

# Empire Beauty Schools Skin Care Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

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- 1. Which of the following is a term for a product that can kill bacteria?**
  - A. Fungicidal
  - B. Bactericidal
  - C. Virucidal
  - D. Pseudomonacidal
  
- 2. What is the massage technique that uses deep rubbing and pressing to flatten or stretch tissue?**
  - A. Percussion
  - B. Effleurage
  - C. Friction
  - D. Vibration
  
- 3. What is the process called in which human tissue cells reproduce by dividing in half?**
  - A. Meiosis
  - B. Regeneration
  - C. Mitosis
  - D. Apoptosis
  
- 4. What is a large blister containing clear, watery fluid called?**
  - A. Vesicle
  - B. Bulla
  - C. Wheal
  - D. Excoriation
  
- 5. What type of tissue is found beneath the dermis and is commonly referred to as fatty tissue?**
  - A. Papillary Layer
  - B. Reticular Layer
  - C. Subcutaneous Tissue
  - D. Dermal Tissue

**6. What bloodborne virus is characterized by jaundice, fever, liver enlargement, and abdominal pain?**

- A. Hepatitis**
- B. Cirrhosis**
- C. HIV**
- D. Cholera**

**7. Which system is comprised of specialized, ductless glands that regulate hormone production?**

- A. Endocrine System**
- B. Nervous System**
- C. Reproductive System**
- D. Digestive System**

**8. Which type of bone is characterized as being spongy and is found in various parts of the body?**

- A. Cortical Bone**
- B. Compact Bone**
- C. Trabecular Bone**
- D. Spongy Bone**

**9. Which term refers to a skin lesion containing trapped masses of sebum?**

- A. Dermatitis**
- B. Comedo**
- C. Rosacea**
- D. Keratosis**

**10. What is the skin disorder characterized by a total or partial lack of melanin?**

- A. Leukoderma**
- B. Albinism**
- C. Vitiligo**
- D. Psoriasis**

## **Answers**

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

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## **Explanations**

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**1. Which of the following is a term for a product that can kill bacteria?**

- A. Fungicidal**
- B. Bactericidal**
- C. Virucidal**
- D. Pseudomonacidal**

The term for a product that can kill bacteria is bactericidal. This classification of products specifically denotes their effectiveness in destroying bacteria, making them essential in various applications such as disinfectants, antiseptics, and antibiotics. The prefix "bacteri-" directly refers to bacteria, while the suffix "-cidal" indicates a killing effect. Fungicidal refers to products that are effective against fungi, while virucidal pertains to agents that can kill viruses. Pseudomonacidal describes products that specifically target and kill *Pseudomonas* bacteria, which are a specific type of bacteria. Each of these terms denotes a specific action against different types of microorganisms, establishing why bactericidal is the term that accurately describes a product capable of killing bacteria.

**2. What is the massage technique that uses deep rubbing and pressing to flatten or stretch tissue?**

- A. Percussion**
- B. Effleurage**
- C. Friction**
- D. Vibration**

Friction is a massage technique characterized by deep rubbing and pressing movements that focus on specific areas to flatten or stretch the tissue. This method involves applying pressure and using circular or back-and-forth movements, which can help in mobilizing tight muscles, breaking down adhesions, and improving circulation. It is particularly effective on areas with dense muscle tissue where other techniques might not penetrate as deeply. Understanding the role of friction in massage therapy highlights its importance in techniques that aim to manipulate deeper layers of muscle and connective tissue. This technique can facilitate healing and can be beneficial for anyone experiencing muscle soreness, tension, or stiffness. By incorporating friction into a massage routine, practitioners can effectively target and alleviate problem areas, ensuring a comprehensive approach to bodywork.

