

Ohio State Board Nail Theory & Advanced Manicure Practice Exam (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 type of glands are responsible for producing oil in the skin?**
 - A. Sudoriferous glands**
 - B. Sebaceous glands**
 - C. Apocrine glands**
 - D. Exocrine glands**

- 2. What is the technical term for a wart?**
 - A. Nevi**
 - B. Lesion**
 - C. Verruca**
 - D. Papule**

- 3. What type of massage movement is described as manipulation through lifting and pressing tissues?**
 - A. Effleurage**
 - B. Petrissage**
 - C. Friction**
 - D. Tapotement**

- 4. What type of product is usually applied as a top layer to protect nail polish?**
 - A. Base coat**
 - B. Top coat**
 - C. Nail strengthener**
 - D. Nail primer**

- 5. What is the function of the cuticle?**
 - A. Living skin covering the matrix area**
 - B. Nonliving tissue attached to the nail plate**
 - C. Layer of skin between the fingertip and free edge**
 - D. Connects bones together**

- 6. Which bones are specifically categorized as tarsals?**
- A. Bones in the fingers**
 - B. Bones in the wrists**
 - C. Bones in the ankle**
 - D. Bones in the arm**
- 7. What is the largest organ of the body?**
- A. Heart**
 - B. Liver**
 - C. Skin**
 - D. Lungs**
- 8. What term refers to substances that can cause contamination?**
- A. Contaminants**
 - B. Pathogens**
 - C. Toxins**
 - D. Microbes**
- 9. How many bones are there in the adult human body?**
- A. 206**
 - B. 214**
 - C. 192**
 - D. 200**
- 10. Which type of infection spreads through contaminated blood?**
- A. Local infection**
 - B. General infection**
 - C. Fungal infection**
 - D. Viral infection**

Answers

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

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Explanations

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1. Which type of glands are responsible for producing oil in the skin?

- A. Sudoriferous glands**
- B. Sebaceous glands**
- C. Apocrine glands**
- D. Exocrine glands**

Sebaceous glands are specialized structures in the skin that produce an oily substance known as sebum. This oil plays a crucial role in maintaining skin hydration, protecting against environmental factors, and providing a barrier against bacterial growth. The secretion from sebaceous glands keeps the skin and hair moisturized and helps prevent dryness. Sudoriferous glands, on the other hand, are responsible for sweat production but do not generate oil. Apocrine glands are a type of sweat gland that release a thicker fluid and are typically associated with body odor, but they too do not produce oil. While exocrine glands is a broader category that includes any gland that secretes substances through ducts (such as sweat and sebaceous glands), it does not specifically refer to the glands that produce oil. Hence, the sebaceous glands are the specific type responsible for oil production in the skin.

2. What is the technical term for a wart?

- A. Nevi**
- B. Lesion**
- C. Verruca**
- D. Papule**

The technical term for a wart is "Verruca." This term is specifically used to describe benign, often small, growths on the skin that are caused by viral infections, particularly human papillomavirus (HPV). Warts can appear on various parts of the body, including the hands, feet, and face, and they can have different forms, such as common warts, plantar warts, and genital warts. Understanding this term is essential for professionals in nail care and skin health because it aids in the correct identification and treatment of skin conditions. Other terms like "Nevi," "Lesion," and "Papule" refer to different kinds of skin conditions. Nevi typically refers to moles or pigmented skin lesions, while lesions can be any type of abnormal tissue change. A papule is a small, raised bump on the skin often associated with conditions like acne or dermatitis. Each of these terms has its distinct definition and usage, which is critical for accurate diagnosis and treatment within the field of nail and skin care.

3. What type of massage movement is described as manipulation through lifting and pressing tissues?

- A. Effleurage
- B. Petrissage**
- C. Friction
- D. Tapotement

The correct type of massage movement that involves manipulation through lifting and pressing tissues is known as petrissage. This technique focuses on kneading or squeezing the muscles and soft tissues, and it is particularly effective in promoting relaxation, increasing circulation, and relieving muscle tension. By employing this lifting and pressing action, petrissage allows for a deeper penetration of the tissues compared to other massage techniques. In comparison, effleurage is characterized by long, gliding strokes over the skin's surface, which promote relaxation and surface circulation but do not involve lifting or pressing of tissues in the same way. Friction involves applying pressure with a firm circular or back-and-forth motion, often used to break down adhesions in the muscles and fascia but lacks the lifting aspect of petrissage. Tapotement consists of rhythmic percussion movements, such as hacking or chopping, and is typically aimed at stimulating the tissues rather than manipulating them through lifting and pressing. Overall, petrissage distinctly stands out because of its unique approach to tissue manipulation.

4. What type of product is usually applied as a top layer to protect nail polish?

- A. Base coat
- B. Top coat**
- C. Nail strengthener
- D. Nail primer

The type of product typically applied as a top layer to protect nail polish is known as a top coat. This product serves several important functions. Primarily, it provides a protective shield over the nail polish, helping to prevent chipping and extending the wear of the manicure. In addition to enhancing durability, a top coat can also add shine and create a smooth finish, making the polish appear more vibrant and polished. While a base coat is applied before the nail polish to protect the nails from staining and improve adhesion, and a nail strengthener is used to reinforce weak or brittle nails, these products serve different purposes in the manicure process. A nail primer, on the other hand, is used to enhance the adherence of nail enhancements but is not related to the protection of nail polish once applied.

