

# ITEC Level 2 Diploma for Beauty Specialists Practice Test (Sample)

## Study Guide



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

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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. 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

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- 1. Which chest muscle adducts the arm, medially rotates it, and draws it forward?**
  - A. Latissimus Dorsi**
  - B. Pectoralis Major**
  - C. Deltoid**
  - D. Teres Major**
  
- 2. Which term means low blood pressure?**
  - A. Hypertension**
  - B. Styes**
  - C. Hypotension**
  - D. Sinusitis**
  
- 3. Carry oxygenated blood away from the heart and have thick walls, with the pulmonary artery as the exception.**
  - A. Veins**
  - B. Arterioles**
  - C. Arteries**
  - D. Capillaries**
  
- 4. What is the chemical released by nerve endings to help pass nerve information from one cell to another?**
  - A. Hormone**
  - B. Neurotransmitter**
  - C. Enzyme**
  - D. Ion**
  
- 5. Which condition involves skin cells building up to form scales and itchy patches?**
  - A. Bacterial infection**
  - B. Psoriasis**
  - C. Fungal infection**
  - D. Viral infection**

- 6. Which condition involves malnourishment or disuse with wasting away of muscle?**
- A. Spasticity**
  - B. Atony**
  - C. Atrophy**
  - D. Myositis**
- 7. Histiocytes are a type of immune cell known as tissue what?**
- A. Lymphocytes**
  - B. Erythrocytes**
  - C. Platelets**
  - D. Histiocytes**
- 8. Which epidermal layer is best visualized on the palms and soles and is known as the Clear Layer?**
- A. Stratum Granulosum**
  - B. Stratum Lucidum**
  - C. Stratum Spinosum**
  - D. Stratum Germinativum**
- 9. Which muscle is located on the sides of the nose and controls the nasal openings by compressing and dilating them?**
- A. Levator Anguli Oris**
  - B. Nasalis**
  - C. Depressor Labii Inferioris**
  - D. Procerus Muscle**
- 10. What condition occurs when there is insufficient insulin, causing high blood sugar?**
- A. Hypoglycemia**
  - B. Diabetes**
  - C. Hyperglycemia**
  - D. Ketoacidosis**

## **Answers**

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

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## **Explanations**

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**1. Which chest muscle adducts the arm, medially rotates it, and draws it forward?**

- A. Latissimus Dorsi
- B. Pectoralis Major**
- C. Deltoid
- D. Teres Major

The action described—adducting the arm, medially rotating it, and drawing it forward—fits the chest muscle known as the pectoralis major. This large chest muscle pulls the humerus toward the midline of the body (adduction), turns the arm inward (medial rotation), and, especially from the extended position, flexes the shoulder to bring the arm forward. Its two heads work together: the clavicular portion helps flex the arm (draw it forward), while the sternocostal portion contributes to adduction and medial rotation. Latissimus dorsi mainly extends the arm and pulls it back and down (adduction and medial rotation, but toward the back, not forward). The deltoid primarily abducts the arm, with anterior fibers aiding flexion and medial rotation but not the primary adduction or forward draw. Teres major assists with adduction and medial rotation and can extend the arm, but it doesn't draw the arm forward in the same way the pectoralis major does.

**2. Which term means low blood pressure?**

- A. Hypertension
- B. Styes
- C. Hypotension**
- D. Sinusitis

Low blood pressure is called hypotension. It describes when the pressure in the arteries is lower than normal, which can lead to symptoms like dizziness or fainting if it's severe. The opposite condition is hypertension, which means high blood pressure. The other terms refer to unrelated conditions: a stye is an eye infection on the eyelid, and sinusitis is inflammation of the sinuses. Knowing the term hypotension helps you communicate clearly about client health and recognize when medical advice might be needed.

**3. Carry oxygenated blood away from the heart and have thick walls, with the pulmonary artery as the exception.**

- A. Veins
- B. Arterioles
- C. Arteries**
- D. Capillaries

Arteries are the vessels that carry blood away from the heart and have thick, muscular walls to withstand the high pressure of blood being pumped out with each beat. In systemic circulation, they mostly carry oxygen-rich blood to tissues. The pulmonary artery is a well-known exception: it carries blood away from the heart to the lungs but with low oxygen content. Veins return blood to the heart and have thinner walls (often with valves), capillaries are tiny exchange vessels, and arterioles are small branches of arteries that still carry blood away from the heart but are narrower and not as thick-walled as the main arteries. So the statement best describes arteries.

