

# ITEC LEVEL 2 DIPLOMA FOR BEAUTY SPECIALISTS PRACTICE TEST (SAMPLE)

**STUDY GUIDE**



**SAMPLE STUDY GUIDE  
WITH LIMITED QUESTIONS**

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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. What are the passageways containing blood vessels, lymph capillaries and nerves in bone tissue called?**
  - A. Canaliculi
  - B. Lacunae
  - C. Volkmann's canals
  - D. Haversian Canals
- 2. Which nerves begin and end with the brain and consist of 12 pairs, including motor, sensory, and mixed types?**
  - A. Spinal Nerves
  - B. Mixed Nerves
  - C. Cranial Nerves
  - D. Autonomic Nerves
- 3. In meiosis, which stage is noted to include the reduction division?**
  - A. Metaphase
  - B. Telophase
  - C. Prophase
  - D. Anaphase
- 4. Which chest muscle adducts the arm, medially rotates it, and draws it forward?**
  - A. Latissimus Dorsi
  - B. Pectoralis Major
  - C. Deltoid
  - D. Teres Major
- 5. Which organelle combines polysaccharides with protein compounds and secretes these to other parts of the cell?**
  - A. Golgi Apparatus
  - B. Endoplasmic Reticulum
  - C. Lysosomes
  - D. Mitochondria

- 6. Damage to which structure is characteristic of multiple sclerosis?**
- A. Axon
  - B. Myelin sheath
  - C. Dendrite
  - D. Synapse
- 7. Which skeleton is also known as the torso?**
- A. Appendicular Skeleton
  - B. Axial Skeleton
  - C. Skull and Vertebral Column
  - D. Pelvic Girdle
- 8. Lymphocytes are a type of non-granular leukocyte. Which term describes this broad category?**
- A. Monocytes
  - B. Granulocytes
  - C. Erythrocytes
  - D. Non-Granular Leucocytes
- 9. Which skin condition is caused by a burrowing mite?**
- A. Scabies
  - B. Eczema
  - C. Psoriasis
  - D. Rosacea
- 10. Which condition is characterized by skin cells building up to form scales and itchy dry patches?**
- A. Acne Vulgaris
  - B. Psoriasis
  - C. Eczema
  - D. Urticaria



## **Answers**

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

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## **Explanations**

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**1. What are the passageways containing blood vessels, lymph capillaries and nerves in bone tissue called?**

- A. Canaliculi
- B. Lacunae
- C. Volkmann's canals

**D. Haversian Canals**

*The passageways through which blood vessels and nerves run in compact bone are the Haversian canals. These central channels run lengthwise through each osteon and house the blood vessels and nerves that supply bone tissue. They are surrounded by concentric lamellae, with osteocytes located in lacunae and connected by canaliculi to allow nutrient exchange and signaling. Perforating canals (Volkmann's canals) connect adjacent Haversian canals and link the vascular system to the periosteum, helping spread blood supply. The other structures have different roles: canaliculi are tiny channels between lacunae, lacunae are the spaces for osteocytes, and Volkmann's canals are the transverse connections between osteons. Lymph capillaries are not typically part of this bone vascular system.*

**2. Which nerves begin and end with the brain and consist of 12 pairs, including motor, sensory, and mixed types?**

- A. Spinal Nerves
- B. Mixed Nerves

**C. Cranial Nerves**

D. Autonomic Nerves

*Cranial nerves are the nerves that begin and end in the brain, listed as 12 pairs. They serve the head and neck and include all three functional types: sensory, motor, and mixed. Some nerves are purely sensory, like the one for vision, while others are purely motor, like the nerves that move the eyes, and others still are mixed, carrying both sensation and motor commands. A good way to remember why they fit this description is that their origin is the brain or brainstem, not the spinal cord, and there are exactly 12 paired nerves with distinct pathways through openings in the skull. This distinguishes them from spinal nerves, which come from the spinal cord and number far more than 12 pairs, branching throughout the body. Autonomic nerves belong to the autonomic nervous system and aren't a fixed set of 12 pairs originating from the brain. The general category of mixed nerves is broader and doesn't specify the fact there are exactly 12 pairs arising from the brain.*

**3. In meiosis, which stage is noted to include the reduction division?**

- A. Metaphase
- B. Telophase
- C. Prophase**
- D. Anaphase

*Reduction division is the first division of meiosis, where the chromosome number is halved as homologous chromosomes separate. This separation happens during Anaphase I, when the paired homologues are pulled to opposite poles, so each new cell receives half the original number of chromosomes. Prophase I focuses on chromosome condensation and crossing over, while Metaphase I aligns the homologous pairs at the center and Telophase I marks the end of the first division. So the stage that includes the reduction of chromosome number is Anaphase I.*

