

# CIDESCO Certification Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

- 1. What is the main ingredient found in cuticle remover?**
  - A. Zinc oxide**
  - B. Potassium hydroxide**
  - C. Calcium carbonate**
  - D. Acetic acid**
- 2. What is the primary lipid content in sebum?**
  - A. Cholesterol**
  - B. Triglycerides**
  - C. Fatty acids**
  - D. Squalene**
- 3. A sperm contains which of the following chromosomes?**
  - A. Only X chromosome**
  - B. Only Y chromosome**
  - C. 22 chromosomes and an X or Y chromosome**
  - D. 22 chromosomes and 2 X chromosomes**
- 4. In which part of the reproductive system are eggs fertilized?**
  - A. Ovary**
  - B. Uterus**
  - C. Fallopian tube**
  - D. Cervix**
- 5. In the context of makeup application, what does the term 'primer' refer to?**
  - A. A base product to enhance longevity**
  - B. A finishing product to set makeup**
  - C. A cleansing product for removing makeup**
  - D. A product for adding color**
- 6. What carries genetic information in cells?**
  - A. RNA**
  - B. Chromatin**
  - C. DNA**
  - D. Protein**

- 7. What type of chemical structure does water exemplify?**
- A. Element**
  - B. Ionic compound**
  - C. Covalent compound**
  - D. Metallic compound**
- 8. To ensure freedom of movement and reduce fatigue, what must a therapist maintain?**
- A. Correct posture**
  - B. High energy levels**
  - C. Frequent breaks**
  - D. Comfortable footwear**
- 9. Contagious skin diseases are primarily caused by what?**
- A. Environmental factors**
  - B. Microbiological influences**
  - C. Genetic predisposition**
  - D. Allergic reactions**
- 10. What part of a long bone is primarily responsible for the production of new erythrocytes?**
- A. Yellow bone marrow**
  - B. Red bone marrow**
  - C. Cortical bone**
  - D. Spongy bone**



## **Answers**

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1. B
2. D
3. C
4. C
5. A
6. C
7. C
8. A
9. B
10. B

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## **Explanations**

## 1. What is the main ingredient found in cuticle remover?

- A. Zinc oxide
- B. Potassium hydroxide**
- C. Calcium carbonate
- D. Acetic acid

The main ingredient found in cuticle remover is potassium hydroxide. This compound is an alkali that helps to dissolve or soften the keratin protein present in the cuticle, making it easier to remove or push back during manicure treatments. Potassium hydroxide facilitates the breakdown of the cuticles without the need for excessive scraping, which can damage the nail bed or surrounding skin. The use of potassium hydroxide in cuticle removers is well-established in the beauty industry because it provides an effective yet gentle method for cuticle management. It helps maintain the health of the nails and surrounding skin while ensuring that the removal process is smooth and safe for the client.

## 2. What is the primary lipid content in sebum?

- A. Cholesterol
- B. Triglycerides
- C. Fatty acids
- D. Squalene**

The primary lipid content in sebum is squalene. Sebum is an oily substance produced by sebaceous glands in the skin, and it plays a vital role in maintaining skin hydration and barrier function. Squalene is a significant component of sebum, accounting for a large portion of its lipid content. Squalene's structure and properties allow it to act as a natural moisturizer, helping to keep skin soft and supple. In addition, squalene has antioxidant properties, which help protect the skin from oxidative stress. Having this understanding is crucial for those studying skin physiology and esthetics, as it highlights the importance of maintaining the skin's natural lipid balance. The other options, while present in sebum, do not constitute the primary lipid. For instance, triglycerides and fatty acids are also present, contributing to sebum's overall composition, but squalene is often highlighted for its unique benefits and predominant presence. Cholesterol, while a lipid component of various cellular membranes, is not the main lipid found in sebum. Therefore, recognizing squalene as the primary constituent is essential for understanding the composition and function of sebum in skin health.

