

# Cosmetology Anatomy & Physiology Practice Test (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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# 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. In the human body, how many bones are typically found in the adult skeleton?**
  - A. 206**
  - B. 210**
  - C. 196**
  - D. 220**
- 2. What are organs made of?**
  - A. Single cells**
  - B. Fibrous tissues**
  - C. Specialized tissues designed for specific functions**
  - D. Fluid and cartilage**
- 3. What are the stages of hair growth?**
  - A. Anagen, telogen, and anaphase**
  - B. Prophase, metaphase, and telophase**
  - C. Anagen, catagen, and telogen**
  - D. Growth, rest, and fall stages**
- 4. What is the importance of pH balance in skincare?**
  - A. Enhances skin texture and appearance**
  - B. Maintains skin barrier function and overall skin health**
  - C. Prevents skin infections and allergies**
  - D. Controls oil production and acne**
- 5. Which sensory structures are located close to the surface of the skin?**
  - A. Neurons**
  - B. Receptors**
  - C. Ligaments**
  - D. Tendons**

- 6. What common skincare ingredient is known for its exfoliating properties?**
- A. Salicylic Acid**
  - B. Lactic Acid**
  - C. Both A and B**
  - D. Glycerin**
- 7. Which muscle is a primary neck muscle involved in head rotation?**
- A. Sternocleidomastoideus**
  - B. Frontalis**
  - C. Masseter**
  - D. Deltoid**
- 8. What is the primary function of the respiratory system?**
- A. Digestion of food**
  - B. Production of hormones**
  - C. Breathing and gas exchange**
  - D. Blood circulation**
- 9. Which type of nerve is responsible for the sensation of pain?**
- A. Motor Nerves**
  - B. Sensory Nerves**
  - C. Interneurons**
  - D. Reflex Nerves**
- 10. Which gland is responsible for regulating metabolism?**
- A. Adrenal gland**
  - B. Thyroid gland**
  - C. Pituitary gland**
  - D. Pancreas**

## **Answers**

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

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## **Explanations**

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**1. In the human body, how many bones are typically found in the adult skeleton?**

- A. 206**
- B. 210**
- C. 196**
- D. 220**

In the adult human skeleton, there are typically 206 bones. This number represents the standard count after accounting for the processes of bone fusion that occur during development. At birth, infants have about 270 bones; however, as they grow, some of these bones fuse together, leading to the final total of 206 in adults. This fusion primarily occurs in areas such as the skull, where several smaller bones combine to form larger, more stable structures. This count can vary slightly due to individual anatomical differences, but 206 is generally accepted as the norm for an adult human skeleton.

**2. What are organs made of?**

- A. Single cells**
- B. Fibrous tissues**
- C. Specialized tissues designed for specific functions**
- D. Fluid and cartilage**

Organs are complex structures composed of specialized tissues that perform specific functions essential for the body's operation. Each type of tissue contributes to the overall task of the organ, working in harmony to enable processes such as digestion, circulation, and respiration. For instance, an organ like the heart includes muscular tissue for pumping blood, connective tissue for structure, and nervous tissue for regulation. In contrast, single cells typically form tissues, rather than organs themselves. While fibrous tissues do play a role in some organs, they alone do not constitute an organ's composition. Fluid and cartilage may be components found within certain organs, such as cartilage in joints or fluid in the circulatory system, but they do not encompass the entirety of what makes up an organ. Therefore, the most accurate description of what organs are composed of is specialized tissues designed for specific functions.

