



NATIONAL BLOW DRY/STYLING THEORY EXAMINATION

CANDIDATE INFORMATION BULLETIN

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

The National Blow Dry/Styling Theory Examination is the licensure examination for Blow Dry/Styling 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 Blow Dry/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, watches (of any kind), pagers, tablets, computers, projectors, cameras, 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.*

BLOW DRY/STYLING THEORY EXAMINATION CONTENT OUTLINE

The following outlines the scope of content covered by the NIC National Blow Dry/Styling Theory Examination. The percentages represent the percentage of items from each domain. The examination is comprised of 60 items, of which 50 items are weighted and contribute to the candidate's final score.

DOMAIN 1: Scientific Concepts 35 %

A. Infection Control and Safety Practices

- 1 Identify how disease and infection are caused and transmitted
- 2 Recognize purpose and/or effects of infection control principles
 - a Levels of infection control: Sanitation/Cleaning
 - b Levels of infection control: Disinfection
 - c Levels of infection control: Sterilization
 - d Process of infection control: Prevention of cross-contamination
 - e Process of infection control: Differentiate between the purpose of single- and multi-use tools
- 3 Apply blood contact procedures
- 4 Identify requirements of government agencies:
 - a OSHA standards
 - b EPA

B. Human Anatomy and Physiology

- 1 Identify function and structure of the hair and scalp
- 2 Identify signs and symptoms of conditions, disorders, and diseases related to the hair and scalp
- 3 Identify muscles and joints and their functions related to the head and neck
- 4 Identify functions of the nervous and circulatory systems related to the head and neck

DOMAIN 2: Hair Care and Services 65%

A. Client Consultation, Analysis and Documentation for Hair Care Services

- 1 Evaluate condition of client's hair and scalp (i.e., assessment)
- 2 Recognize conditions of the hair and scalp that would prohibit services or products (i.e., contraindications)
- 3 Determine services or products
- 4 Establish/Maintain client records (e.g., service history, client card, medical history)

B. Tools used in Hair Care Services

- 1 Identify function, purpose and infection control procedures of tools used in hair services:
 - a Equipment (e.g., chair, workstation)
 - b Implements (e.g., combs/brushes)
 - c Supplies and materials (e.g., towels, drape, neck strips)
 - d Electrical tools (e.g. irons, blow dryers)
 - e Disinfection procedures for tools
- 2 Recognize safe practices for use of tools (i.e., equipment, implements, supplies, ergonomics)

C. Hair Care

- 1 Apply knowledge of principles and procedures for shampooing and conditioning
- 2 Apply knowledge of principles and procedures for scalp treatments and scalp massage
- 3 Apply knowledge of draping (e.g. shampoo)

D. Hair Design

- 1 Apply knowledge of principles, procedures and safety of hair styling:
 - a Wet styling
 - b Thermal styling
- 2 Apply knowledge of principles, procedures and safety of hair enhancements (i.e., clip ins, wiglets, and hair pieces)
- 3 Apply principles of balance and design (e.g. facial shape, physical structure)

BLOW DRY/STYLING SAMPLE QUESTIONS

The following sample questions are similar to those on the NIC Blow Dry/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. What is the term for the scientific study of the skin?
 - a. Myology
 - b. Angiology
 - c. Physiology
 - d. Dermatology

2. A product containing antiseptic reaches what level of decontamination?
 - a. Disinfection
 - b. Sterilization
 - c. Ionization
 - d. Sanitation

3. Which of the following is also referred to as the basal layer?
 - a. Stratum granulosum
 - b. Stratum lucidum
 - c. Stratum germinativum
 - d. Stratum corneum

4. During the anagen phase of hair growth, the hair is
 - a. beginning to destroy itself.
 - b. actively growing.
 - c. shedding.
 - d. disconnecting from the papilla.

5. A new client schedules a series of chemical exfoliation treatments. When should the consultation form be reviewed and signed?
 - a. Monthly
 - b. Annually
 - c. At the first treatment
 - d. At each treatment

6. Dilated capillaries that can be seen beneath the surface of the skin are known as
 - a. seborrhea.
 - b. keratoma.
 - c. telangectasia.
 - d. dehydrated.

7. Melanocytes that are more active will produce
 - a. lighter skin.
 - b. darker skin.
 - c. sebaceous skin.
 - d. dry skin.

8. In addition to softening sebum, another function of a facial steamer is to
- oxygenate the skin.
 - moisturize the skin.
 - decrease circulation.
 - detoxify the skin.

Answers

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