



NATIONAL BARBER STYLING
THEORY EXAMINATION

CANDIDATE INFORMATION BULLETIN

Please visit your examination provider's website for the most current bulletin prior to testing.

The National Barber Styling Theory Examination is the licensure examination for Barber Stylists, which is developed by the National-Interstate Council of State Boards of Cosmetology (NIC). This bulletin contains **IMPORTANT INFORMATION** regarding the examination, including content outline covered by the theory examination, sample questions and answers, and references. The time allowed for the Barber Styling Theory Examination is 90 minutes.

PLEASE REVIEW ALL INFORMATION CAREFULLY.

IMPORTANT INSTRUCTIONS

- Do not leave the examination area without permission. Permission must be obtained to leave the examination area for any reason, including restroom usage or at the completion of the examination. Picture ID is required for re-entry into examination.
- With the exception of verbal instructions, the proctors and examination administration personnel are not allowed to communicate with candidates.
- If you have an emergency situation, please notify the proctor.
- The following provides examples of materials and actions that are prohibited during the examination administration:
 - Possession of cellular phones, pagers, tablets, computers, projectors, cameras, or any other electronic or recording devices, printed materials, or handwritten notes.
 - Communicating to other candidates
 - Exhibiting disruptive behavior.
 - *The above referenced items or actions are not an exhaustive list. Failure to comply with any of these conditions or exhibiting ANY behavior that suggests an effort to cheat will result in your immediate dismissal from the examination and your actions reported to the proper authorities.*

BARBER STYLING THEORY EXAMINATION CONTENT OUTLINE

1. **SCIENTIFIC CONCEPTS (27%)**
 - A. Demonstrate an understanding of the principles and practice of infection control as it relates to:
 1. Microbiology
 - a. Bacteria
 - b. Viruses
 - c. Parasites
 - d. Immunity
 - e. Prevention
 2. Methods of infection control
 - a. Sanitation
 - b. Disinfection
 - c. Sterilization

3. Federal Regulations
 - a. Occupational Health and Safety Administration (OSHA) guidelines
 - b. Universal precautions
 - c. Material Safety Data Sheets (MSDS)
 - d. Environmental Protection Agency (EPA)
 - e. Food and Drug Administration (FDA)
 4. First Aid
 - a. Minor bleeding and wounds
 - b. Minor burns
 - c. Minor eye irritation
- B. Demonstrate an understanding of basic human anatomy as it relates to:
1. Cells
 2. Tissues
 3. Organs
- C. Demonstrate an understanding of basic physiology (body systems) as it relates to:
1. Skeletal system
 - a. Head
 - b. Face
 - c. Neck
 2. Muscular system
 - a. Head
 - b. Face
 - c. Neck
 3. Nervous system
 - a. Head
 - b. Face
 - c. Neck
 4. Circulatory system
 5. Endocrine system
 6. Digestive system
 7. Respiratory system
 8. Integumentary system
 9. Excretory system
- D. Demonstrate an understanding of basic principles of chemistry as it relates to:
1. Matter
 2. The pH scale
 3. Effects of nutrition on hair, scalp, and skin
 4. Compounds
 5. Mixtures
 6. Product ingredients
 7. Product labeling
 8. Product safety
- E. Demonstrate an understanding of basic principles of electricity as it relates to:
1. Electric current
 2. Electric measurements
 3. Electricity in barber-styling
 - a. Electrotherapy
 - b. Light therapy

2. HAIR CARE SERVICES (40%)

- A. Demonstrate an understanding of trichology as it relates to:
 - 1. Properties and structure of the hair and scalp
 - a. Shaft
 - i. Cuticle
 - ii. Cortex
 - iii. Medulla
 - b. Root
 - i. Follicle
 - ii. Bulb
 - iii. Papilla
 - iv. Arrector pili muscle
 - v. Sebaceous gland
 - 2. Hair analysis and hair quality
 - a. Porosity
 - b. Texture
 - c. Elasticity
 - d. Density
 - 3. Hair growth stages
 - 4. Hair loss
 - a. Types
 - b. Treatments
 - 5. Disorders of the hair and scalp
 - a. Types
 - b. Treatments
- B. Demonstrate an understanding of performing a client consultation as it relates to:
 - 1. Desired look
 - 2. Face shape
 - 3. Hair analysis
- C. Demonstrate an understanding of procedures for draping for all hair services
- D. Demonstrate an understanding of concepts needed for haircutting and styling as it relates to:
 - 1. Elements of hair design
 - a. Form
 - b. Shape
 - c. Line
 - d. Color
 - e. Wave pattern
 - 2. Principles of hair design
 - a. Proportion
 - b. Balance
 - c. Symmetry
 - 3. Facial shapes

- E. Demonstrate an understanding of procedures for shampooing, conditioning, massage, and brushing as it relates to:
1. Shampooing
 - a. Product selection
 - b. Procedure
 2. Conditioning
 - a. Product selection
 - b. Procedure
 3. Scalp massage
 - a. Types of manipulations
 - b. Procedure
 4. Scalp treatments
 - a. Product selection
 - b. Procedure
 - c. Equipment
- F. Demonstrate an understanding of procedures for haircutting as it relates to:
1. Basic principles of haircutting
 - a. Areas of the head
 - b. Elevation or projection
 - c. Lines and angles
 - d. Crosschecking
 - e. Texturizing
 2. Tools, implements, and equipment
 - a. Types
 - b. Selection
 - c. Care and maintenance
 3. Safety
 4. Body positioning
 5. Basic haircuts
 - a. Blunt
 - b. Layered
 - c. Tapered
 6. Haircutting procedures
 7. Neck shaving procedures
- G. Demonstrate an understanding of procedures for head shaving as it relates to:
1. Preparation
 2. Shaving procedure
 3. Safety
- H. Demonstrate an understanding of procedures for hairstyling as it relates to:
1. Wet Styling
 - a. Types of styles
 - b. Tools and implements
 - c. Procedures
 - d. Product selection
 2. Thermal styling
 - a. Types of styles
 - b. Tools and implements
 - c. Procedures
 - d. Product selection
 3. Natural hairstyling (e.g., braids, locks, etc.)
 4. Safety