**4. 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.*

**5. Which organelle combines polysaccharides with protein compounds and secretes these to other parts of the cell?**

- A. Golgi Apparatus**
- B. Endoplasmic Reticulum
- C. Lysosomes
- D. Mitochondria

*The Golgi apparatus acts as the cell's processing and shipping center for molecules destined for secretion or for other parts of the cell. It receives proteins and carbohydrate chains from the endoplasmic reticulum, adds polysaccharide groups to proteins to form glycoproteins, and then packages these into vesicles to be sent to the cell surface or other destinations. This combination of polysaccharides with protein compounds and subsequent secretion is a hallmark function of the Golgi. The endoplasmic reticulum mainly synthesizes proteins and lipids, lysosomes contain digestive enzymes, and mitochondria generate energy, so they don't perform this specific processing and targeted shipping role.*

**6. Damage to which structure is characteristic of multiple sclerosis?**

- A. Axon
- B. Myelin sheath**
- C. Dendrite
- D. Synapse

*In multiple sclerosis, the hallmark is damage to the myelin sheath surrounding nerve fibers in the central nervous system. This autoimmune attack, targeting the myelin produced by oligodendrocytes, creates demyelinated patches that disrupt how quickly and efficiently electrical impulses travel along axons. When myelin is lost, conduction slows or blocks, leading to the varied neurological symptoms seen in MS. While the underlying axon can be affected over time, the primary and characteristic target is the myelin sheath; dendrites and synapses are not the typical structures involved.*

## 7. Which skeleton is also known as the torso?

- A. Appendicular Skeleton
- B. Axial Skeleton**
- C. Skull and Vertebral Column
- D. Pelvic Girdle

*The torso, or trunk, is the central axis of the body, so the skeleton that describes it best is the axial skeleton. This system includes the skull, the vertebral column, and the rib cage, which together form the body's core structure and protect vital organs. The appendicular skeleton, by contrast, covers the limbs and the girdles that attach them (like the pelvic girdle). So the term that most accurately names the bones of the torso is the axial skeleton. The other option lists only parts of the axial skeleton or parts of the appendicular skeleton, making it a less complete description of the torso.*

## 8. Lymphocytes are a type of non-granular leukocyte. Which term describes this broad category?

- A. Monocytes
- B. Granulocytes
- C. Erythrocytes
- D. Non-Granular Leucocytes**

*Classification of white blood cells by whether they have cytoplasmic granules is the idea here. Lymphocytes are non-granular leukocytes, meaning they belong to the group of white blood cells that lack visible granules. The broad term that describes this category is non-granular leukocytes, which also includes monocytes. Granulocytes, by contrast, have cytoplasmic granules and include cells like neutrophils, eosinophils, and basophils, so they aren't the broad category described. Erythrocytes are red blood cells and are not leukocytes at all. So the best term for this broad category is non-granular leukocytes.*

## 9. Which skin condition is caused by a burrowing mite?

- A. Scabies**
- B. Eczema
- C. Psoriasis
- D. Rosacea

*Scabies is the skin condition caused by a burrowing mite. A tiny mite called *Sarcoptes scabiei* tunnels into the outer layer of the skin, where it lives, lays eggs, and whose presence triggers intense itching and a rash. The itching is often worst at night and is accompanied by characteristic burrows in the skin, helping to distinguish scabies from other conditions. Eczema is dermatitis from irritants or allergies, psoriasis is an autoimmune condition with thick, silvery scales, and rosacea is chronic facial redness and inflammation—none of these involve a burrowing mite.*

**10. Which condition is characterized by skin cells building up to form scales and itchy dry patches?**

A. Acne Vulgaris

**B. Psoriasis**

C. Eczema

D. Urticaria

*This describes psoriasis, a chronic autoimmune condition where skin cells multiply rapidly. Normally the skin sheds every few weeks, but in psoriasis the turnover is much faster, causing cells to build up on the surface and form thick, raised patches with silvery scales that are often itchy and dry. The patches commonly appear on areas like the elbows, knees, scalp, and lower back, and flares can be triggered by stress, infections, or skin injury. Acne vulgaris involves clogged pores and pimples rather than scaly patches. Eczema (atopic dermatitis) presents with dry, irritated, and very itchy red patches that may ooze or crust, but not the characteristic thick silvery scales. Urticaria (hives) are itchy welts that come and go in bursts, not persistent scaly plaques. The description of scales and itchy dryness most closely matches psoriasis.*

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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:

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

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