

GIARRANO-JUNIOR COSMETOLOGY- OFF-SITE LEARNING PACKET DAY 3

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 VOCABLARY, 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: _____ Class: _____ Date: _____

ID: A

Jr Blizzard Bag / Skin and Nail Structure and Growth**Multiple Choice***Identify the choice that best completes the statement or answers the question.*

- _____ 1. The medical branch of science that deals with the study of the skin, its functions, and diseases is:
- | | |
|----------------|---------------|
| a. anatomy | c. histology |
| b. dermatology | d. physiology |
- _____ 2. The largest organ of the human body is the:
- | | |
|----------|-----------|
| a. liver | c. skin |
| b. lungs | d. glands |
- _____ 3. Continued pressure on any part of the skin causes it to thicken and develop into a(n):
- | | |
|--------------|-----------|
| a. lesion | c. scar |
| b. appendage | d. callus |
- _____ 4. The thinnest skin can be found on the:
- | | |
|---------------|---------|
| a. eyelids | c. lips |
| b. fingertips | d. nose |
- _____ 5. The outermost layer of skin that forms the protective covering of the body is the:
- | | |
|-----------------|--------------|
| a. subcutaneous | c. epidermis |
| b. surface | d. dermis |
- _____ 6. The epidermis layer of the skin is also known as the:
- | | |
|--------------------|-----------------------|
| a. papillary layer | c. subcutaneous layer |
| b. cuticle layer | d. dermis layer |
- _____ 7. The deepest layer of the epidermis, the basal cell layer, is also known as the:
- | | |
|-------------------------|--------------------|
| a. stratum spinosum | c. stratum corneum |
| b. stratum germinativum | d. keratin dermis |
- _____ 8. The layer of skin that is composed of several layers of different-shaped cells and is responsible for the growth of the epidermis is the:
- | | |
|-------------------------|--------------------|
| a. stratum germinativum | c. papillary layer |
| b. stratum granulosum | d. stratum lucidum |
- _____ 9. The clear, transparent layer just under the skin surface that consists of small cells through which light can pass is the:
- | | |
|--------------------|-----------------------|
| a. stratum lucidum | c. stratum spinosum |
| b. stratum corneum | d. stratum granulosum |
- _____ 10. The layer that consists of cells that look like distinct granules and are pushed to the surface to replace cells that shed is the:
- | | |
|-------------------------|-----------------------|
| a. basal cell layer | c. stratum granulosum |
| b. stratum germinativum | d. stratum lucidum |
- _____ 11. The stratum germinativum is composed of several layers with special cells that produce a dark skin pigment called:
- | | |
|--------------|-------------|
| a. spiny | c. melanin |
| b. elongated | d. granules |
- _____ 12. The layer of skin that we see and is treated by the practitioner is the:
- | | |
|------------|-------------|
| a. corneum | c. melanin |
| b. keratin | d. spinosum |

