



Exit Examination

Esthetics Licensure Course

Name _____ Date _____

1. Camouflage makeup:

- a. includes techniques for a smoky eye
- b. may be applied by a clinical esthetician to aid in covering scars
- c. is a technique used by the military
- d. is used by makeup artists and waxing specialists

2. The ancient Egyptians used cosmetics for:

- a. religious ceremonies
- b. burial preparation
- c. personal beautification
- d. all answers

3. What were the Romans most famous for?

- a. Headdresses
- b. clothing
- c. bathhouses
- d. Threading

4. What did the ancient Romans use for bathing and grooming rituals?

- a. oils and fragrances made of flowers
- b. clay
- c. honey
- d. rice with water

5. Which practice was common in Asian cultures from the tenth to the nineteenth centuries?

- a. shaving the eyebrows and hairline to make the forehead appear larger
- b. pinching the cheeks to make them appear pink
- c. covering blemishes with small silk patches
- d. using paper to blot oil

6. During the reign of Elizabeth I, women used ___ to adorn themselves.

- a. crimson reds
- b. arsenic
- c. pinks only
- d. no makeup

7. ___ was introduced in the twentieth century.

- a. Botox®
- b. Tretinoin (Retin-A)™
- c. Alpha hydroxy acid
- d. all answers

8. The principal parts of the cell include the protoplasm, ____.

- a. organelles, nucleus, and cell membrane
- b. organelles, cytoplasm, and artery
- c. cytoplasm, cell membrane, and orbit

d. cytoplasm, protoplasm, and membrane

9. Within the nucleus of the cell, there is a fluid that contains proteins and DNA called the ____.

a. nucleoplasm

b. centrosome

c. membrane

d. Mitosis

10. The process by which cells reproduce by dividing into two identical cells called daughter cells is known as ____.

a. division

b. multiplication

c. mitosis

d. Reproduction

11. The complex chemical process whereby body cells are nourished and supplied with the energy needed to carry on their many activities is called ____.

a. reproduction

b. digestion

c. metabolism

d. Nucleolus

12. Fat or tissue gives smoothness and contour to the body.

a. muscular

b. nerve

c. epithelial

d. Adipose

13. A collection of similar cells that perform a particular function is called a(n) .

- a. organ
- b. system
- c. tissue
- d. Protoplasm

14. The protective covering on body surfaces, such as the skin; mucous membranes; linings of the heart, digestive, and respiratory organs; and glands is ___ tissue.

- a. connective
- b. muscular
- c. epithelial
- d. Liquid

15. Tissue that carries messages to and from the brain and controls and coordinates all body functions is known as tissue.

- a. nerve
- b. connective
- c. epithelial
- d. Liquid

16. The integumentary system is made up of the _____ and its various accessory organs.

- a. skin
- b. bones
- c. muscles
- d. Nerves

17. The stomach and intestines are a part of the ___ system.

- a. excretory
- b. endocrine
- c. respiratory

d. Digestive

18. The cranium is made up of how many bones?

a. 4

b. 6

c. 8

d. 12

19. What bone forms the forehead?

a. frontal

b. temporal

c. parietal

d. Forward

20. The bones that form the sides and top of the cranium are called ____.

a. sphenoid

b. temporal

c. ethmoid

d. Parietal

21. The bones of the upper jaw are called ____.

a. maxillae

b. nasal

c. mandible

d. Frontal

22. The largest and strongest bone of the face is the ____.

a. maxillae

b. nasal

c. mandible

d. Frontal

23. The hindmost bone of the skull is the ____.

a. maxillae

b. occipital

c. parietal

d. Frontal

24. One of the muscles of the jaw used in chewing is the ____.

a. masseter

b. frontalis

c. epicranium

d. Pectoralis

25. The broad muscle that extends from the chest and shoulder muscles to the side of the chin and is responsible for lowering the lower jaw and lip is called ____.

a. sternocleidomastoideus

b. masseter

c. platysma

d. Trapezius

26. The muscles that turn the hand outward and the palm upward are ____.

a. pronators

b. supinators

c. extensors

d. Triceps

27. The muscles located at the base of each digit that separate the fingers are called ____.

a. abductor

- b. opponent
- c. adductor
- d. Flexors

28. Estheticians are primarily concerned with three cranial nerves. Which of the following is not one of the three?

- a. Fifth
- b. seventh
- c. eighth
- d. Eleventh

29. Which system protects the body from disease?

- a. circulatory
- b. Lymphatic
- c. integumentary
- d. Endocrine

30. Which system is responsible for eliminating waste from the body?

- a. lymphatic
- b. circulatory
- c. excretory
- d. Digestive

31. What is anatomy?

- a. the study of the structures of the human body
- b. the study of the structure and composition of tissue
- c. the study of the functions and activities performed by the body
- d. the study of the structure, function, and pathology of the nervous system

32. Which of the following is the study of the structure and composition of tissue?

- a. anatomy
- b. physiology
- c. histology
- d. Neurology

33. What is the largest and most complex mass of nerve tissue in the body?

- a. spinal cord
- b. heart
- c. lungs
- d. Brain

34. What is true about reflexes?

- a. They are automatic.
- b. They must be learned.
- c. They carry impulses from the brain to the muscles.
- d. They are also called receptors.

