

Pivot Point Nails 113 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 nail shape is a blend of square and oval, often recommended for active clients?**
 - A. Round**
 - B. Square**
 - C. Squoval**
 - D. Oval**

- 2. When preparing for a natural nail service:**
 - A. Wash hands**
 - B. Soak nails**
 - C. File nails**
 - D. Apply lotion**

- 3. When using a granular scrub during a pedicure:**
 - A. Use as much pressure as possible**
 - B. Don't apply too much pressure**
 - C. Scrub only the heels**
 - D. Skip rinsing afterward**

- 4. Uneven growth of a nail may cause which feature?**
 - A. Wavy ridges**
 - B. Beau's lines**
 - C. Pitting**
 - D. Spoon nails**

- 5. The location of the cuticle is described as:**
 - A. Overlapping tissue around the nail**
 - B. Base of the nail**
 - C. Under the nail plate**
 - D. Lateral nail fold**

- 6. Artificial nail preparation is important to prevent**
 - A. Lifting**
 - B. Cracking**
 - C. Yellowing**
 - D. Breaking**

- 7. The condition in which the nail grows into the edge of the nail grooves is called?**
- A. Onychocryptosis**
 - B. Onychomycosis**
 - C. Paronychia**
 - D. Onycholysis**
- 8. The brush used for artificial nail services is made of what type of hair?**
- A. Natural**
 - B. Synthetic**
 - C. Boar**
 - D. Horsehair**
- 9. Which product aids in moisturizing brittle nails?**
- A. Cuticle Oil**
 - B. Nail Strengthener**
 - C. Base Coat**
 - D. Top Coat**
- 10. Which condition can be caused by a nervous habit?**
- A. Onychophagy**
 - B. Leuconychia**
 - C. Pterygium**
 - D. Koilonychia**

Answers

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

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Explanations

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1. Which nail shape is a blend of square and oval, often recommended for active clients?

- A. Round**
- B. Square**
- C. Squoval**
- D. Oval**

For active clients, durability and minimizing snagging are key considerations when choosing a nail shape. Squoval blends the best of square and oval by keeping a flat, straight top like a square but softening the corners into rounded edges like an oval. This creates a shape that resists catching on clothing, tools, or fabrics, while still offering a sturdy, evenly distributed edge that's less prone to bending or chipping during active tasks. The result is a modern, natural look with practical strength. In comparison, fully square nails have sharp corners that can snag or break more easily, while fully oval nails are very smooth but can be less resistant to impact at the tip. Round looks are gentle and practical but may wear more quickly for active use. So squoval provides the ideal balance for clients with active lifestyles.

2. When preparing for a natural nail service:

- A. Wash hands**
- B. Soak nails**
- C. File nails**
- D. Apply lotion**

Hygiene at the start of a natural nail service is essential. Washing hands removes dirt, oils, and microbes, creating a clean surface and reducing the risk of contamination for both client and tech. It also helps products bond properly to the nails, since oily surfaces can prevent adhesion. Soaking nails introduces moisture and can soften cuticles, which isn't desirable before a service because it can make it harder to assess nail health and affect product bonding. Filing nails is a shaping step that comes after the surface is clean, and applying lotion leaves a residue that can interfere with product adhesion and performance.

3. When using a granular scrub during a pedicure:

- A. Use as much pressure as possible**
- B. Don't apply too much pressure**
- C. Scrub only the heels**
- D. Skip rinsing afterward**

Granular scrubs exfoliate by abrading the skin, so using gentle, controlled pressure is essential. Pressing hard can irritate or injure the skin, cause redness, micro-tears, or heightened sensitivity—especially over dry heels or cracked areas. By applying light to moderate pressure in small, circular motions, you allow the abrasive particles to lift dead skin without harming healthy tissue, leading to safer, more comfortable exfoliation. Move across the area evenly, avoid rubbing over irritated spots, and rinse and moisturize afterward to remove residue and restore moisture.

4. Uneven growth of a nail may cause which feature?

- A. Wavy ridges**
- B. Beau's lines**
- C. Pitting**
- D. Spoon nails**

Uneven growth in a nail shows up on the surface as irregular, wavy ridges. When the nail plate doesn't grow smoothly at a constant rate, the surface develops those uneven, wavy lines as it extends outward. Beau's lines are horizontal grooves that indicate a temporary pause in growth, not just uneven growth. Pitting are tiny depressions often linked to skin conditions like psoriasis, and spoon nails are concave nails usually tied to iron deficiency or other systemic issues. So the distinctive sign of uneven growth is the wavy ridges.