5. What is the function of the cuticle?

- A. Living skin covering the matrix area
- B. Nonliving tissue attached to the nail plate**
- C. Layer of skin between the fingertip and free edge
- D. Connects bones together

The function of the cuticle is primarily to act as nonliving tissue that is attached to the nail plate. This protective barrier serves to safeguard the underlying area of the nail where new growth occurs, often referred to as the matrix. The cuticle plays a significant role in preventing bacteria and other pathogens from entering the area beneath the nail, which is crucial for maintaining nail health and integrity. While the cuticle can sometimes be confused with other nail anatomy structures, it is important to clarify that it is not the living skin covering the matrix area; that role belongs to the live tissue at the matrix itself. The cuticle is also not responsible for any sensory function or connection between bones, which are tasks designated to different anatomical structures within the body. Additionally, it does not cover the fingertip in relation to the free edge, as that description pertains to the skin surrounding the nail rather than the cuticle itself.

6. Which bones are specifically categorized as tarsals?

- A. Bones in the fingers
- B. Bones in the wrists
- C. Bones in the ankle**
- D. Bones in the arm

The correct identification of tarsals pertains specifically to the bones located in the ankle. Tarsal bones form an essential component of the foot, functioning to provide support and flexibility while facilitating various movements, including walking and running. There are a total of seven tarsal bones in each foot: the talus, calcaneus, navicular, cuboid, and three cuneiform bones (medial, intermediate, and lateral). Understanding this classification is crucial for anyone studying anatomy and physiology, particularly in fields related to nail care and manicure practice, as proper knowledge of bone structure can influence posture, balance, and hand positioning during nail treatments. The other options refer to different regions: bones in the fingers comprise the phalanges, bones in the wrists include carpal bones, and bones in the arms are long bones such as the humerus and radius. This clear distinction helps in recognizing the specific role of the tarsals in relation to the overall skeletal structure.

7. What is the largest organ of the body?

- A. Heart
- B. Liver
- C. Skin**
- D. Lungs

The skin is considered the largest organ of the body, covering approximately 20 square feet in an average adult. It plays a crucial role in protecting the internal organs, regulating body temperature, and enabling the sense of touch. The skin consists of multiple layers, including the epidermis, dermis, and subcutaneous tissue, each contributing to its overall function and structure. In comparison, while the heart, liver, and lungs are significant organs, they do not surpass the skin in terms of surface area. The heart is a vital muscular organ responsible for pumping blood throughout the body; the liver is essential for various metabolic processes and detoxification; and the lungs are crucial for gas exchange during respiration. However, none of these organs cover as much of the body or play as many diverse roles as the skin does.

8. What term refers to substances that can cause contamination?

- A. Contaminants**
- B. Pathogens
- C. Toxins
- D. Microbes

The term "contaminants" specifically refers to substances that can cause contamination, which can include a variety of unwanted materials or organisms that may compromise the purity or quality of a product or environment. In the context of nail care and salon practices, contaminants can be anything from dirt and chemicals to germs or microbes that can lead to infections or other health issues. Understanding contaminants is critical in the salon environment, as proper sanitation and hygiene practices are essential to ensure the safety and well-being of clients. By recognizing and managing contaminants, nail technicians can maintain a clean workspace and reduce the risk of spreading infections or causing allergic reactions. The other terms refer to more specific types of harmful agents. For instance, "pathogens" specifically denote disease-causing microorganisms. "Toxins" are poisonous substances produced within living cells or organisms, and "microbes" refer to microscopic organisms that can be beneficial or harmful. Each of these terms has its own distinct implications but does not encompass the broader definition of substances that can lead to contamination like "contaminants" does.

9. How many bones are there in the adult human body?

- A. 206**
- B. 214**
- C. 192**
- D. 200**

The adult human body contains 206 bones, a fact that is well-established in human anatomy. This number reflects the total of distinct bones present in an adult, taking into account the fusion of certain bones during the maturation process. For instance, infants are born with approximately 270 bones, but as they grow, some of these bones fuse together, leading to the standard count of 206 in adulthood. The skeletal system is composed of several different types of bones, including long bones, short bones, flat bones, and irregular bones, all of which contribute to a variety of functions such as support, protection of organs, mobility, and the production of blood cells. Understanding the correct number of bones in the adult body is crucial for students and professionals in fields such as nail care, cosmetology, and health sciences, as it lays foundational knowledge about human anatomy and the physiological framework that supports bodily functions.

10. Which type of infection spreads through contaminated blood?

- A. Local infection**
- B. General infection**
- C. Fungal infection**
- D. Viral infection**

The type of infection that spreads through contaminated blood is a general infection. This type of infection indicates that the pathogen has entered the bloodstream and is capable of spreading throughout the entire body, affecting multiple organs and systems. This contrasts with local infections, which are confined to a specific area or site on the body and do not enter the bloodstream. While fungal and viral infections can also spread through the bloodstream, they typically refer to the specific types of pathogens (fungi or viruses) rather than the nature of the infection's reach throughout the body. A general infection implies a more systemic response, often resulting in a broader range of symptoms and health implications than a localized infection. Thus, understanding the distinction between general and local infections is critical in both diagnosis and treatment.

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.

Or visit your dedicated course page for more study tools and resources:

<https://ohnailtheoryadvmanicure.examzify.com>

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

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