condition</p> <p>[SLO:BC-09-B-03]: Students will be able to recommend products and facials based on clients skin type and skin condition</p>	<p>Students will be able to set facial/skin stations and prep client</p> <p>[SLO:BC-10-B-02]: Students will be able to execute hands-on technique based on skin type and condition for the following:</p> <ul style="list-style-type: none"> - Cleansing - Toning - Steam - Extraction - Exfoliation - Mask Application - Mask Removal - Massage - Serum, cream application and eye care 	<ul style="list-style-type: none"> - Hydra Facials - HiFu - Carbon Facials - Chemical Peels - Micro Dermabrasion <p>[SLO:BC-11-B-03]: Students will be able to demonstrate the following treatments based on skin type and condition:</p> <ul style="list-style-type: none"> - Hydra Facials - HiFu - Carbon Facials - Chemical Peels - Micro Dermabrasion 	
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<p>[SLO:BC-09-B-04]:</p> <p>Students will be able to identify skin tools, equipment and mix products (polisher) for the following:</p> <ul style="list-style-type: none"> - Face Cleansing - Face Polisher - Complete Facial <p>-</p>	<p>-</p>	<p>[SLO:BC-11-B-04]:</p> <p>Students will be able to analyse clients skin and provide detailed treatment plan (example no of sittings, mix of treatments etc)</p> <p>[SLO:BC-11-B-05]:</p> <p>Students will be able to demonstrate face lifting techniques:</p> <ul style="list-style-type: none"> - Face massage through hands - Gua sha / Roller - T-Hammer <p>[SLO:BC-11-B-06]:</p> <p>Students will be able to maintain high-quality hygiene of the machine and equipment used in each procedure mentioned above.</p>	
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Domain C: Nails

Standard I: Students will gain an understanding of nail structure, nail diseases and types. Students will be able to execute different nail treatments from basic manicure pedicures to advanced nail treatments (acrylics and nail art)

NAIL ANATOMY & TREATMENTS, ACRYLICS & NAIL ART

Grade 9	Grade 10	Grade 11	Grade 12
Benchmark I: Students will be able to gain understanding of nail structure, demonstrate 5 nail shapes and execute manicure and pedicure		Benchmark I: Students will be able to illustrate gel, acrylic and nail art designs from simple to advanced manicure and pedicures	
Student Learning Outcomes			
<p>[SLO:BC-09-C-01]: Students will be able to identify nail construction and its basic needs in terms of nail health and diseases</p> <p>[SLO:BC-09-C-02]: Students will be able to evaluate symptoms of nail disorders, diseases and allergies and direct client to seek medical help</p> <p>[SLO:BC-09-C-03]:</p>			<p>[SLO:BC-12-C-01]: Students will be able to summarise nail anatomy and give detailed presentation on its structure</p> <p>[SLO:BC-12-C-02]: Students will be able to interpret the chemistry of the nail products and properly dispose off nail chemicals and eliminate acrylic monomer smell</p> <p>[SLO:BC-12-C-03]: Students will be able to identify nail tools, products</p>

<p>Students will be able to distinguish between treatable and untreatable nail conditions</p>			<p>and equipment for the following:</p> <ul style="list-style-type: none"> - Acrylic - Gel - Nail Art
<p>[SLO:BC-09-C-04]: Students will be able to identify nails tools, products and equipment for the following:</p> <ul style="list-style-type: none"> -manicure - pedicure <p>[SLO:BC-09-C-05]: Students will be able to set manicure and pedicure stations and prep client</p> <p>[SLO:BC-09-C-06]: Students will be able to demonstrate pressure point hand and feet massage</p> <p>[SLO:BC-09-C-07]:</p>			<p>[SLO:BC-12-C-04]: Students will be able to execute the following techniques:</p> <ul style="list-style-type: none"> - Cut, file and shape nail tips (fake nails) - Prep nail bed for acrylic application - Create acrylic application nail bead - Apply acrylic to the nails - Colour Arylics - Ombre Acrylics - Avoid Acrylic nails from lifting - Apply glue to the nail tips <p>[SLO:BC-12-C-05]: Students will be able to:</p>

<p>Students will be able to execute the following techniques:</p> <ul style="list-style-type: none"> - Trimming/cutting nails - 5 nail shapes (square, round, almond, oval, squoval) - Polisher mixing - Cuticle pushing - Cuticle removal - Buffing - Scrubbing - Mask application - Massage - Nail polish application <p>[SLO:BC-09-C-08]:</p> <p>Students will be able to execute the complete service (mani/pedi) within the allotted time.</p>			<ul style="list-style-type: none"> - Polish and design nails - Create nail art designs - Apply nail accessories <p>[SLO:BC-12-C-06]:</p> <p>Students will be able to maintain high quality hygiene of acrylic nail set</p> <p>[SLO:BC-12-C-07]:</p> <p>Students will be able to demonstrate complete acrylic nails service from start to finish within the allotted time</p>
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Domain D: Hair

Standard I: Students will gain understanding of hair anatomy and structure for advanced hair treatments and will demonstrate mastery of hair services from styling, colouring and professional treatments.

