New York Esthetics Practice Exam (Sample)

Study Guide

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Questions

1. Which type of muscle is responsible for voluntary movements in the body?

A. Cardiac muscle

B. Involuntary muscle

C. Skeletal muscle

D. Striated muscle

2. What is the uppermost and largest bone of the arms?

A. Radius

B. Ulna

C. Humerus

D. Sternum

3. What is the primary function of the deltoid muscle?

A. To flex the arm

B. To extend the arm

C. To lift and turn the arm

D. To stabilize the shoulder joint

4. Which muscle covers the top of the nose and causes wrinkles between the eyebrows?

A. Procerus

B. Frontalis

C. Temporalis

D. Zygomaticus

5. What is the name of the broad muscle that forms from the chest to the side of the chin and expresses sadness?

A. Trapezius

B. Sternocleidomastoid

C. Platysma

D. Masseter

6. Which type of muscle is also known as voluntary muscle?

- **A. Skeletal muscle**
- **B. Smooth muscle**
- **C. Cardiac muscle**
- **D. Involuntary muscle**

7. What is the correct procedure for applying and removing soft wax on the legs?

- **A. Apply against the direction of hair growth, remove in the direction of hair growth**
- **B. Apply in the direction of hair growth, remove in the direction of hair growth**
- **C. Apply in a circular motion, remove straight**
- **D. Apply in the direction of hair growth, remove against the direction of hair growth**

8. What is the classification for any liquid having a flashpoint below 100 degrees Fahrenheit?

- **A. Combustible**
- **B. Flammable**
- **C. Non-flammable**
- **D. Volatile**

9. What is the role of an auto clave in a salon setting?

- **A. To store sterile equipment**
- **B. To disinfect tools**
- **C. To sterilize tools**
- **D. To dry tools**

10. Which term describes the process that kills all disease-producing organisms including bacteria, fungi, viruses, and spores?

- **A. Disinfection**
- **B. Sanitization**
- **C. Sterilization**
- **D. Decontamination**

Answers

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

Explanations

1. Which type of muscle is responsible for voluntary movements in the body?

A. Cardiac muscle

B. Involuntary muscle

C. Skeletal muscle

D. Striated muscle

Skeletal muscle is the correct answer because it is primarily responsible for voluntary movements in the body. This type of muscle is under conscious control, which means that individuals can directly dictate its actions, such as when lifting an arm, walking, or performing other activities that require purposeful movement. Skeletal muscle fibers are characterized by their striated appearance, which refers to the banded look seen under a microscope, demonstrating the organized structure that aids in coordinated contractions. These muscles are typically attached to bones by tendons, allowing for movement of the skeletal system. While striated muscle refers to the visual aspect of skeletal muscle and some components of cardiac muscle, it does not specify the control mechanism (voluntary vs. involuntary). Cardiac muscle, found only in the heart, operates involuntarily and is not under conscious control. Involuntary muscle, such as smooth muscle, controls movements not consciously regulated, such as digestion or blood vessel constriction. Thus, skeletal muscle distinctly defines voluntary movement, separating it from the other muscle types listed.

2. What is the uppermost and largest bone of the arms?

A. Radius

B. Ulna

C. Humerus

D. Sternum

The uppermost and largest bone of the arms is the humerus. Located in the upper arm, it extends from the shoulder to the elbow and serves as a crucial structure for both mobility and strength in the arm. The humerus also plays a significant role in the operation of the shoulder joint and connects with the scapula at the shoulder joint and the radius and ulna at the elbow joint. In the context of the other options, the radius and ulna are forearm bones that are located lower than the humerus. The radius is located on the thumb side of the forearm and the ulna on the pinky side. While important for forearm function and movement, neither of these bones is the largest or the uppermost bone in the arm. The sternum, although an essential bone in the chest area, does not belong to the arm structure at all, which further highlights the humerus as the correct answer in terms of the skeletal anatomy of the arms.

