

## REEDY-JUNIOR COSMETOLOGY- OFF-SITE LEARNING PACKET DAY 2

1. PLEASE READ THE SUMMARY AND QUESTIONS PAGE FIRST
2. COMPLETE THE WORK SHEETS AND VOCABULARY WHERE IT PERTAINS.  
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.

## SUMMARY AND REVIEW

- The skin:
  - is the largest organ of the body, and it protects us from the environment.
  - regulates body temperature.
  - provides sensation.
- The skin can be affected quite easily by most salon services. Therefore, it is important that you know what products can penetrate the skin and what effects they will have on your clients.

## ✓ CHAPTER REVIEW QUESTIONS AND ANSWERS

1. Define *dermatology*.

**Answer:** Dermatology is the study of the skin—its nature, structure, functions, diseases, and treatment.  
*Note: The answer to this question can be found on page 154 of Milady Standard Cosmetology.*

2. Briefly describe healthy skin.

**Answer:** Healthy skin should be slightly moist, soft, and flexible, with a texture (feel and appearance) that ideally is smooth and fine-grained. It is slightly acidic with good immunity responses to organisms that touch or try to enter it.  
*Note: The answer to this question can be found on page 155 of Milady Standard Cosmetology.*

3. Name the main divisions of the skin and the layers within each division.

**Answer:** The main divisions of the skin and the layers within each division are:

- Epidermis: stratum corneum (horny layer), stratum lucidum, stratum granulosum (granular layer), stratum spinosum, and stratum germinativum (basal cell layer).
- Dermis (also known as the derma, corium, cutis, or true skin): papillary layer and reticular layer.

*Note: The answer to this question can be found on pages 156–157 of Milady Standard Cosmetology.*

4. List the three types of nerve fibers found in the skin.

**Answer:** The three types of nerve fibers found in the skin are motor, sensory, and secretory.  
*Note: The answer to this question can be found on page 158 of Milady Standard Cosmetology.*

5. Name the two types of glands contained within the skin and describe their functions.

**Answer:** The two types of glands in the skin and their functions are:

- Sudoriferous glands, or sweat glands, which excrete sweat from the skin, regulate body temperature, and help eliminate waste products from the body.
- Sebaceous glands, or oil glands, which secrete sebum, a fatty or oily secretion that lubricates the skin and preserves the softness of the hair.

*Note: The answer to this question can be found on pages 160–161 of Milady Standard Cosmetology.*

6. What are collagen and elastin?

**Answer:** Collagen is a fibrous protein that gives the skin form and strength. Elastin is a protein base similar to collagen that forms elastic tissue and is interwoven with the collagen fibers.  
*Note: The answer to this question can be found on page 160 of Milady Standard Cosmetology.*

7. Explain how collagen and elastin can be weakened.

**Answer:** Collagen and elastin can be weakened due to age, a lack of moisture, environmental damage such as sun tanning or routine unprotected exposure to ultraviolet (UV) rays, or frequent changes in weight.

*Note: The answer to this question can be found on page 160 of Milady Standard Cosmetology.*

8. What are the six important functions of the skin?

**Answer:** The six important functions of the skin are:

- Protection
- Sensation
- Heat regulation
- Excretion
- Secretion
- Absorption

*Note: The answer to this question can be found on page 162 of Milady Standard Cosmetology.*

9. What are the six classes of nutrients that the body needs and how are they obtained?

**Answer:** The six classes of nutrients that the body needs are:

- Carbohydrates
- Fats
- Proteins
- Vitamins
- Minerals
- Water

They are obtained through eating and drinking.

*Note: The answer to this question can be found on page 163 of Milady Standard Cosmetology.*

10. What are the five basic food groups?

**Answer:** The five basic food groups are:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein foods (examples: meat, poultry, seafood, beans, and eggs)

*Note: The answer to this question can be found on page 163 of Milady Standard Cosmetology.*

11. Can the skin be nourished with cosmetic products?

**Answer:** The skin cannot be nourished with cosmetic products. Nourishment comes from the foods we eat. Cosmetics cannot legally claim to be nourishing, since their function is to soften, moisturize, and beautify skin.