HAIR STYLING, COLORING and TREATMENTS

Grade 9	Grade 10	Grade 11	Grade 12
<p>Benchmark I: Students will be able to create and demonstrate natural and cosmetic hair treatments using hair coloring tools.</p>		<p>Benchmark I: N/A</p>	
<p>Student Learning Outcomes</p>			
<p>[SLO:BC-09-D-01]: Students will be able to identify hair construction, different types and textures of hair</p> <p>[SLO:BC-09-D-02]: Students will be able to analyse the condition of hair to assess porosity, density, treated vs untreated and texture of hair</p>	<p>[SLO:BC-10-D-01]: Students will be able to identify hair tools, products and equipment for the following</p> <ul style="list-style-type: none"> -Rebonding/ Xtenso - Perming - Keratin/ Keratox <p>[SLO:BC-10-D-02]: Students will be able to identify and assess specific client needs related to hair, considering factors such as</p>	<p>N/A</p>	<p>N/A</p>

	hair type, texture, color, and style preferences.		
<p>[SLO:BC-09-D-03]:</p> <p>Students will be able to create and apply natural treatments for following criteria</p> <ul style="list-style-type: none"> -dry and damaged hair -oily scalp - chemically treated hair - straight hair - fungal infections (Dandruff) - hairfall - hair growth - alopecia <p>[SLO:BC-09-D-04]:</p>	<p>[SLO:BC-10-D-03]:</p> <p>Students will be able to demonstrate complete procedure and propose post-treatment care for the following treatments:-</p> <ul style="list-style-type: none"> -Rebonding/ Xtenso - Perming - Keratin/ Keratox <p>[SLO:BC-10-D-04]:</p> <p>Students will be able to identify their mistakes and pivot/rectify the treatment plan</p>		...

<p>Students will be able to apply basic principles of shampooing (Prepping and performing)</p>			
<p>Benchmark II: Students will be able to perform/demonstrate different kinds of blowdries, heat styling hairdo's, updo's.</p>		<p>Benchmark II: Students will be able to perform/demonstrate hair cuts and bridal hairstyles</p>	
<p>Student Learning Outcomes</p>			
	<p>[SLO:BC-10-D-05]: Students will be able to identify hair tools, products and equipment, set complete trolley and prep client</p> <p>[SLO:BC-10-D-06]: Students will be able to create hair sectioning and teasing for blowdries, hot tools and half updo's and full updo's</p> <p>[SLO:BC-10-D-07]:</p>	<p>[SLO:BC-11-D-01]: Students will be able to identify hair tools, products and equipment, set complete trolley and prep client</p> <p>[SLO:BC-11-D-02]: Students will be able to master hair sectioning for hair cutting</p> <p>[SLO:BC-11-D-03]: Students will be able to provide recommendations of hair cut based on face shape and hair texture</p>	<p>[SLO:BC-12-D-01]: Students will be able to execute various bridal hairstyle types and accessory/dupatta settings atleast of 3 types..</p> <ul style="list-style-type: none"> - Updo - Half Updo - Curls - Side braids - Volumous braids

	<p>Students will be able to demonstrate the following:</p> <ul style="list-style-type: none"> - Inwards /outwards blowdry - Heat curls - Straightening - Iron curls - Crimping - Beach waves - Messy Buns - Buns - Half updo's <p>[SLO:BC-10-D-08]:</p> <p>Students will be able to identify face shape and set accessories (Jewellery and Dupatta) accordingly for the various makeups.</p>	<p>[SLO:BC-11-D-04]:</p> <p>Students will be able to perform the following cutting styles:</p> <ul style="list-style-type: none"> -Layers - Straight layers - U shaped layers - Face framing layers - Bob - Asymmetrical Bob - Bangs/Flick - Feather/ Wedge Cut 	
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Grade 9	Grade 10	Grade 11	Grade 12
Benchmark I N/A		Benchmark I: Students will be able to read shade card, perform hair dye techniques, weaving, slicing, foil application and how to color correct	
Student Learning Outcomes			
N/A	N/A	[SLO:BC-11-D-05]; Students will be able to interpret color theory and perform colour correction technique <ul style="list-style-type: none"> - Understanding color wheel - Warm and cool based colours & meaning of complimentary colours - Colour correcting on different hair tones and textures [SLO:BC-11-D-06]:	N/A