### 3. A sperm contains which of the following chromosomes?

- A. Only X chromosome
- B. Only Y chromosome
- C. 22 chromosomes and an X or Y chromosome**
- D. 22 chromosomes and 2 X chromosomes

A sperm cell is a haploid gamete that contributes to the formation of a zygote during fertilization. Each sperm contains a total of 23 chromosomes: 22 autosomes and one sex chromosome, which can be either an X or a Y chromosome. This genetic composition is crucial for determining the sex of the offspring. When a sperm with an X chromosome fertilizes an egg, the resulting zygote is female (XX), whereas if a sperm with a Y chromosome fertilizes the egg, the resulting zygote is male (XY). Therefore, the correct choice accurately reflects the number of chromosomes in a sperm cell, which consists of 22 autosomes plus one sex chromosome, either X or Y. The other options imply incorrect chromosome configurations that do not apply to sperm. For instance, the notion of only having an X chromosome or only a Y chromosome would not account for the total chromosome requirement for proper fertilization and development. Additionally, having two X chromosomes misrepresents the genetic makeup of male sperm cells, which are defined by their singular X or Y chromosome in conjunction with the 22 autosomes. Understanding this distinction is key in genetics and reproductive biology.

### 4. In which part of the reproductive system are eggs fertilized?

- A. Ovary
- B. Uterus
- C. Fallopian tube**
- D. Cervix

Eggs are fertilized in the fallopian tube, which serves as the site where sperm meets the egg after ovulation. When an ovum is released from the ovary during a menstrual cycle, it enters the fallopian tube. Should sperm be present in the fallopian tube at that time—often due to sexual intercourse prior to ovulation—fertilization can occur. The ovary is responsible for producing and releasing eggs but is not the site of fertilization. The uterus, while essential for the implantation and development of a fertilized egg, is not where the fertilization itself takes place. The cervix acts primarily as the passage between the vagina and the uterus, and it plays a role in facilitating sperm entry but is also not involved in fertilizing the egg. Therefore, the fallopian tube is specifically designed for this critical process, making it the correct answer.

5. In the context of makeup application, what does the term 'primer' refer to?

- A. A base product to enhance longevity**
- B. A finishing product to set makeup**
- C. A cleansing product for removing makeup**
- D. A product for adding color**

The term 'primer' in makeup application refers to a base product designed to enhance the longevity of makeup. Primers are applied before foundation and other makeup products to create a smooth canvas for application. They help to fill in pores, reduce the appearance of fine lines, and can also control oil or improve the skin's texture, which leads to a more even and lasting finish. The primary function of a primer is to ensure that the makeup adheres better to the skin and lasts longer throughout the day, providing a more polished look. The other options refer to different categories of makeup products. A finishing product for setting makeup is typically a setting spray or powder that is used after makeup has been applied to lock it in place. Cleansing products are used to remove makeup, and a product for adding color would generally refer to items such as blush, lipstick, or eyeshadow, which are meant to enhance the color on the face rather than serve as a base.

6. What carries genetic information in cells?

- A. RNA**
- B. Chromatin**
- C. DNA**
- D. Protein**

The correct response indicates that DNA carries genetic information in cells, serving as the fundamental blueprint that directs the development, functioning, growth, and reproduction of all known living organisms. DNA, or deoxyribonucleic acid, is structured as a double helix and contains sequences of nucleotides that encode the genetic instructions for building proteins, which are crucial for various cellular functions. In contrast, while RNA does play a significant role in the expression of genetic information by acting as a messenger between DNA and protein synthesis, it does not store genetic information long-term. Rather, it is synthesized from DNA and can be involved in translating that genetic code into action. Chromatin is a complex of DNA and proteins found in the nucleus of eukaryotic cells. While it helps package DNA into a more compact, manageable form, chromatin itself does not carry genetic information; instead, it provides the structure that allows DNA to be properly organized and regulated. Proteins are the end products of the genetic information stored in DNA. They are synthesized through processes directed by the information contained within DNA and RNA but do not carry genetic information in and of themselves. Thus, the role of DNA as the carrier of genetic information is pivotal and distinguishes it from RNA, chromatin