35. Which nerve affects the little-finger side of the arm and the palm of the hand?

- a. vagus
- b. radial
- c. ulnar
- d. Median

36. What do veins do?

- a. carry oxygenated blood away from the heart
- b. connect the arterioles to venules
- c. collect blood from the capillaries
- d. take waste material to the heart for cleaning

37. What is the main source of blood supply to the head, face, and neck?

- a. carotid arteries
- b. venules
- c. capillaries
- d. Veins

38. Which of the following is not a function of the lymphatic system?

- a. drains tissue spaces of excess interstitial fluid
- b. acts as a defense against disease and invading bacteria
- c. carries fluid, waste, and impurities toward the cells
- d. aids in reducing swelling, inflammation, and accumulations in the blood vessels

39. Physiology is most accurately described as the study of the ___.

- a. internal workings of microorganisms
- b. functions of the body structures
- c. functions of hair, skin, and nails
- d. internal workings of genetics

40. The largest organ of the body is the ____.

- a. skin
- b. liver
- c. heart
- d. endocrine glands

41. Appendages of the skin include ___.

- a. hair
- b. nails
- c. sweat and oil glands

d. all of the above

42. What does the skin protect against?

- a. inside elements and macroorganisms
- b. outside elements and microorganisms
- c. outside elements and macroorganisms
- d. inside elements and microorganisms

43. The barrier function of the skin includes ____.

- a. hair
- b. follicles
- c. pores
- d. acid mantle

44. Which layer of the epidermis is located just below the stratum corneum?

- a. stratum granulosum
- b. stratum lucidum
- c. stratum spinosum
- d. stratum germinativum

45. Keratin and intercellular lipids are formed in the ____.

- a. stratum corneum
- b. stratum spinosum
- c. dermis
- d. stratum granulosum

46. Mitosis occurs in which layer of the skin?

- a. stratum germinativum
- b. stratum granulosum

- c. stratum lucidum
- d. stratum spinosum

47. Which cells in the basal layer produce pigment granules?

- a. lancets
- b. melanocytes
- c. eccrine gland cells
- d. apocrine gland cells

48. The thickest layer of the skin is called the ____.

- a. dermis
- b. epidermis
- c. stratum corneum
- d. stratum spinosum

49. The two layers of the dermis are the ____.

- a. reticular and stratum spinosum
- b. reticular and stratum germinativum
- c. papillary and adipose tissue
- d. papillary and reticular

50. Stretch marks are caused by ____.

- a. damaged elastin fibers
- b. excessive elastin growth
- c. a collagen deficiency
- d. an overproduction of collagen

51. Subcutis, or __ tissue, is found below the reticular layer in the dermis.

- a. cutaneous

- b. collagen
- c. basal cell
- d. Adipose

52. Which fibers stimulate the arrector pili muscles?

- a. secretory nerves
- b. follicles
- c. motor nerves
- d. goose bumps

53. Products that suppress melanin production by interrupting biochemical processes are referred to as ____.

- a. tyrosinase inhibitors
- b. pheomelanins
- c. eumelanins
- d. Melanocytes

54. Apocrine glands are most active ____.

- a. when the body is sleeping
- b. when exposed to high temperatures
- c. during physical activity
- d. during emotional changes

55. The ____ glands secrete oil and the ____ glands secrete sweat.

- a. apocrine; eccrine
- b. sudoriferous; sebaceous
- c. sebaceous; sudoriferous
- d. eccrine; apocrine

56. Where are the largest sebaceous glands found?

- a. on the feet
- b. on the hands
- c. on the chest
- d. on the face

57. Glycation, an intrinsic part of the aging process, is caused by what?

- a. dehydration
- b. rise in blood sugar
- c. reduction of the acid mantle
- d. damaged elastin