5. The location of the cuticle is described as:

- A. Overlapping tissue around the nail**
- B. Base of the nail**
- C. Under the nail plate**
- D. Lateral nail fold**

The cuticle is the protective tissue that overlaps the nail around the base of the nail. It sits at the proximal edge of the nail plate, forming a seal between the skin and the nail and helping to keep out dirt and microorganisms. That overlapping, surrounding tissue is what this description refers to. The base of the nail refers to the nail matrix where growth begins, not the cuticle. The area under the nail plate is the nail bed, which supports the nail as it grows. The lateral nail fold is the skin along the sides of the nail, not the cuticle.

6. Artificial nail preparation is important to prevent

- A. Lifting**
- B. Cracking**
- C. Yellowing**
- D. Breaking**

Proper nail prep prevents lifting by promoting adhesion between the natural nail and the artificial enhancement. When the nail surface is clean, dry, and free of oils and moisture, the bonding agents can grip the nail plate instead of sitting on a slick surface. Dehydrating the nail and lightly roughening the surface create micro-mechanical links, while a bonding agent or primer boosts chemical adhesion. This strong bond holds the product in place as the nail grows and endures daily wear, reducing the chance of lifting. Skipping or inadequate prep leaves oils and moisture that act as a barrier, allowing the enhancement to separate from the nail. The other issues—cracking, yellowing, and breaking—are more about product behavior, finishing, or stress on the enhancement rather than preparation.

7. The condition in which the nail grows into the edge of the nail grooves is called?

- A. Onychocryptosis**
- B. Onychomycosis**
- C. Paronychia**
- D. Onycholysis**

When the edge of the nail grows into the surrounding skin along the nail grooves, it's called onychocryptosis. This term specifically describes the inward growth of the nail edge into the soft tissue, causing pain, redness, and sometimes infection. Other terms refer to different issues: onychomycosis is a fungal nail infection; paronychia is an infection of the tissue around the nail; onycholysis is the separation of the nail from the nail bed. So the best match for nail growing into the edge of the nail grooves is onychocryptosis.

8. The brush used for artificial nail services is made of what type of hair?

- A. Natural**
- B. Synthetic**
- C. Boar**
- D. Horsehair**

Natural hair is used for brushes in artificial nail services because it offers the right balance of pick-up and control. Bristles from natural hair, especially kolinsky sable, are fine and resilient, so they hold onto the acrylic liquid and powder well and release it smoothly as you work. This lets you place and shape beads with precision and minimal drag. Synthetic bristles can work, but they often don't grip powder as well and can feel stiffer, making finesse harder. Boar hair and horsehair tend to be too coarse for the delicate, detailed application required in nail services. That's why natural hair brushes are the standard choice.

9. Which product aids in moisturizing brittle nails?

- A. Cuticle Oil**
- B. Nail Strengthener**
- C. Base Coat**
- D. Top Coat**

Moisturizing brittle nails is about delivering hydration to the nail and surrounding skin. Cuticle oil is designed to hydrate and nourish the cuticle and nail plate, using lightweight oils and ingredients like vitamin E that penetrate the nail edge. This helps soften rough edges, seal in moisture, and increase flexibility, which reduces cracking and splitting—the hallmark of brittleness. The other products address different needs: a nail strengthener focuses on making nails tougher rather than keeping them hydrated; a base coat is mainly a primer and protective layer for polish, not a moisturizer; a top coat seals and protects the polish, also not primarily for hydration.

10. Which condition can be caused by a nervous habit?

A. Onychophagy

B. Leuconychia

C. Pterygium

D. Koilonychia

Nervous habits often show up in the nails because the hands are regularly subjected to biting or picking. Repeated biting of the nails directly causes onychophagy, the condition named for nail-biting. This habit creates damaged, shortened, and ragged nails and can lead to hangnails or secondary infections if the area stays moist or exposed. That direct link to a nervous habit makes it the best match among the options. The other nail changes come from different causes: leuconychia appears as white spots or patches from minor trauma or systemic factors; pterygium is scarring of the proximal nail fold after injury or inflammation; koilonychia refers to spoon-shaped nails usually tied to iron deficiency or other systemic issues, not to a habit.

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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.

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

<https://pivotpointnails113.examzify.com>

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

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