		<p>Students will be able to read shade card/colour tubes.</p> <p>[SLO:BC-11-D-07]:</p> <p>Students will be able to execute</p> <ul style="list-style-type: none"> - Foil application - Weaving - Slicing <p>[SLO:BC-11-D-08]:</p> <p>Students will be able to identify hair tools, products and equipment, set complete trolley and prep client</p> <p>[SLO:BC-11-D-09]:</p> <p>Students will be able to analyse hair (treated vs natural) and propose hair colour and type of dye</p> <p>[SLO:BC-11-D-10]:</p> <p>Students will be able to execute the following techniques:</p> <ul style="list-style-type: none"> - Root touching 	
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		<ul style="list-style-type: none"> - Full length hair dye - Hair lightening - Highlights - Lowlights - Baby lights - Face framing highlights - French Balayage - Free hand Balayage 	
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Domain E : Epilation

Standard I: Students will gain an understanding of different techniques of hair removal from face and body using threading, waxing and laser hair removal.

Threading & Face Waxing, Body Waxing and Laser Hair Removal

Grade 9	Grade 10	Grade 11	Grade 12
<p>Benchmark I: Student will be able to create different waxes (sugaring, lemon wax) and demonstrate techniques for hair removal (facial and different parts of the body)</p>		<p>Benchmark I: Students will be able to apply principles, techniques and safety considerations of laser hair removal shared in outcomes below.</p>	
<p>Student Learning Outcomes</p>			

<p>[SLO:BC-09-E-01]: Students will be able to describe history of threading, types of hair removal techniques,</p> <p>[SLO:BC-09-E-02]: Students will be able to identify facial removal tools, products and equipment</p> <p>[SLO:BC-09-E-03]: Students will be able to skilfully map eyebrows and create perfectly symmetrical eyebrow shape based on face shape</p> <p>[SLO:BC-09-E-04]: Students will be able to demonstrate facial threading technique on different parts of the face</p> <ul style="list-style-type: none"> - Foreheads - Brows - Cheeks - Chin - Upper lip 	<p>[SLO:BC-10-E-01]: Students will be able to identify hair removal tools, products and equipment for the following:</p> <ul style="list-style-type: none"> -Sugaring - Lemon Wax - Fruit Wax <p>[SLO:BC-10-E-02]: Students will be able create lemon wax and sugaring for client hair removal</p> <p>[SLO:BC-10-E-03]: Student will be able to analyse skin type and suggest the most suitable wax.</p> <p>[SLO:BC-10-E-04]: Students will be able to identify and solve the following (if any)</p> <ul style="list-style-type: none"> - Ingrown hair - Sensitive/Eczema prone skin 		<p>[SLO:BC-12-E-01]: Students will be able to identify laser removal tools, products and equipment and prep client station</p> <p>[SLO:BC-12-D-02]: Students will be able to develop skills to understand appropriate laser parameters</p> <ul style="list-style-type: none"> - Principles, techniques and safety consideration for laser hair removal - Machine handling and after care - Application of gel - Different types of lasers and IPL(Intense Pulsed Light Technology) systems used for hair removal <p>[SLO:BC-12-E-03]: Students will be able to gain comprehensive knowledge of fundamental principles of laser physics</p>
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<ul style="list-style-type: none"> - Neck 	<ul style="list-style-type: none"> - Thin skin - Wax buns - Skin removals 		<p>[SLO:BC-12-E-04]:</p> <p>Students will be able to select the most suitable technology and number of sessions for different skin types and laser colours</p> <p>-</p>
<p>[SLO:BC-09-E-05]:</p> <p>Students will be able to demonstrate facial waxing technique on different parts of the face:</p> <ul style="list-style-type: none"> - Foreheads - Brows - Cheeks - Chin - Upper lip - Neck <p>[SLO:BC-09-E-06]:</p> <p>Students will be able to execute threading and facial</p>	<p>[SLO:BC-10-E-05]:</p> <p>Students will be able to demonstrate the following techniques as per skin type:</p> <ul style="list-style-type: none"> - Heating wax as per the optimal temperature - Sanitising and prepping clients skin - Wax application - Strip application - Strip removal - After wax care 		<p>[SLO:BC-12-E-05]:</p> <p>Identify common mistakes and challenges for the following:</p> <ul style="list-style-type: none"> - Using right cooling gel - Maintaining proper skin contact - Usage of goggles - Selecting appropriate IPL filters - Skin burns

waxing technique on self and others	[SLO:BC-10-E-06]: Students will be able to execute waxing for pregnant women and mature skin		
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Domain F: Massage

