



NATIONAL COSMETOLOGY
WRITTEN EXAMINATION

CANDIDATE INFORMATION BULLETIN

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The National Cosmetology examination is the national licensure examination for Cosmetology, which is developed and administered by the National-Interstate Council of State Boards of Cosmetology (NIC). This Candidate Information Bulletin includes the content outline covered by the NIC National Cosmetology examination, sample questions and answers. The time allowed for the Cosmetology written examination is 90 minutes.

**SCIENTIFIC
CONCEPTS
29%**

Infection Control

- ◇ Microbiology
 - Bacteria
 - Viruses
 - Parasites
 - Immunity
 - Prevention
- ◇ Methods of infection control
 - Sanitation
 - Disinfection
 - Sterilization
- ◇ Federal regulations
- ◇ Universal precautions

Human Anatomy and Physiology

- ◇ Cells
- ◇ Tissues
- ◇ Body systems
 - Skeletal system
 - Muscular system
 - Circulatory system

Nutrition

Ergonomics

Basic Principles of Chemistry

- ◇ Compounds, mixtures, solutions, suspensions, and emulsions
- ◇ The pH scale
- ◇ Product ingredients
- ◇ Chemical reactions

Basic Principles of Electricity

- ◇ Electric current
 - Direct current
 - Alternating current
- ◇ Electric measurements
- ◇ Electricity in cosmetology
 - Electrotherapy
 - Light therapy
 - Safety precautions

**HAIR CARE AND SERVICES
51%**

Trichology

- ◇ Properties and structure of hair and scalp
 - Shaft
 - Root
- ◇ Hair analysis and hair quality
 - Porosity
 - Texture
 - Elasticity
 - Density
- ◇ Hair growth
 - Anagen
 - Catagen
 - Telogen
- ◇ Hair loss (alopecia)
 - Types of alopecia
 - Hair loss treatments
- ◇ Disorders of the scalp
 - Dandruff
 - Tinea
 - Scabies
 - Pediculosis capitis

Principles of Hair Design

- ◇ Elements of hair design
 - Form
 - Space
 - Line
 - Color
 - Wave pattern/texture
- ◇ Principles of hair design
 - Proportion
 - Balance
 - Rhythm
 - Emphasis/contrast
 - Harmony
- ◇ Facial shapes

Draping Procedures

- ◇ Wet services
- ◇ Dry services
- ◇ Chemical services

Brushing, Shampooing, Conditioning, Hair, and Scalp Treatment Procedures

- ◇ Brushing the hair
- ◇ Shampooing
 - Types of shampoos
 - Selection
 - Procedure
- ◇ Conditioning
 - Types of conditioners
 - Selection
 - Procedure
- ◇ Hair and scalp treatments
- ◇ Safety precautions

Haircutting Procedures

- ◇ Basic principles of haircutting
 - Areas of the head
 - Elevation
 - Lines and angles
 - Crosschecking
 - Texturizing
- ◇ Client consultation
 - Desired look
 - Face, head, and body shape
 - Hair analysis
 - Lifestyle
- ◇ Tools
 - Shears
 - Texturizing/thinning/taper shears
 - Razor
 - Clippers and trimmers
 - Combs

Basic haircuts

- Blunt
- Graduated
- Uniformly-layered

Safety precautions

Hairstyling Procedures

- ◇ Client consultation
- ◇ Wet styling
 - Tools
 - Finger waving
 - Pin curls
 - Roller curls
- ◇ Long hair styling

- ◇ Thermal styling
 - Blow-drying
 - Curling irons
 - Pressing irons
- ◇ Safety precautions

Braiding, Wigs, and Hair Enhancements/Additions

- ◇ Client consultation
- ◇ Braiding
- ◇ Hair extensions/additions
- ◇ Wigs
- ◇ Hairpieces
- ◇ Safety precautions