**3. What are the stages of hair growth?**

- A. Anagen, telogen, and anaphase**
- B. Prophase, metaphase, and telophase**
- C. Anagen, catagen, and telogen**
- D. Growth, rest, and fall stages**

The stages of hair growth consist of anagen, catagen, and telogen. In the anagen phase, which is the active growth stage, hair follicles are busy generating new hair cells, leading to the lengthening of the hair. This phase can last from several years, depending on individual genetics and health factors, and is crucial for determining the ultimate length of the hair. The catagen phase follows, marking a transitional period where hair growth stops, and the hair strand detaches from its blood supply and begins to shrink. This stage is relatively short, lasting a few weeks, during which the hair follicle begins to undergo apoptosis, or programmed cell death. Finally, the telogen phase is the resting phase of the hair cycle. During this time, the hair is fully formed but is not growing. The hair may eventually shed during this phase as a new anagen phase begins for a new hair strand. This triphasic structure of hair growth highlights the intricate cycle involved in hair development, while the other options do not accurately describe these stages.

#### 4. What is the importance of pH balance in skincare?

- A. Enhances skin texture and appearance
- B. Maintains skin barrier function and overall skin health**
- C. Prevents skin infections and allergies
- D. Controls oil production and acne

Maintaining pH balance in skincare is crucial for the overall health and function of the skin. The skin has a natural pH level that generally ranges from 4.5 to 5.5, which is slightly acidic. This acidity is vital as it helps to maintain the skin's barrier function, known as the acid mantle. The acid mantle plays a key role in protecting the skin from harmful bacteria and environmental pollutants, while also retaining moisture. When the skin's pH balance is disrupted, it can lead to various skin issues, including dryness, irritation, inflammation, and an increased risk of infections. Therefore, properly formulated skincare products that align with the skin's natural pH can support this barrier, promoting healing and maintaining skin health. The other answer choices, while relevant to skin health, are not as directly connected to the critical function of pH balance. Enhancing texture and appearance, preventing infections, and controlling oil and acne may be influenced by pH, but they are not the primary role that pH balance plays in skincare.

#### 5. Which sensory structures are located close to the surface of the skin?

- A. Neurons
- B. Receptors**
- C. Ligaments
- D. Tendons

Receptors are specialized sensory structures that are situated close to the surface of the skin. They play a crucial role in our ability to perceive various stimuli, such as touch, pressure, temperature, and pain. The presence of these receptors allows the skin to function as an important sensory organ, helping us interact with our environment. These receptors include mechanoreceptors, thermoreceptors, and nociceptors, each of which responds to different types of stimuli. For instance, mechanoreceptors are sensitive to mechanical pressure or distortion, while thermoreceptors detect changes in temperature. In contrast, neurons, while essential for transmitting signals from the receptors to the brain, are more diverse in location and function, with many extending beyond the surface of the skin. Ligaments and tendons, on the other hand, are connective tissues that serve to connect bones to each other and muscles to bones, respectively, and are not sensory structures found in the skin. Thus, the correct answer highlights the specific role and position of receptors in the sensory system of the skin.

**6. What common skincare ingredient is known for its exfoliating properties?**

- A. Salicylic Acid**
- B. Lactic Acid**
- C. Both A and B**
- D. Glycerin**

Both salicylic acid and lactic acid are widely recognized for their exfoliating properties, making them effective ingredients in skincare products. Salicylic acid, a beta hydroxy acid (BHA), penetrates deep into the pores and helps to dissolve the bonds that hold dead skin cells together, facilitating their removal. This not only aids in refining skin texture but is particularly beneficial for individuals with acne-prone skin, as it can help in unclogging pores and reducing inflammation. Lactic acid, an alpha hydroxy acid (AHA), is derived from milk and functions primarily on the surface of the skin. It is effective in gently exfoliating dead skin cells, promoting cell turnover, and enhancing skin hydration. Its exfoliating action helps to brighten the complexion, improve skin texture, and promote a more youthful appearance. Together, these acids offer complementary benefits in exfoliating and improving the overall health and appearance of the skin. Their inclusion in the correct answer emphasizes the wide-ranging benefits and utility of chemical exfoliants in skincare regimens.