58. Diagnosing skin conditions is not within the scope of your __.

- a. jurisdiction
- b. practice
- c. certification
- d. Accreditation

59. Lesions that are in the initial stages of development are __ lesions.

- a. primary
- b. secondary
- c. advanced
- d. Tertiary

60. What is a pink or flesh-colored precancerous lesion that feels sharp or rough and is a result of sun damage?

- a. vesicles
- b. melasma
- c. actinic keratosis
- d. Nodules

61. A pustule is an example of a ___ lesion.

- a. primary
- b. secondary
- c. tertiary
- d. Quaternary

62. What is a keloid?

- a. thick scar resulting from excessive growth of fibrous tissue
- b. collection of dead cells formed over a wound while it is healing
- c. open lesion on the skin or mucous membrane of the body
- d. thin plate of epidermal flakes

63. A blackhead is a(n) .

- a. open comedo
- b. closed comedo
- c. milia
- d. Furuncle

64. A sebaceous cyst or subcutaneous tumor filled with sebum that usually appears on the scalp, neck, and back that is also known as a wen is a ___.

- a. sebaceous hyperplasia
- b. milia
- c. seborrhea
- d. Steatoma

65. Sebaceous hyperplasia growths tend to be ___.

- a. almost perfectly square
- b. splotchy with no discernible shape
- c. doughnut shaped

d. oval shaped

66. What form of eczema is characterized by inflammation, dry or oily scaling or crusting, and/or itchiness?

a. a furuncle

b. acne

c. sebaceous dermatitis

d. seborrheic dermatitis

67. Warts are caused by ___.

a. a virus

b. a chemical or physical irritant

c. direct contact with the skin of a frog

d. Bacteria

68. A condition characterized by bacteria and yeast that causes a foul odor is called ___.

a. anhidrosis

b. hyperhidrosis

c. bromhidrosis

d. miliaria rubra

69. Red patches covered with white-silver scales on the scalp, elbows, knees, chest, and lower back are characteristics of ___.

a. rosacea

b. urticaria

c. psoriasis

d. Erythema

70. A port wine stain is a type of ___.

a. mole

- b. melasma
- c. lentigo
- d. vascular nevus

71. When the body lacks melanin, including in the skin, hair, and eyes, it is called ___.

- a. vitiligo
- b. hyperpigmentation
- c. albinism
- d. Leukoderma

72. Skin cancer tumors form when cells ___.

- a. stop reproducing
- b. divide slowly and evenly
- c. grow larger without dividing
- d. divide rapidly and unevenly

73. The medical term for cold sores or fever blisters is ___.

- a. bacterial conjunctivitis
- b. herpes simplex virus
- c. tinea versicolor
- d. Tinea

74. Shingles is caused by the same virus that causes ____.

- a. smallpox
- b. measles
- c. chickenpox
- d. Mumps

75. Tinea versicolor is characterized by ____.

- a. white, brown, or salmon-colored flaky patches
- b. groups of blisters that form a rash
- c. a ringed red pattern with elevated edges
- d. light, pearly nodules

76. The ___ is the structure that includes the hair, hair shaft, sebaceous gland, and the duct or canal to the surface.

- a. hair follicle
- b. pilosebaceous unit
- c. sudoriferous pore
- d. Ostium

77. What disorder starts with flushing and increasing bouts of redness?

- a. telangiectasia
- b. vasodilation
- c. rosacea
- d. varicose veins

78. A pigmentation disease characterized by white patches on the skin from lack of pigment cells is ___.

- a. albinism
- b. vitiligo
- c. melasma
- d. Lentigo

79. A flat, pigmented area characterized by small, yellow-brown spots is known as ___.

- a. albinism
- b. vitiligo
- c. chloasma

d. Lentigo

80. Another name for herpes zoster is ____.

a. shingles

b. pinkeye

c. wart

d. Ringworm

81. OSHA stands for ____.

a. Occupational Standards of Health Association

b. Occupations of Safety and Health Agency

c. Occupational Safety and Health Administration

d. Oversight of Safety and Health Administration

82. The Environmental Protection Agency (EPA) registers many different types of ____.

a. antiseptics

b. antibiotics

c. diseases

d. Disinfectants

83. Single-celled organisms that have characteristics of both plants and animals are called ____.

a. fungi

b. viruses

c. bacteria

d. Parasites

84. Pathogenic bacteria may produce ____.

a. oxytocin

b. antitoxins

- c. disease
- d. beneficial effects

85. Which statement is true of MRSA?

- a. Clients who appear completely healthy may bring MRSA into your shop, where it can infect others.
- b. MRSA only occurs in individuals with other serious injuries or illnesses.
- c. MRSA has become far less of a problem with the development of new antibiotics.
- d. Although common in hospitals and nursing homes, MRSA has not been reported to occur in the community as a whole.