3. What is the primary function of the deltoid muscle?

A. To flex the arm

B. To extend the arm

C. To lift and turn the arm

D. To stabilize the shoulder joint

The primary function of the deltoid muscle is to lift and turn the arm, which aligns with option C. The deltoid is a large, triangular muscle that caps the shoulder and is responsible for a wide range of movements at the shoulder joint. It is divided into three distinct parts: the anterior (front), lateral (middle), and posterior (rear) fibers. The anterior fibers are involved in flexing and medially rotating the arm, the lateral fibers primarily function in abducting the arm (lifting it away from the body), and the posterior fibers assist in extending and laterally rotating the arm. This combination allows the deltoid to not only lift the arm upwards (abduction) but also to perform other movements such as rotation, making it essential for diverse arm movements in various activities such as lifting, throwing, and reaching. In contrast, while the deltoid does play some role in stabilizing the shoulder joint, its primary function is focused on movement and mobility rather than stabilization alone. The other choices, which include solely flexing or extending the arm, do not encompass the full range of actions that the deltoid muscle supports. Thus, the answer accurately reflects the significance of the deltoid in facilitating the

4. Which muscle covers the top of the nose and causes wrinkles between the eyebrows?

A. Procerus

B. Frontalis

C. Temporalis

D. Zygomaticus

The procerus muscle is responsible for covering the top of the nose and plays a significant role in facial expressions, particularly in the area between the eyebrows. When this muscle contracts, it pulls the skin downwards, leading to the formation of vertical wrinkles or furrows between the eyebrows, often associated with frowning or concentrating. This action is important in expressions of disapproval or concern. In contrast, the frontalis muscle is primarily located in the forehead area and is responsible for raising the eyebrows and wrinkling the forehead. The temporalis muscle, located on the side of the head, is involved in chewing rather than facial expressions. The zygomaticus muscle, situated in the cheek area, is responsible for smiling and elevating the corners of the mouth. Each of these other muscles has distinct functions that do not pertain to the specific actions of the procerus muscle in the context of wrinkling between the eyebrows.

5. What is the name of the broad muscle that forms from the chest to the side of the chin and expresses sadness?

A. Trapezius

B. Sternocleidomastoid

C. Platysma

D. Masseter

The correct answer is the platysma, a broad muscle that extends from the chest, across the neck, and to the lower jaw. One of its primary functions is to facilitate various facial expressions, including sadness. The platysma is particularly important for movements that lower the jaw and tense the skin of the neck, which can contribute to the expression of emotions like sadness. While the trapezius is responsible for movements of the shoulders and upper back, and the sternocleidomastoid is involved in the rotation and flexion of the head, neither of these muscles is primarily associated with the expression of sadness. The masseter is a muscle of mastication, crucial for chewing, and does not play a role in facial expression. Understanding the function of the platysma and its role in conveying emotion is essential for those studying esthetics, as facial expressions significantly impact aesthetic treatments and client interaction.

6. Which type of muscle is also known as voluntary muscle?

A. Skeletal muscle

B. Smooth muscle

C. Cardiac muscle

D. Involuntary muscle

Skeletal muscle is known as voluntary muscle because it is under conscious control. This means that individuals can consciously decide when to contract these muscles, allowing for intentional movements such as walking, lifting objects, or performing intricate tasks. Skeletal muscles are striated in appearance, and they attach to bones, enabling movement of the skeletal system. The other types of muscle, such as smooth and cardiac muscle, operate involuntarily, meaning they function automatically without conscious thought. Smooth muscle is found in the walls of hollow organs like the intestines and blood vessels, while cardiac muscle makes up the heart and is responsible for pumping blood throughout the body. Involuntary muscle, as the term suggests, refers to muscles that cannot be controlled consciously, reinforcing the distinction between skeletal muscle and these other types. Understanding these differences is fundamental for those in the esthetics field as it can help link muscle functions to various treatments and methods of body care.