Standard I: Students will gain an understanding of muscle anatomy and demonstrate pressure massage strokes and will be able to execute complete massage of 5 types. Students will also be able to execute scrubbing techniques on various body parts

MESSAGE TREATMENTS & SCRUBBING

Grade 9	Grade 10	Grade 11	Grade 12
Benchmark I:		Benchmark I: Students will be able to understand the role of muscles and pressure points and demonstrate massage strokes. They will create body scrubs using natural ingredients based on the clients preference (glowing skin, dry skin etc) and execute the scrubbing exfoliation techniques of application and removal.	
Student Learning Outcomes			

		<p>[SLO:BC-11-F-01]: Students will be able to identify massage oils and their usage based on benefits example almond oil, lavender oil, ylang ylang</p> <p>[SLO:BC-11-F-02]: Students will be able to set up a massage station and prep clients</p> <p>[SLO:BC-11-F-03]: Students will explain muscle anatomy to perform massage strokes.</p> <p>[SLO:BC-11-F-04]: Students will demonstrate master skill in following massage techniques on different parts of the body:</p> <ul style="list-style-type: none"> - Effleurage stroke - Kneading stroke - Scissor stroke - Acupressure - Correct pressure on body parts - Turn client over with towel 	<p>- N/A</p>
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		<p>[SLO:BC-11-F-05]:</p> <p>Students will be able to execute the following massage services - Hydra Facials</p> <ul style="list-style-type: none"> - Prenatal - Deep tissue - Post natal - Hot stone massage - Compression 	
-		<p>[SLO:BC-11-F-06]:</p> <p>Students will be able to formulate different body scrubs based on the clients' need:</p> <ul style="list-style-type: none"> - Sugar Scrub - Ubtan Scrub - Malai Scrub <p>[SLO:BC-11-F-07]:</p> <p>Student will be able to execute the following techniques:</p> <ul style="list-style-type: none"> - Application of scrub - Exfoliation 	

		- Removal	
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Domain G: Entrepreneurship & Salon Management

Standard I: Students will be able to gain an in-depth understanding of operating a beauty business/salon from launching the business to its operations.

Grade 9	Grade 10	Grade 11	Grade 12
Benchmark I: N/A		Benchmark I: Students will be able to develop and present a business plan with the following areas: <ul style="list-style-type: none"> - Problem solving - Solution (Idea) - Target Audience - Market Sizing - Unique value proposition - Competitors - Go to market strategy - Financial forecasting 	
Student Learning Outcomes			
-	-		[SLO:BC-12-G-01]:

			<p>Students will be able to develop the following areas for the business plan:</p> <ul style="list-style-type: none"> - Identify problem that they are solving - Identify Target Audience - Market sizing - SWOT analysis <p>[SLO:BC-12-G-02]:</p> <p>Students will be able to conduct market research</p> <ul style="list-style-type: none"> - Quantitative - surveys and questionnaire - Qualitative - focus groups, one to one interviews <p>[SLO:BC-12-G-03]:</p> <p>Students will be able to produce the following financial documents on excel</p> <ul style="list-style-type: none"> - Cash flow - Profit and Loss (basics) - Financial forecasting
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			- Budgeting
			<p>[SLO:BC-12-G-04]:</p> <p>Students will be able to create their social media pages and attract audience using</p> <ul style="list-style-type: none"> - Instagram - Tiktok <p>[SLO:BC-12-G-05]:</p> <p>Students will be able to acquire HR skills for the following:</p> <ul style="list-style-type: none"> - Client dealing - Reception Dealing - Employee management <p>[SLO:BC-12-G-06]:</p> <p>Students will be able to develop their Go to market strategy based on market research using different marketing channels</p> <p>[SLO:BC-12-G-07]:</p>

			<p>Students will be able to identify different factors of inventory such as:</p> <ul style="list-style-type: none"> - Minimum qty of stock - Vendor management - Place orders <p>[SLO:BC-12-G-08]:</p> <p>Students will be able to demonstrate skill to maintain records on excel using the shared template. For example,</p> <ul style="list-style-type: none"> - No of orders - Bookkeeping - Feedback <p>[SLO:BC-12-G-09]:</p> <p>Students will be able to present a detailed powerpoint business plan with the following:</p> <ul style="list-style-type: none"> - Problem solving - Solution (Idea) - Target Audience - Market Sizing - Unique value proposition - Competitors - Go to market strategy
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			<p>- Financial forecasting</p> <p>[SLO:BC-12-G-10]:</p> <p>Students will be able to identify factors that lead to overall experience of a client when offering different services at Salon</p>
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