**3. What is the process called in which human tissue cells reproduce by dividing in half?**

- A. Meiosis**
- B. Regeneration**
- C. Mitosis**
- D. Apoptosis**

The correct term for the process in which human tissue cells reproduce by dividing in half is mitosis. This is a fundamental mechanism of cell division where a single cell divides to produce two identical daughter cells, each with the same number of chromosomes as the original cell. Mitosis plays a crucial role in growth, development, and tissue repair in multicellular organisms. In human tissues, mitosis allows for the replacement of dead or damaged cells, maintaining the functionality of various organs and systems. It ensures that genetic material is accurately replicated and distributed to the daughter cells, which is vital for maintaining genetic consistency throughout an organism's life. Understanding mitosis is essential for fields like biology and medicine, as it is foundational to understanding how organisms grow and how cells respond to damage or disease.

**4. What is a large blister containing clear, watery fluid called?**

- A. Vesicle**
- B. Bulla**
- C. Wheal**
- D. Excoriation**

A large blister containing clear, watery fluid is specifically termed a bulla. A bulla is larger than a vesicle and is characterized by its raised, fluid-filled structure that can be found on the skin or mucous membranes. Typically, bullae measure greater than 0.5 centimeters in diameter and can be caused by various factors such as friction, burns, or certain medical conditions. In contrast, a vesicle is similar but significantly smaller, usually less than 0.5 centimeters in diameter. A wheal refers to a raised, itchy area of skin that often appears as part of an allergic reaction; it is not a fluid-filled structure. Excoriation denotes a scratch or abrasion on the skin, which doesn't involve the presence of a blister. Thus, bulla accurately describes the condition of a large blister containing clear, watery fluid.

**5. What type of tissue is found beneath the dermis and is commonly referred to as fatty tissue?**

- A. Papillary Layer**
- B. Reticular Layer**
- C. Subcutaneous Tissue**
- D. Dermal Tissue**

The type of tissue found beneath the dermis and commonly referred to as fatty tissue is known as subcutaneous tissue. This layer consists primarily of adipose tissue, which serves several important functions in the body. It acts as a cushion, providing protection to underlying structures, and it also serves as an energy reserve while helping to insulate the body to maintain warmth. This tissue is situated below the dermis and plays a crucial role in connecting the skin to the underlying muscles and bones. Its composition of fat cells not only stores energy but also aids in the structural integrity of the skin, allowing it to maintain its shape and provide support. In contrast, the papillary layer is a thin, uppermost portion of the dermis that contains collagen and elastin fibers, primarily responsible for the skin's texture and firmness. The reticular layer is the thicker, deeper part of the dermis, composed mainly of dense connective tissue and responsible for the skin's strength and elasticity. Dermal tissue is a broader term encompassing the layers of the skin that include both the papillary and reticular layers, but it does not refer specifically to the fatty tissue located beneath the dermis.

**6. What bloodborne virus is characterized by jaundice, fever, liver enlargement, and abdominal pain?**

- A. Hepatitis**
- B. Cirrhosis**
- C. HIV**
- D. Cholera**

Hepatitis is the correct answer because it specifically refers to an inflammation of the liver that can be caused by viral infections, including hepatitis A, B, C, D, and E. Symptoms such as jaundice—the yellowing of the skin and eyes—along with fever, liver enlargement (hepatomegaly), and abdominal pain are hallmark signs of hepatitis. These symptoms are indicative of the liver's response to the virus affecting its function and generally arise during the acute phase of the infection. In contrast, cirrhosis is a condition that results from long-term damage to the liver, often due to chronic hepatitis or alcohol abuse, and leads to scarring and liver dysfunction but does not directly cause an acute presentation of jaundice, fever, and liver enlargement. HIV primarily affects the immune system rather than causing the symptoms associated with liver inflammation, while cholera is an infectious disease caused by bacteria that primarily leads to severe diarrhea and dehydration rather than the liver-related symptoms described.