*Note: The answer to this question can be found on page 165 of Milady Standard Cosmetology.*

12. Name four vitamins that can help the skin and describe how they help.

**Answer:** Four vitamins that can help the skin are:

- Vitamin A: supports the overall health of the skin.
- Vitamin C: repairs the skin and various tissues.
- Vitamin D: enables the body to properly absorb and use calcium, the element needed for proper bone development and maintenance.
- Vitamin E: helps fight against and protect skin from the harmful effects of the sun's UV rays.

*Note: The answer to this question can be found on page 165 of Milady Standard Cosmetology.*

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**Jr. Blizzard Bag/ Skin Structure and Growth # 2****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 \_\_\_\_\_.
- anatomy
  - dermatology
  - histology
  - physiology
- \_\_\_\_\_ 2. About how many years of post-high school education and training are required to become a dermatologist?
- Two
  - Four
  - Eight
  - Twelve
- \_\_\_\_\_ 3. The largest organ of the human body is the \_\_\_\_\_.
- liver
  - lungs
  - skin
  - heart
- \_\_\_\_\_ 4. The average adult skin weighs \_\_\_\_\_ pounds.
- 3 to 6
  - 6 to 9
  - 9 to 12
  - 12 to 15
- \_\_\_\_\_ 5. The surface of healthy skin is slightly \_\_\_\_\_.
- yellow
  - alkaline
  - rough
  - acidic
- \_\_\_\_\_ 6. Continued pressure on any part of the skin causes it to thicken and develop into a(n) \_\_\_\_\_.
- lesion
  - appendage
  - scar
  - callus
- \_\_\_\_\_ 7. How does the skin of the scalp differ from other skin?
- The scalp has larger and deeper hair follicles.
  - The scalp has no epidermis.
  - The scalp lacks sebaceous glands.
  - The dermis and the epidermis are reversed in the scalp.

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- \_\_\_\_\_ 8. The outermost and thinnest layer of the skin is the \_\_\_\_\_.  
a. subcutaneous  
b. surface  
c. epidermis  
d. dermis
- \_\_\_\_\_ 9. The epidermis has \_\_\_\_\_ layers.  
a. three  
b. five  
c. seven  
d. nine
- \_\_\_\_\_ 10. The layer of skin that is seen and treated by the cosmetologist is the \_\_\_\_\_.  
a. Stratum corneum  
b. keratin  
c. melanin  
d. Stratum spinosum
- \_\_\_\_\_ 11. What is a fibrous protein that is the principal component of hair and nails?  
a. Keratin  
b. Elastin  
c. Dermal papillae  
d. Collagen
- \_\_\_\_\_ 12. The skin layer in which the shedding of skin cells first begins is the stratum \_\_\_\_\_.  
a. lucidum  
b. corneum  
c. spinosum  
d. granulosum
- \_\_\_\_\_ 13. The deepest layer of the epidermis, the basal cell layer, is also known as the \_\_\_\_\_.  
a. stratum spinosum  
b. stratum germinativum  
c. stratum corneum  
d. keratin dermis
- \_\_\_\_\_ 14. The stratum germinativum is composed of several layers with special cells that produce a dark skin pigment called \_\_\_\_\_.  
a. keratin  
b. elastin  
c. melanin  
d. granules
- \_\_\_\_\_ 15. What is the name of the special cell in the stratum germinativum, responsible for producing dark skin pigment?  
a. Papules  
b. Melanocytes  
c. Sensory nerve fibers  
d. Dermal papillae