Name: _____

- _____ 27. When sebum hardens and the sebaceous duct becomes clogged, the pore impaction that is formed is a:
 a. coil c. scar
 b. lubricant d. comedone
- _____ 28. Retinoic acid, or Retin-A, is a prescription cream used to treat:
 a. depression c. elastin
 b. acne d. sunburns
- _____ 29. Water is the number one nutrient of the body and composes what percentage of the body's weight?
 a. 20 to 30 percent c. 50 to 70 percent
 b. 35 to 45 percent d. 40 to 45 percent
- _____ 30. The principal functions of the skin are protection, sensation, heat regulation, excretion, and:
 a. absorption and cooling c. perspiration and absorption
 b. presentation and regulation d. secretion and absorption
- _____ 31. The nail is an appendage of the skin and is part of what system?
 a. muscular c. skeletal
 b. integumentary d. protective
- _____ 32. The water content of the natural nail directly affects the nail's:
 a. length c. flexibility
 b. grooves d. color
- _____ 33. The portion of living skin on which the nail plate sits is the:
 a. nail root c. nail groove
 b. nail bed d. nail matrix
- _____ 34. The nail bed is supplied with many nerves and is attached to the nail plate with a thin layer of tissue called the:
 a. bed eponychium c. nail mantle
 b. bed lunula d. bed epithelium
- _____ 35. The part of the nail where the natural nail is formed is the:
 a. extension c. lunula
 b. matrix d. free edge
- _____ 36. The visible part of the matrix that extends underneath the living skin is called the:
 a. cuticle c. lunula
 b. nail walls d. mantle
- _____ 37. The most visible and functional part of the nail module is the:
 a. nail bed c. nail grooves
 b. nail plate d. nail mantle
- _____ 38. The nail plate is constructed of how many layers of nail cells?
 a. 50 c. 80
 b. 75 d. 100
- _____ 39. The dead, colorless tissue attached to the nail plate that is responsible for preventing entry of foreign material and microorganisms is the:
 a. ligament c. cuticle
 b. eponychium d. lunula
- _____ 40. The living skin at the base of the nail plate covering the matrix area is the:
 a. eponychium c. free edge
 b. hyponychium d. bed epithelium

Name: _____

- _____ 41. The slightly thickened layer of skin that lies underneath the free edge of the nail plate is the:
- a. eponychium
 - b. mantle
 - c. hyponychium
 - d. matrix
- _____ 42. The fibrous tissues that connect the nail bed and matrix to the underlying bone are:
- a. bed epitheliums
 - b. specialized ligaments
 - c. open muscles
 - d. nail tendons
- _____ 43. The portion of the natural nail plate that extends over the fingertip or toes is called the:
- a. cuticle area
 - b. nail body
 - c. free edge
 - d. extension
- _____ 44. Natural nails will continue to grow provided what part of the nail is healthy and undamaged?
- a. hyponychium
 - b. matrix
 - c. lunula
 - d. grooves
- _____ 45. The nail that grows the fastest is on the:
- a. index finger
 - b. ring finger
 - c. middle finger
 - d. thumb
- _____ 46. The average rate of nail growth in the normal adult is about:
- a. 1/10 inch per month
 - b. 1/4 inch per month
 - c. 1/8 inch per month
 - d. 1/2 inch per month
- _____ 47. Ordinarily, replacement of the natural nail takes about:
- a. 1 to 2 months
 - b. 2 to 3 months
 - c. 4 to 6 months
 - d. 7 to 8 months
- _____ 48. The nail that grows the slowest is on the:
- a. index finger
 - b. thumb
 - c. middle finger
 - d. little finger
- _____ 49. Normal, healthy nails grow in a variety of shapes, depending upon the shape of the:
- a. fingers
 - b. eponychium
 - c. matrix
 - d. free edge

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ESSENTIAL EXPERIENCE

Matching Exercise—Structures Surrounding the Nail

Match the following essential terms with their identifying phrases or definition.

- | | |
|--------------------|---|
| _____ Cuticle | 1. Slits or furrows at either side of the nail, upon which the nail moves as it grows. |
| _____ Eponychium | 2. The dead colorless tissue attached to the nail plate. |
| _____ Hyponychium | 3. The slightly thickened layer of skin that lies underneath the free edge of the nail plate. |
| _____ Matrix | 4. Normal skin that surrounds the nail plate. |
| _____ Nail grooves | 5. The portion of the living skin on which the nail plate sits. |
| _____ Nail bed | 6. The living skin at the base of the nail plate covering the matrix area. |
| _____ Nail folds | 7. Where the natural nail is formed. |
| _____ Lunula | 8. The most visible and functional part of the nail. |
| _____ Ligament | 9. The part of the nail plate that extends over the tip of the finger. |
| _____ Free edge | 10. A tough band of fibrous tissue that connects bones or holds an organ in place. |
| _____ Nail plate | 11. The lighter color shows the true color of the matrix. |