- I. Demonstrate an understanding of wigs, hair pieces, and hair enhancements as it relates to:
 - 1. Materials and construction
 - 2. Supplies
 - 3. Sizing
 - 4. Attachment methods
 - 5. Styling
 - 6. Maintenance

- J. Demonstrate an understanding of procedures for chemical services as it relates to:
 - 1. Chemical Texture
 - a. Chemical waving
 - i Application procedures
 - ii Product selection
 - b. Reformation curls
 - i Application procedures
 - ii Product selection
 - c. Chemical relaxing
 - i Application procedures
 - ii Product selection
 - 2. Haircolor and lightening (including facial hair)
 - a. Color theory
 - i Law of color
 - ii Tone
 - iii Level
 - b. Application procedures
 - c. Product selection
 - 3. Safety

3. FACIAL HAIR SERVICES (17%)

- A. Demonstrate an understanding of performing a client consultation as it relates to:
 - 1. Skin analysis
 - 2. Health history
- B. Demonstrate an understanding of procedures for draping for all facial hair services
- C. Demonstrate an understanding of procedures for shaving and facial hair designing as it relates to:
 - 1. Tools and implements
 - 2. Facial shaving
 - a. Preparation
 - b. Positions and strokes
 - 3. Mustaches and beards
 - a. Preparation
 - b. Products
 - 4. Safety

4. SKIN CARE AND FACIAL SERVICES (16%)

- A. Demonstrate an understanding of skin histology as it relates to:
 - 1. Anatomy of the skin
 - a. Layers of the skin
 - b. Nerves of the skin
 - c. Glands of the skin
 - d. Types of skin
 - e. Skin pigmentation
 - f. Aging of the skin
 - 2. Functions of the skin
 - 3. Disorders of the skin

- B. Demonstrate an understanding of performing a client consultation as it relates to:
 - 1. Skin analysis
 - 2. Health history
- C. Demonstrate an understanding of procedures for draping for all skin care and facial services
- D. Demonstrate an understanding of procedures for facials as it relates to:
 - 1. Tools and implements
 - 2. Equipment
 - 3. Products and materials
 - 4. Types of facial massage manipulations
 - 5. Types of facial treatments
 - 6. Electrotherapy and light therapy
 - 7. Safety
- E. Demonstrate knowledge of types of temporary hair removal

BARBER STYLING SAMPLE QUESTIONS

The following sample questions are similar to those on the NIC Barber Styling Theory Examination. Each question is followed by four answer options. Only one option is correct. Correct answers (keys) are listed following the sample questions.

1. Anthrax and tetanus bacilli form which of the following types of spore?
 - a. Mitosis
 - b. Flagella
 - c. Spherical
 - d. Infectious
2. All French style shears
 - a. are cobalt metal.
 - b. have a finger brace.
 - c. are made in France.
 - d. have tight pivots.
3. Prior to a shaving service the headrest must be
 - a. washed and dried.
 - b. disinfected and covered.
 - c. washed and removed.
 - d. sanitized and sterilized.
4. To avoid damage to muscle tissue, the movements of a massage are directed
 - a. away from the origin of the muscle.
 - b. toward the origin of the muscle.
 - c. around the origin of the muscle.
 - d. above the origin of the muscle.
5. Which of the following can permanently relieve split ends?
 - a. Applying oil to the ends
 - b. Using a styling gel on the ends
 - c. Moistening the ends
 - d. Cutting the ends

6. The diameter of a single strand of hair is also called
 - a. growth pattern.
 - b. porosity.
 - c. density.
 - d. texture.

7. What should be performed **FIRST** before applying permanent hair color?
 - a. Strand test
 - b. Patch test
 - c. Curl test
 - d. Texture test

8. Before sodium hydroxide processing, hair should be analyzed to determine its
 - a. acidity.
 - b. alkalinity.
 - c. texture, porosity and elasticity.
 - d. density, color and end bonds.

Answers

- | | | |
|------|------|------|
| 1. c | 4. b | 7. b |
| 2. b | 5. d | 8. c |
| 3. b | 6. d | |

BARBER STYLING REFERENCES

PRIMARY REFERENCES

Milady's Standard Professional Barbering, 5th Ed. 2011

Author: Maura Scali-Sheahan, Ed D

Milady

5 Maxwell Drive

Clifton Park NY 12065-2919

www.milady.cengage.com

NIC Infection Control and Safety Standards

Adopted 1998; Revised October 2002, Revised August 2014

National-Interstate Council of State Boards of Cosmetology

http://nictesting.org/memberinfo/NIC_Health_&_Safety_Standards- Aug_2014.pdf

SUPPORTING REFERENCES

Milady's Standard Professional Barbering, 2006

Author: Maura Scali-Sheahan

Delmar Learning

5 Maxwell Drive

Clifton Park NY 12065-2919

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