Name: \_\_\_\_\_

- \_\_\_\_\_ 16. The underlying or inner layer of the skin, which is also called the derma corium, cutis, or true skin, is the \_\_\_\_\_.
- papillary
  - dermal
  - dermis
  - epidermis
- \_\_\_\_\_ 17. The highly sensitive dermis layer is about \_\_\_\_\_ times thicker than the epidermis.
- 10
  - 15
  - 20
  - 25
- \_\_\_\_\_ 18. The muscle that causes goose bumps when a person is frightened or cold is the \_\_\_\_\_.
- angled muscle
  - secretory muscle
  - absorption muscle
  - arrector pili muscle
- \_\_\_\_\_ 19. The outermost layer of the dermis is the \_\_\_\_\_ layer.
- papillary
  - dermal
  - tactile
  - reticular
- \_\_\_\_\_ 20. Small, cone-shaped elevations at the bottom of hair follicles are known as \_\_\_\_\_.
- papules
  - melanocytes
  - sensory nerve fibers
  - dermal papillae
- \_\_\_\_\_ 21. The top of the papillary layer where it joins the epidermis is the \_\_\_\_\_.
- dermis corpuscles
  - epidermal-dermal junction
  - epidermal-dermal connection
  - epidermis junction
- \_\_\_\_\_ 22. The deeper layer of the dermis that supplies the skin with oxygen and nutrients is the \_\_\_\_\_.
- papillary layer
  - subcutaneous layer
  - reticular layer
  - basal layer
- \_\_\_\_\_ 23. Fatty tissue found below the dermis is called \_\_\_\_\_.
- tactile
  - papillae
  - subcutaneous tissue
  - papillary layer

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- \_\_\_\_\_ 24. Which type of nerve fibers carry impulses from the brain to the muscles?
- Sensory
  - Motor
  - Secretory
  - Central
- \_\_\_\_\_ 25. Which body part sends messages to the brain?
- Papules
  - Melanocytes
  - Sensory nerve fibers
  - Dermal papillae
- \_\_\_\_\_ 26. What layer of the dermis houses the nerve endings that provide the body with the sense of touch?
- Secretory layer
  - Papillary layer
  - Dermal layer
  - Reticular layer
- \_\_\_\_\_ 27. The tiny grains of pigment deposited in cells that provide skin with its color are \_\_\_\_\_.
- protein
  - keratin
  - melanin
  - collagen
- \_\_\_\_\_ 28. The melanin produced by the body that is red to yellow in color is \_\_\_\_\_.
- granular melanin
  - pheomelanin
  - eumelanin
  - photovoltaic
- \_\_\_\_\_ 29. \_\_\_\_\_ helps protect sensitive cells from UV rays.
- Melanin
  - Sebum
  - Keratin
  - Elastin
- \_\_\_\_\_ 30. What is a fibrous protein that gives skin form and strength?
- Keratin
  - Papule
  - Dermal papillae
  - Collagen
- \_\_\_\_\_ 31. The fibrous protein that gives skin its flexibility and helps skin regain its shape after being expanded is \_\_\_\_\_.
- protein
  - collagen
  - elastin
  - keratin

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- \_\_\_\_\_ 32. Oil glands that are connected to hair follicles are also called \_\_\_\_\_.  
a. sudoriferous glands  
b. sebaceous glands  
c. arrector glands  
d. substance glands
- \_\_\_\_\_ 33. When sebum hardens and the sebaceous duct becomes clogged, the pore impaction that is formed is a \_\_\_\_\_.  
a. secretory coil  
b. lubricant  
c. scar  
d. comedo
- \_\_\_\_\_ 34. What is a small, round elevation on the skin that contains no fluid but may develop pus?  
a. Keratin  
b. Papule  
c. Dermal papillae  
d. Collagen
- \_\_\_\_\_ 35. Water is the number one nutrient of the body and composes what percentage of the body's weight?  
a. 10 to 30 percent  
b. 30 to 50 percent  
c. 50 to 70 percent  
d. 70 to 90 percent
- \_\_\_\_\_ 36. Vitamin \_\_\_\_\_ may help improve the skin's elasticity and thickness.  
a. C  
b. B  
c. A  
d. D
- \_\_\_\_\_ 37. Vitamin \_\_\_\_\_ promotes the production of collagen.  
a. A  
b. C  
c. B  
d. D
- \_\_\_\_\_ 38. Which vitamin enables the body to properly absorb and use calcium?  
a. A  
b. C  
c. D  
d. E