86. What are single-celled organisms that grow in irregular masses and include molds, mildews, and yeasts?

- a. bacteria
- b. viruses
- c. fungi
- d. Parasites

87. Organisms that grow, feed, and shelter on or in another organism are known as ___.

- a. saprophytes
- b. parasites
- c. cocci
- d. spore forming

88. What is a contagious skin disease caused by the itch mite?

- a. scabies
- b. blood poisoning
- c. lesions
- d. HIV/AIDS

89. Completely destroying all microbial life including bacterial spores is known as ___.

- a. cleaning
- b. laundering
- c. sterilizing
- d. Sanitizing

90. 5.25 percent sodium hypochlorite is also known as ___.

- a. quaternary sodium
- b. enzymatic disinfectant
- c. household bleach
- d. phenolic disinfectant

91. Quaternary ammonium compounds (quats) solutions usually disinfect implements in ___ minutes.

- a. 2
- b. 10
- c. 20
- d. 60

92. ___ are guidelines published by the CDC that require the employer and employee to assume that any human blood and body fluids are potentially infectious.

- a. Safety procedures
- b. Standard rules
- c. Standard precautions
- d. Safety precautions

93. ___ are a form of formaldehyde, have a very high pH, and can damage the skin and eyes.

- a. Phenolic disinfectants

- b. Quats
- c. Mycobacteria
- d. Alcohols

94. What term refers to anything that occupies space; has physical and chemical properties; and exists in a solid, liquid, or gas form?

- a. matter
- b. compound
- c. element
- d. organic substance

95. ___ are substances that cannot be reduced to simpler substances.

- a. Bases
- b. Solutes
- c. Elements
- d. Gases

96. What is the basic unit of matter that cannot be divided into simpler substances by ordinary chemical means?

- a. proton
- b. neutron
- c. atom
- d. Electron

97. A ___ is a new substance formed by chemically combining two or more atoms of different elements.

- a. synthetic
- b. compound
- c. solution

d. Emulsion

98. When a substance gains oxygen, the substance is ____.

a. reduced

b. subtracted

c. oxidized

d. Suspended

99. A(n) ____ is a preparation made by dissolving a solid, liquid, or gaseous substance in another substance.

a. suspension

b. ointment

c. emulsion

d. Solution

100. ____ liquids are liquids that mix easily.

a. Miscible

b. Immiscible

c. Compatible

d. Incompatible

101. Substances that act as a bridge to allow oil and water to mix or emulsify are called ____.

a. miscibles

b. compounds

c. surfactants

d. Solutions

102. The tail of a surfactant molecule is ____, meaning oil loving.

a. neophilic

- b. lipophilic
- c. hydrophilic
- d. oligophilic

103. The separation of a substance into ions is known as ____.

- a. deionization
- b. canonization
- c. ionization
- d. Decomposition

104. Only products that contain ____ can have a pH.

- a. alcohols
- b. water
- c. hydrogen
- d. Hydroxide

105. A product with a pH of 8.9 is considered to be ____.

- a. neutral
- b. acid
- c. alkaline
- d. Balanced

106. An insulator or ____ is a substance that does not easily transmit electricity.

- a. vaporizer
- b. metal
- c. nonconductor
- d. Water

107. What apparatus changes alternating current (AC) to direct current (DC)?

- a. inductor
- b. rectifier
- c. generator
- d. Transformer

108. What unit of measure is equivalent to 1/1,000 of an ampere?

- a. microampere
- b. milliampere
- c. kiloampere
- d. Centiampere

109. The term used for measuring the resistance of an electric current is ____.

- a. wattage
- b. voltage
- c. ampere
- d. Ohm

110. The term used for measuring how much electric energy is being used in one second is ____.

- a. watt
- b. voltage
- c. ampere
- d. Ohm

111. Commonly used modalities in beauty and wellness are Tesla high-frequency current, microcurrent, and ____ current.

- a. electronic
- b. galvanic
- c. cathodic

d. Anoida

112. The process of introducing water-soluble products into the skin with the use of electric current is known as ____ .

a. iontophoresis

b. desincrustation

c. megaphoresis

d. Cataphoresis

113. All electrical appliances used in the salon, spa, or barbershop should be certified ____.

a. state board

b. FDA

c. UL

d. OSHA

114. Thirty-five percent of natural sunlight is made up of ____.

a. therapeutic light

b. ultraviolet light

c. visible light

d. infrared light

115. The type of light blocked by the ozone layer is ____.

a. UBA

b. UVB

c. UVC

d. ULV