**7. What type of chemical structure does water exemplify?**

- A. Element**
- B. Ionic compound**
- C. Covalent compound**
- D. Metallic compound**

Water exemplifies a covalent compound because it is formed by the sharing of electrons between atoms. In a water molecule (H<sub>2</sub>O), each hydrogen atom shares one electron with the oxygen atom. This sharing creates strong covalent bonds that hold the atoms together. The polar nature of the water molecule, where the oxygen atom has a partial negative charge and the hydrogen atoms have partial positive charges, also results from this covalent bonding. This polar characteristic explains many of water's unique properties, such as its solvent abilities and high specific heat. In contrast, an ionic compound forms through the transfer of electrons from one atom to another, resulting in the formation of charged ions that attract each other. A metallic compound involves a structure of metal ions surrounded by a "sea" of delocalized electrons, which is quite different from the molecular structure of water. Lastly, an element refers to a pure substance made of only one type of atom, which does not apply to water, as it consists of multiple elements (hydrogen and oxygen) chemically bonded together.

**8. To ensure freedom of movement and reduce fatigue, what must a therapist maintain?**

- A. Correct posture**
- B. High energy levels**
- C. Frequent breaks**
- D. Comfortable footwear**

Maintaining correct posture is crucial for therapists to ensure freedom of movement and reduce fatigue while working. Proper posture aligns the body in a way that minimizes strain on muscles and joints, allowing the therapist to perform treatments effectively without overexerting themselves. Good posture not only enhances physical comfort but also contributes to the therapist's longevity in their career by preventing repetitive strain injuries. While high energy levels, frequent breaks, and comfortable footwear can certainly contribute to a therapist's overall well-being and performance, they do not directly relate to the primary principle of maintaining correct posture. Without proper alignment, even the most energetic or well-rested therapist may still experience discomfort and fatigue during their sessions. Therefore, establishing and adhering to correct posture serves as the foundation for a successful and sustainable practice.

**9. Contagious skin diseases are primarily caused by what?**

- A. Environmental factors
- B. Microbiological influences**
- C. Genetic predisposition
- D. Allergic reactions

Contagious skin diseases are primarily caused by microbiological influences, which include bacteria, viruses, fungi, and parasites. These microorganisms can be transmitted through direct contact with an infected person or contaminated surfaces, making it essential to understand their role in spreading skin conditions such as impetigo, herpes, athlete's foot, and scabies. While environmental factors, genetic predisposition, and allergic reactions can also affect skin health, they do not primarily drive the contagion of skin diseases. Environmental factors may influence the prevalence of certain microorganisms or the body's susceptibility to infection, but they are not the pathogens themselves. Genetic predisposition can affect individual reactions to certain diseases but does not cause the diseases to spread. Allergic reactions can manifest as skin irritations or conditions but are not contagious in nature. Thus, recognizing the role of microbiological influences is crucial in understanding how contagious skin diseases develop and spread.

**10. What part of a long bone is primarily responsible for the production of new erythrocytes?**

- A. Yellow bone marrow
- B. Red bone marrow**
- C. Cortical bone
- D. Spongy bone

The primary function of red bone marrow is the production of new erythrocytes, or red blood cells. This specialized tissue is located in specific areas of certain bones, particularly in the axial skeleton and the ends of long bones, where it is actively involved in hematopoiesis, the process of blood cell formation. Red bone marrow contains hematopoietic stem cells, which can differentiate into various types of blood cells, including erythrocytes, leukocytes, and platelets. Yellow bone marrow, in contrast, mainly serves as a storage site for fat and does not contribute to the production of blood cells. Cortical bone, or compact bone, provides strength and structure to the bone but is not involved in blood cell production. Spongy bone, while it contains some red bone marrow, is more related to the structure and support of the bone rather than the direct production of erythrocytes. Therefore, red bone marrow is the key site for erythrocyte formation in the body.



## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://cidescocert.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**