**7. Which system is comprised of specialized, ductless glands that regulate hormone production?**

- A. Endocrine System**
- B. Nervous System**
- C. Reproductive System**
- D. Digestive System**

The Endocrine System is indeed comprised of specialized, ductless glands that produce and secrete hormones directly into the bloodstream. These hormones act as chemical messengers that regulate a wide array of physiological processes in the body, including metabolism, growth, development, tissue function, and mood. Glands such as the pituitary, thyroid, adrenal, and pancreas are all part of this system, each playing a specific role in regulating bodily functions. In contrast, the Nervous System primarily communicates through electrical signals and neurotransmitters, functioning through a complex network of neurons. It controls both voluntary movements and involuntary actions, but it does not secrete hormones. The Reproductive System focuses on the organs involved in producing offspring and may interplay with hormonal signals from the endocrine system, but it does not encompass the entirety of hormone regulation across the body. Similarly, the Digestive System handles the mechanical and chemical breakdown of food, the absorption of nutrients, and waste elimination, but it is not primarily involved in the regulation of hormone production. Thus, the Endocrine System is distinctly defined by its role in hormone regulation, making it the correct choice in this context.

**8. Which type of bone is characterized as being spongy and is found in various parts of the body?**

- A. Cortical Bone**
- B. Compact Bone**
- C. Trabecular Bone**
- D. Spongy Bone**

Trabecular bone, also known as spongy bone, is characterized by its porous structure that resembles a sponge. This type of bone is found in various parts of the body, particularly within the interior of bones and in areas such as the vertebrae and the ends of long bones. The trabecular bone is less dense than cortical bone, allowing it to effectively absorb shock and support the body's weight. The unique structure of trabecular bone consists of a network of trabeculae, small rod-like or plate-like structures that create a latticework of bone tissue. This architecture provides strength while minimizing weight, making it functionally vital for stability and flexibility in bone function. Additionally, the spaces within trabecular bone are often filled with bone marrow, which plays an important role in blood cell production. Cortical bone, on the other hand, is the dense outer layer of bone that provides strength and support. Compact bone is often used interchangeably with cortical bone, as it refers to the same dense structure. These types do not possess the spongy texture characteristic of trabecular bone. Spongy bone could be considered a synonym for trabecular bone, but stating just "spongy bone" without

**9. Which term refers to a skin lesion containing trapped masses of sebum?**

- A. Dermatitis**
- B. Comedo**
- C. Rosacea**
- D. Keratosis**

The term that refers to a skin lesion containing trapped masses of sebum is "comedo." A comedo is essentially what is commonly known as a blackhead or whitehead, depending on whether the follicle is open or closed. In the case of a blackhead, the sebum and dead skin cells within the follicle oxidize and darken, while a whitehead results when the follicle is closed and not exposed to air. This condition arises when excess sebum production, often influenced by hormonal changes, clogs the hair follicle. Understanding the nature of a comedo is crucial for skin care because appropriate treatment can help prevent acne formation. The other terms listed are related to skin conditions but do not describe lesions specifically characterized by trapped sebum. For instance, dermatitis refers to inflammation of the skin, rosacea is a chronic condition that mostly affects the face, characterized by redness and visible blood vessels, and keratosis is a condition involving the thickening of the outer layer of the skin.

**10. What is the skin disorder characterized by a total or partial lack of melanin?**

- A. Leukoderma**
- B. Albinism**
- C. Vitiligo**
- D. Psoriasis**

The skin disorder characterized by a total or partial lack of melanin is albinism. Albinism is a genetic condition that results in little to no melanin production in the skin, hair, and eyes. This lack of pigment can lead to lighter skin, hair that is white or very light-colored, and increased sensitivity to sunlight, as melanin plays a crucial role in protecting the skin from UV radiation. Leukoderma, on the other hand, refers to the loss of skin color but is often used to describe conditions that are not necessarily genetic, and it can be caused by factors like damage or disease affecting the skin. Vitiligo is characterized by patches of skin losing their pigment but does not represent a complete absence of melanin throughout the body. Psoriasis is an autoimmune condition that results in red, scaly patches on the skin and is not directly related to melanin production or pigmentation disorders. Understanding the key characteristics of albinism, particularly its genetic roots and the systemic lack of melanin, is essential for distinguishing it from other conditions affecting skin pigmentation.