7. What is the correct procedure for applying and removing soft wax on the legs?

A. Apply against the direction of hair growth, remove in the direction of hair growth

B. Apply in the direction of hair growth, remove in the direction of hair growth

C. Apply in a circular motion, remove straight

D. Apply in the direction of hair growth, remove against the direction of hair growth

The correct procedure for applying and removing soft wax on the legs involves applying the wax in the direction of hair growth and removing it against the direction of hair growth. This method is effective because it ensures that the hair is being pulled out from the root, reducing the chance of breakage. When the wax is applied in the same direction as the hair growth, it adheres well to the hair shafts, allowing easier and more efficient removal when pulled against the hair growth. Using this technique minimizes discomfort for the client as it creates a smoother removal process, allowing for better adherence of the wax to the hair and less irritation to the skin. Understanding this principle is vital for ensuring optimal results during hair removal procedures, making it crucial for estheticians to master the correct technique for waxing.

8. What is the classification for any liquid having a flashpoint below 100 degrees Fahrenheit?

A. Combustible

B. Flammable

C. Non-flammable

D. Volatile

A liquid with a flashpoint below 100 degrees Fahrenheit is classified as flammable. The flashpoint is the lowest temperature at which the vapor of a liquid can ignite when exposed to an open flame or spark. Flammable liquids are particularly hazardous because they can form ignitable mixtures with air at normal temperatures and pressures. This classification is important for safety protocols, especially in environments where such liquids are handled, as it necessitates specific storage and usage guidelines to prevent accidental ignition and fires. In contrast, combustible liquids have a higher flashpoint, generally above 100 degrees Fahrenheit, meaning they do not ignite as easily at room temperature. Non-flammable liquids either do not ignite or require a significant amount of heat to ignite, which is not the case for flammable liquids. Volatile generally refers to the tendency of a substance to evaporate quickly; while all flammable liquids are volatile, the term is broader and does not specifically indicate the ignition risk associated with flashpoints. Thus, the distinction is critical for understanding safety measures in handling various types of liquids.

9. What is the role of an auto clave in a salon setting?

A. To store sterile equipment

B. To disinfect tools

C. To sterilize tools

D. To dry tools

An autoclave plays a critical role in ensuring the highest level of hygiene and safety in a salon setting by sterilizing tools. Sterilization is a process that eliminates all forms of microbial life, including bacteria, viruses, fungi, and spores. The autoclave uses high-pressure steam at elevated temperatures, typically around 250°F (121°C), to achieve this thorough level of sterilization. In the context of esthetics, tools and implements must be completely sterile to prevent the risk of infection or cross-contamination between clients. The effectiveness of an autoclave is a fundamental aspect of infection control protocols, making it indispensable in any salon or spa environment where tools are reused on multiple clients. Simply disinfecting tools, storing sterile equipment, or drying tools does not ensure the elimination of all pathogens, which is why relying on an autoclave for sterilization is vital for the safety and health of clients.

10. Which term describes the process that kills all disease-producing organisms including bacteria, fungi, viruses, and spores?

A. Disinfection

B. Sanitization

C. Sterilization

D. Decontamination

The process that kills all disease-producing organisms, including bacteria, fungi, viruses, and spores, is referred to as sterilization. Sterilization is the most comprehensive form of microbial control and is critical in medical and clinical settings where the highest level of cleanliness and safety is required. It ensures that all forms of pathogens are eradicated, making instruments and surfaces completely free of any microorganisms. In contrast, disinfection is a process that eliminates most pathogenic microorganisms, but not necessarily all spores. Sanitization reduces the number of microorganisms to a safe level but may not eliminate all disease-causing organisms. Decontamination refers to the process of cleaning to remove contaminants but does not guarantee the destruction of all microorganisms. Thus, sterilization is the only method among these options that achieves total microbial kill, making it the correct term for the described process.