

GIARRANO-JUNIOR COSMETOLOGY- OFF-SITE LEARNING PACKET DAY 1

DIRECTIONS:

1. IF YOUR PACKET BEGINS WITH A SUMMARY AND REVIEW PLEASE READ THOSE PAGES FIRST
2. COMPLETE THE WORK SHEETS AND VOCABULARY WHERE IF INCLUDED. YOU MAY GOOGLE AND REFERENCE THE MILADY WEB SITE FOR VOCABULARY WORDS. NOT ALL ASSIGNMENTS CONTAIN VOCABULARY, OR WORK SHEETS. THEY MAY BE SLIGHTLY DIFFERENT.
3. COMPLETE THE PRACTICE TESTS TO THE BEST OF YOUR ABILITY.
4. YOU MAY USE YOUR MILADY OR COURSEMATE ONLINE PROGRAM TO ASSIST YOU IN ANY WAY.
5. PLEASE PUT YOUR NAME ON EVERY PAGE YOU HAVE COMPLETED.

Name: _____

ID: A

- _____ 14. Hair is composed of protein that grows from cells originating within the:
- a. hair bulb
 - b. hair follicle
 - c. dermal papilla
 - d. medulla layer
- _____ 15. The hair shaft that emerges from the scalp is a nonliving fiber composed of:
- a. keratinized acids
 - b. hydrogen bonds
 - c. melanin protein
 - d. keratinized protein
- _____ 16. The units of structure that build protein and are linked end-to-end like a string of pearls are:
- a. oxygenated cells
 - b. primary acids
 - c. amino acids
 - d. lymph glands
- _____ 17. Chemical bonds that hold together amino acid molecules are:
- a. primary bonds
 - b. keratinized bonds
 - c. peptide bonds
 - d. composed bonds
- _____ 18. When peptide bonds hold together very long chains of amino acids, it is called a:
- a. primary chain
 - b. polymer chain
 - c. keratin chain
 - d. polypeptide chain
- _____ 19. The three different types of cross-links that form bonds between the polypeptide chains in the cortex are:
- a. oxygen, hydrogen, and salt bonds
 - b. hydrogen, ionic, and carbon bonds
 - c. ionic, helix, and covalent bonds
 - d. hydrogen, salt, and disulfide bonds
- _____ 20. The five major elements found in skin, hair, and nails are often referred to as the:
- a. COHNS elements
 - b. COABS elements
 - c. AMINO elements
 - d. ACID elements
- _____ 21. A temporary side bond between adjacent polypeptide chains that is broken by changes in pH is a:
- a. hydrogen bond
 - b. carbon bond
 - c. salt bond
 - d. sulfur bond
- _____ 22. Permanent waving and hair relaxers change the shape of hair by chemically altering the hair's:
- a. hydrogen bonds
 - b. ionic bonds
 - c. disulfide bonds
 - d. amino acids
- _____ 23. Hydroxide chemical relaxers break disulfide bonds and convert them to:
- a. lanthionine bonds
 - b. sulfur bonds
 - c. carbon bonds
 - d. hydrogen bonds
- _____ 24. All natural hair color is the result of pigment located in the cortex called:
- a. melanin
 - b. tissue
 - c. sebum
 - d. proteins
- _____ 25. The melanin that provides brown or black color to hair is:
- a. ionic
 - b. eumelanin
 - c. pheomelanin
 - d. telogen
- _____ 26. The term that is used to describe the shape of the hair strand is the:
- a. growth pattern
 - b. curling pattern
 - c. degree pattern
 - d. wave pattern
- _____ 27. Hair that has the largest diameter and usually requires more processing time is:
- a. fine hair texture
 - b. coarse hair texture
 - c. medium hair texture
 - d. gray hair

Name: _____

ID: A

- ___ 28. The measurement that describes the number of individual hair strands on one square inch of the scalp is:
 a. porosity
 b. diameter
 c. elasticity
 d. density
- ___ 29. The ability of the hair to absorb water or oil is:
 a. porosity
 b. elasticity
 c. density
 d. saturation
- ___ 30. Chemical services performed on hair with low porosity require a solution that is:
 a. less alkaline
 b. absorbent
 c. gentle
 d. more alkaline
- ___ 31. The ability of hair to stretch and return to its original length without breaking is referred to as hair:
 a. density
 b. elasticity
 c. porosity
 d. resistance
- ___ 32. Hair flowing in the same direction, the result of follicles sloping in the same direction form a:
 a. section
 b. hair stream
 c. hair whorl
 d. cowlick
- ___ 33. Dry hair and scalp should be treated with products that contain moisturizers and:
 a. sulfur
 b. chemicals
 c. alcohol
 d. emollients
- ___ 34. Oily hair and scalp are caused by improper washing or overactive:
 a. sudoriferous glands
 b. monilethrix
 c. sebaceous glands
 d. arrector glands
- ___ 35. The short, fine, and downy hair that helps in the efficient evaporation of perspiration is:
 a. medulla hair
 b. terminal hair
 c. pheomelanin
 d. vellus hair
- ___ 36. The three growth cycles of human hair are:
 a. anagen, endocentric, and telogen
 b. catagen, return, and transition
 c. anagen, catagen, and telogen
 d. anagen, transition, and mature
- ___ 37. The average growth of healthy scalp hair is about:
 a. 1/8 inch per month
 b. 1 inch per month
 c. 1/4 inch per month
 d. 2 inches per year
- ___ 38. The resting phase or final phase of the hair cycle that lasts until the fully grown hair is shed is the:
 a. telogen phase
 b. anagen phase
 c. catagen phase
 d. transition phase
- ___ 39. The sudden falling out of hair in round patches or baldness in spots is:
 a. postpartum alopecia
 b. alopecia androgenetica
 c. alopecia totalis
 d. alopecia areata
- ___ 40. The technical term for gray hair is:
 a. acquired
 b. canities
 c. albino
 d. ringed
- ___ 41. A condition that is characterized by brittleness and the formation of nodular swellings along the hair shaft is:
 a. fragilitas crinium
 b. trichorrhexis nodosa
 c. alopecia areata
 d. hypertrichosis
- ___ 42. The medial term that is used to describe dandruff is:
 a. alopecia
 b. selenium
 c. pityriasis
 d. pyrithione

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ESSENTIAL EXPERIENCE

Hair Follicle Structure

Using the following key, please label the cross-section of the hair.

arrector pili
bulb
dermal papilla

epidermis
hair follicle
hair root

sebaceous or oil glands