**4. What is the chemical released by nerve endings to help pass nerve information from one cell to another?**

**A. Hormone**

**B. Neurotransmitter**

**C. Enzyme**

**D. Ion**

Signals between nerve cells at the synapse are conveyed by neurotransmitters. When an impulse reaches a nerve ending, these chemical messengers are released into the synaptic gap, cross to the next cell, and bind to receptors to pass the message along. This explains why neurotransmitter is the best choice: it specifically refers to the chemicals that carry signals across synapses. Hormones travel through the blood to distant targets, enzymes are catalysts for reactions and not the messenger between neurons, and ions are charged particles involved in electrical activity but not the signaling molecules released into the synaptic cleft.

**5. Which condition involves skin cells building up to form scales and itchy patches?**

**A. Bacterial infection**

**B. Psoriasis**

**C. Fungal infection**

**D. Viral infection**

Psoriasis is a condition where skin cells multiply much faster than normal, causing the surface to thicken into itchy, scaly patches. Normally skin cells shed and are renewed about every month, but in psoriasis the turnover is much quicker, so cells build up and form plaques with silvery scales. The itchiness and common locations like elbows, knees, and scalp help distinguish it from other issues. It's not caused by an infection—bacteria, fungi, or viruses—so it isn't contagious. Treatments focus on slowing skin cell production and reducing inflammation, using options like topical steroids, vitamin D analogs, phototherapy, or systemic medications for more severe cases.

**6. Which condition involves malnourishment or disuse with wasting away of muscle?**

**A. Spasticity**

**B. Atony**

**C. Atrophy**

**D. Myositis**

Muscle wasting from disuse or malnutrition is called atrophy. It describes the shrinking of muscle tissue and loss of strength when muscles aren't used regularly or when nutrition is inadequate. This fits the described situation where the muscle wastes away. Spasticity means increased muscle tone that makes muscles stiff; atony is a lack of muscle tone; myositis is inflammation of muscle tissue. So atrophy is the term that specifically covers wasting away due to disuse or undernutrition. Regular movement and a balanced diet help prevent it.

**7. Histiocytes are a type of immune cell known as tissue what?**

- A. Lymphocytes**
- B. Erythrocytes**
- C. Platelets**
- D. Histiocytes**

Histiocytes are tissue macrophages. They live in body tissues and act as phagocytes, cleaning up debris and pathogens and helping present antigens to other immune cells. They originate from monocytes that migrate from the blood into tissues and differentiate into macrophages. This makes them a tissue-resident macrophage type, rather than lymphocytes (which are adaptive immune cells circulating in blood and lymphoid organs), erythrocytes (red blood cells), or platelets (cell fragments involved in clotting).

**8. Which epidermal layer is best visualized on the palms and soles and is known as the Clear Layer?**

- A. Stratum Granulosum**
- B. Stratum Lucidum**
- C. Stratum Spinosum**
- D. Stratum Germinativum**

The clear, translucent band seen in thick skin is the Stratum lucidum. It sits between the stratum granulosum and the stratum corneum, and it's best visualized on the palms and soles because these areas have thick skin that includes this extra layer. The cells in this layer are dead, flattened, and packed with eleidin, a keratin precursor, which gives the layer its pale, transparent appearance. This added layer helps increase toughness and protection against wear in areas subjected to heavy friction. In thinner skin, the lucidum is either absent or too thin to be seen, which is why it's specifically associated with thick skin like the palms and soles.

**9. Which muscle is located on the sides of the nose and controls the nasal openings by compressing and dilating them?**

- A. Levator Anguli Oris**
- B. Nasalis**
- C. Depressor Labii Inferioris**
- D. Procerus Muscle**

The muscle that sits on the sides of the nose and controls the nostrils by both compressing and widening them is the nasalis. It has two parts: the part that tightens the nostril opening, making it smaller, and the part that pulls the sides of the nose outward to enlarge the opening. This combination lets the muscle adjust the size of the nasal openings as needed. Other listed muscles surround the mouth or the forehead and don't move the nostrils, so they don't fit the description.

**10. What condition occurs when there is insufficient insulin, causing high blood sugar?**

**A. Hypoglycemia**

**B. Diabetes**

**C. Hyperglycemia**

**D. Ketoacidosis**

When there isn't enough insulin, glucose can't enter the body's cells and builds up in the bloodstream, causing high blood sugar. The condition that describes this situation is diabetes, a disease where insulin production or its effectiveness is impaired.

Hypoglycemia is the opposite—low blood sugar. Hyperglycemia simply means high blood sugar as a sign or symptom, but it's the result of diabetes rather than the general condition itself. Ketoacidosis is a dangerous complication of diabetes that can occur with very low insulin, leading to high glucose and ketone buildup.

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## 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://iteclevel2diplomabeautyspecialist.examzify.com>**

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

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