

COURSE DESCRIPTIONS

Faculty	Technical college.				
Department	Applied Arts	NQF level			
Course Title	Hand and Foot Care 1	Code	60704152	Prerequisite	None
Credit Hours	3	Theory	1	Practical	4
Course Leader	Samah Suleiman Al-Jarrah	email	s.aljarah@jadara.edu.jo		
Lecturers	Samah Suleiman Al-Jarrah	emails	s.aljarah@jadara.edu.jo		
Lecture time	8:30–10:30 (Mon, Wed)	Classroom	C108 C109	Attendance	Fulltime
Semester	Second	Production		Updated	4-3-2026
Type of Teaching	<input type="checkbox"/> Face to Face <input checked="" type="checkbox"/> Blended <input type="checkbox"/> Online				

Short Description

The Hand and Foot Care course focuses on training students in the fundamentals of cosmetic care. This includes hair removal, hand and foot massage, application of oil-based manicure and nail polish, and skin treatment using paraffin wax. The course also covers artificial nail application and construction, safe removal of corns, and performing exercises that support the health of the legs, feet, hands, and forearms.

Course Objectives

1. The student acquires the basics of professional hand and foot care.
2. The student masters the use of tools related to hand and foot care services.
3. The student is able to operate equipment and use appropriate materials for each cosmetic task.
4. The student becomes familiar with nail structure, composition, and common nail problems.

Course Intended Learning Outcomes (CILOs)

A. Knowledge - Theoretical Understanding

- a1. Describe different methods of hand and foot care.
- a2. Explain the objectives of hand and foot care.

B. Knowledge - Practical Application

- a3. Identifies different massage movements and their benefits.

C. Skills - Generic Problem Solving and Analytical Skills

- b1. Treat hands and feet using exfoliation and hair removal with appropriate products.
- b2. Master the use of paraffin wax in treating hands and feet.
- b3. Coordinate nail polishing and decoration using appropriate tools and materials.

D. Skills - Communication, ICT, and Numeracy

b2.
b3.
E. Competence: Autonomy, Responsibility, and Context
c1: Apply nail buffing and polishing correctly using appropriate tools.
Teaching and Learning Methods
<input checked="" type="checkbox"/> Face to Face Lectures <input type="checkbox"/> Brain Storming <input type="checkbox"/> Synchronous remote <input checked="" type="checkbox"/> Asynchronous remote <input type="checkbox"/> Presentation <input checked="" type="checkbox"/> Discussions <input type="checkbox"/> Research Project <input type="checkbox"/> Case Study <input type="checkbox"/> Field visit <input type="checkbox"/> Problem solving
Assessment Methods
<input type="checkbox"/> Formative Assessment <input type="checkbox"/> Quiz <input checked="" type="checkbox"/> Lab Exam <input checked="" type="checkbox"/> Homework <input type="checkbox"/> Project Assessment <input type="checkbox"/> Oral Presentation <input checked="" type="checkbox"/> Midterm <input checked="" type="checkbox"/> Final Exam

Course Contents					
Week	Hours	CILOs	Topics	Teaching & Learning Methods	Assessment Methods
1	2	a1	Hand and foot care	Lecture + Presentation + discussion	Homework
2	2	a1	Methods of hand and foot care	Lecture + Presentation + discussion	Homework
3	2	a2	Objectives of hand and foot care	Lecture + Presentation + discussion	Lab Exam
4	2	a2, a3	Hand and foot massage	Lecture + Presentation + discussion	Lab Exam
5	2	b1	Exfoliation of hands and feet	Lecture + Presentation + discussion	Homework
6	2	a3, b1	Using exfoliating materials for hands and feet with massage	Lecture + Presentation + discussion	Homework
7	2	a3, b1	Temporary hair removal methods	Lecture + Presentation + discussion	Lab Exam
8	2	a1,a2,a3,b1	Midterm exam	Lecture + Presentation + discussion	Midterm exam
9	2	a2,a3,b1	Exercises for the feet and legs	—	Lab Exam
10	2	a2,a3,b1,b2	Paraffin wax treatment	Lecture + Presentation + discussion	Lab Exam
11	2	a2,a3,b1,b2	Corn removal	Lecture + Presentation + discussion	Lab Exam
12	2	a3,b1,b2,b3	Concept of artificial nails and how to apply them	Lecture + Presentation + discussion	Lab Exam

13	2	a3,b1,b 2,b3	False nails	Lecture + Presentation + discussion	Homework
14	2	b3	Nail buffing and polishing	Lecture + Presentation + discussion	Lab Exam
15	2	c1	Oil manicure application	Lecture + Presentation + discussion	Homework
16	2	a3,b1,b 2,b3,c1	Final exam	—	Final exam

Infrastructure	
Type	Details
Textbook	Hand and Foot Care – Waseela Al-Alami, Dar Al-Ghaya Publishing, Amman, 2015
References	Physiology Summary – Dr. Hikmat Freihat (1982) Comprehensive Beauty – Abdul Rahim Atatout, Part 1
Recommended Reading	

Course Assessment Plan									
Assessment Method		Grade	CILOs						
			a1	a2	a3	b1	b2	b3	c1
First (Midterm)		30	4	5		10	11		
Second (if applicable)									
Final Exam		40	3	3	5	7	9	8	5
Coursework		30							
Coursework assessment methods	Assignments	5			1	1	1	2	
	Case study								
	Discussion and interaction								
	Group work activities								
	Lab tests and assignments	20	2	2	3	4	5	3	1
	Presentations								
	Quizzes	5	1			1	1	1	1
Total		100	10	10	9	23	27	14	7

Plagiarism

Plagiarism is presenting another person's work as your own. The university enforces strict anti-plagiarism policies, and penalties apply to both offenders and those who assist them. Group work is encouraged; however, each student must demonstrate full understanding and comply with assignment requirements to ensure fair individual evaluation.