**7. Which muscle is a primary neck muscle involved in head rotation?**

- A. Sternocleidomastoideus**
- B. Frontalis**
- C. Masseter**
- D. Deltoid**

The sternocleidomastoideus muscle plays a crucial role in the rotation of the head. This muscle, commonly referred to as the SCM, is located on each side of the neck and is notable for its long, strap-like structure that runs from the sternum (breastbone) and clavicle (collarbone) to the mastoid process behind the ear. When the sternocleidomastoideus muscle on one side contracts, it causes the head to rotate towards the opposite side. For instance, if the right sternocleidomastoideus contracts, the head turns to the left. Additionally, this muscle assists in tilting the head to the side and also plays a role in flexing the neck when both sides work together. Other options like the frontalis, masseter, and deltoid do not primarily serve the purpose of head rotation. The frontalis is mainly involved in facial expressions and raising the eyebrows, the masseter is crucial for chewing as it is a primary muscle of mastication, and the deltoid is responsible for shoulder movements. This clear distinction in their functions highlights why the sternocleidomastoideus is specifically identified as the primary muscle for head rotation in this context.

**8. What is the primary function of the respiratory system?**

- A. Digestion of food
- B. Production of hormones
- C. Breathing and gas exchange**
- D. Blood circulation

The primary function of the respiratory system is to facilitate breathing and gas exchange. This system is essential for taking in oxygen from the atmosphere and expelling carbon dioxide, which is a waste product of metabolism. The process of breathing involves inhaling fresh air into the lungs, where oxygen is absorbed into the bloodstream, and then exhaling air that contains carbon dioxide. Oxygen is vital for cellular respiration, which occurs in the body's cells to produce energy. Effective gas exchange is crucial for maintaining the body's pH balance and supporting overall cellular function. In contrast, the other options refer to different bodily functions. Digestion pertains to the breakdown of food, production of hormones relates to the endocrine system, and blood circulation is managed by the cardiovascular system. Each of these systems plays a distinct role in the body, but the primary function of the respiratory system is centered on breathing and ensuring that oxygen is delivered to the tissues while removing carbon dioxide efficiently.

**9. Which type of nerve is responsible for the sensation of pain?**

- A. Motor Nerves
- B. Sensory Nerves**
- C. Interneurons
- D. Reflex Nerves

The sensation of pain is primarily carried by sensory nerves, which are also known as afferent nerves. These nerves are specifically designed to transmit sensory information from various parts of the body to the central nervous system. When tissue damage or injury occurs, specialized receptors, called nociceptors, are activated, signaling the presence of pain. Once activated, sensory nerves relay this information through the spinal cord to the brain, where the sensation of pain is perceived and can be processed for appropriate responses. Motor nerves, in contrast, are responsible for carrying signals from the central nervous system to muscles, facilitating movement. Interneurons serve as connectors between sensory and motor pathways within the central nervous system, playing a critical role in reflex responses but not directly transmitting pain sensations. Reflex nerves, while related to the rapid reactions of the body to stimuli (often involving both sensory and motor functions), do not specifically account for the sensation of pain in the way that sensory nerves do.

**10. Which gland is responsible for regulating metabolism?**

- A. Adrenal gland**
- B. Thyroid gland**
- C. Pituitary gland**
- D. Pancreas**

The thyroid gland plays a crucial role in regulating metabolism within the body. It produces hormones, primarily thyroxine (T4) and triiodothyronine (T3), which influence the metabolic rate of almost every cell in the body. These hormones help control how fast the body uses energy, how efficiently it produces proteins, and how sensitive the body is to other hormones. By managing these processes, the thyroid gland ensures that the body's energy levels and metabolic functions are maintained at an optimal level. In contrast, the adrenal gland is involved in the body's response to stress and regulates functions such as blood pressure and the metabolism of certain nutrients through the secretion of hormones like cortisol and adrenaline. The pituitary gland, often referred to as the "master gland," regulates various hormonal functions but does not directly regulate metabolism; instead, it controls the thyroid gland through the release of thyroid-stimulating hormone (TSH). The pancreas primarily regulates blood sugar levels by producing insulin and glucagon, thus playing a key role in carbohydrate metabolism but not in the general regulation of metabolism.

# 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://cosmetologyanatomyphysio.examzify.com>**

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