Chemical Texture Services

- ◇ Client consultation
- ◇ Permanent waving
 - Types of permanent waves
 - Permanent waving procedures
- ◇ Chemical hair relaxers
 - Types of chemical hair relaxers
 - Chemical hair relaxing procedures
- ◇ Soft curl permanent or curl reforming
 - Selection of soft curl permanent product
 - Soft curl permanent procedures
- ◇ Safety precautions

Hair Coloring Procedures

- ◇ Color theory
- ◇ Client consultation
- ◇ Types of hair color
- ◇ Color selection
- ◇ Hair color applications
- ◇ Hair lightening
- ◇ Special effects hair coloring
- ◇ Hair color problems and corrections
- ◇ Safety precautions

SKIN CARE AND SERVICES
11%

Skin Histology

- ◇ Anatomy of skin
 - Layers of the skin
 - Nerves of the skin
 - Glands of the skin
 - Types of skin
 - Skin color
 - Aging of the skin
- ◇ Disorders of the skin
- ◇ Functions of the skin

Draping Procedures

Hair Removal Procedures

- ◇ Client consultation
- ◇ Temporary hair removal
 - Tweezing
 - Waxing
 - Depilatories
- ◇ Safety precautions
- ◇ Infection control

Facial Procedures

- ◇ Client consultation
- ◇ Skin care tools and work area
 - Equipment
 - Supplies
- ◇ Facial massage
 - Effleurage
 - Petrissage
 - Friction
 - Tapotement
 - Vibration
- ◇ Facial treatments
 - Masks
 - Extractions
 - Exfoliations
- ◇ Safety precautions
- ◇ Infection control

Facial Makeup Application

- ◇ Client consultation
- ◇ Cosmetics for facial makeup
- ◇ Makeup color theory
- ◇ Corrective theory
- ◇ Safety precautions
- ◇ Infection control

NAIL CARE AND SERVICES
9%

Nail Structure and Growth

- ◇ Nail growth
- ◇ Nail disorders/diseases

Manicure and Pedicure Procedures

- ◇ Client consultation
- ◇ Nail care tools and work area
 - Equipment
 - Supplies
- ◇ Types of hand and foot massage
- ◇ Types of manicures
 - Basic
 - Specialty
- ◇ Types of pedicures
 - Basic
 - Specialty
- ◇ Safety precautions
- ◇ Infection control

Advanced Nail Procedures

- ◇ Pre-service and post-service
- ◇ Artificial nail services
- ◇ Safety precautions
- ◇ Infection control

SAMPLE QUESTIONS

The following sample questions are similar to those on the NIC Cosmetology Written Examination. Each question is followed by four answer choices. Only one choice is correct. Correct answers are listed following the sample questions.

1. Which of the following substances is usually contained in a toner?
 - a. Metallic dye
 - b. Compound dye
 - c. Vegetable tint
 - d. Oxidation tint
2. Which one of the following should be applied to the skin after removal of whiteheads?
 - a. A caustic
 - b. Deodorant
 - c. An antiseptic
 - d. Bleaching cream
3. Before disinfecting combs and brushes, they should be
 - a. wiped with a towel.
 - b. wiped with a tissue.
 - c. rinsed in cold water.
 - d. cleaned with soap and warm water.

4. What is the process used in tapering and thinning with scissors?
 - a. Clipping
 - b. Slithering
 - c. Razor cutting
 - d. Layer cutting
5. The action of chemical hair relaxers causes the hair to
 - a. stop growing.
 - b. harden and set.
 - c. form new curls.
 - d. soften and swell.
6. When should a predisposition test be performed?
 - a. When the scalp has cuts
 - b. Before applying peroxide
 - c. Before every application of oxidizing tints
 - d. Before any application of vegetable coloring

7. At what part of the nail does growth start?
 - a. Wall
 - b. Matrix
 - c. Lunula
 - d. Cuticle
8. What is the function of sebum?
 - a. To dry the skin
 - b. To harden the skin
 - c. To cleanse the skin
 - d. To lubricate the skin
9. Sterilization is the process of
 - a. keeping bacteria alive.
 - b. destroying offensive odors.
 - c. destroying beneficial microorganisms only.
 - d. destroying both harmful and beneficial bacteria.
10. Where should freshly laundered towels be kept?
 - a. On a clean shelf
 - b. In any convenient place
 - c. In a closed cabinet or drawer
 - d. In neat stacks by the shampoo bowl

- Answers**
1. d 4. b 7. b 10. c
 2. c 5. d 8. d
 3. d 6. c 9. d

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COSMETOLOGY REFERENCES

Milady's Standard Cosmetology, 2008

Milady
 5 Maxwell Drive
 Clifton Park, NY 12065
 (800) 347-7707
www.Milady.com

Salon Fundamentals, Cosmetology, 2005

Pivot Point International, Inc.
 Evanston, IL 60201
 (800) 886-4247
www.pivot-point.com

NIC Health and Safety Standards
 NIC, Inc., October 2002
www.nictesting.org

NIC Cleaning and Disinfecting of Circulating and Non Circulating Tubs and Spa's for All Industry Modalities

NIC, Inc., August 2007
www.nictesting.org

OPTIONAL REFERENCES

Milady's Standard Cosmetology, 2004

Milady
 5 Maxwell Drive
 Clifton Park, NY 12065
 (800) 347-7707
www.Milady.com

Salon Fundamentals Cosmetology, 2004 & 2006

Pivot Point International, Inc.
 Evanston, IL 60201
 (800) 886-4247
www.pivot-point.com

Milady's Standard Nail Technology, 2007

Milady
 5 Maxwell Drive
 Clifton Park, NY 12065
 (800) 347-7707
www.Milady.com

*Cleaning and Disinfecting of Circulating and Non Circulating Tubs and Spa's
for All Industry Modalities.*

The recommended cleaning and disinfecting standard for all circulating and non circulating tubs or spas are: (the use of eye goggles and nitrile protective gloves are recommended and exposure of the client's feet, or other skin areas of the body to disinfectants should be avoided).

1. After each client or service,
2. Drain the tub
3. Clean the tub according to manufacturer's instructions. Take special care to remove all film, especially at the water line. Rinse the tub well.
4. Fill the tub with water.
 - a. Add appropriate disinfectant into the water according to the following:
 - i. At Minimum, us an EPA registered, bactericidal, virucidal, fungicidal, and pseudomonacidal (Formulated for Hospitals) disinfectant that is mixed and used according to the manufacturer's directions, **EXCEPT TUBS THAT HAVE COME IN CONTACT WITH BLOOD OR BODY FLUIDS.**
 - ii. **If a Tub has COME IN CONTACT WITH BLOOD OR BODY FLUIDS** at minimum, an EPA registered disinfectant that is effective against HIV –1 and human Hepatitis B Virus or Tuberculocidal that is mixed and used according to the manufacturer's directions shall be used.
 - b. Allow the disinfectant to stand for non circulating tubs or to circulate for circulating tubs for the time specified according to the manufacturer's instructions.
5. **At the end of the day remove all removable parts (filters, screens drains, jets, etc)** clean and disinfect the removable parts as follows:
 - a. Scrub with a brush and soap or detergent until free from debris.
 - b. Rinse.
 - c. Completely immerse in an EPA registered, bactericidal, virucidal, fungicidal, and pseudomonacidal (Formulated for Hospitals) disinfectant that is mixed and used according to the manufacturer's directions.
 - d. Rinse.
 - e. Air dry.
6. Replace the disinfected parts into the tubs. (drains, jets, etc) or, store them in a disinfected, dry, covered container that is isolated from contaminants.

Salons are choosing to purchase extra drains and removable parts so the parts can immediately be changed out with pre disinfected parts saving time between clients. If so, any part which has COME IN CONTACT WITH BLOOD OR BODY FLUIDS must at minimum be disinfected with an EPA registered disinfectant that is effective against HIV –1 and human Hepatitis B Virus or Tuberculocidal that is mixed and used according to the manufacturer's directions. Storage as in number 6 above.

Adopted August 2007