



NATIONAL NATURAL HAIR STYLING  
WRITTEN EXAMINATION

CANDIDATE INFORMATION BULLETIN

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The National Natural Hair Styling examination is the national licensure examination for Natural Hair Styling, which is developed and administered by the National-Interstate Council of State Boards of Cosmetology (NIC). This Candidate Information Bulletin includes the content outline covered by the NIC National Natural Hair Styling examination, sample questions and answers. The time allowed for the Natural Hair Styling written examination is 90 minutes.

**SCIENTIFIC  
CONCEPTS  
30%**

**Infection Control**

- ◇ Contamination and decontamination of supplies and instruments
  - Wet sanitizers
  - Dry sanitizers
  - Electronic sanitizers
- ◇ Proper disposal of waste materials
  - Previously used hair
  - Equipment & implements
- ◇ Methods of infection control
  - Antimicrobial soap
  - Antiseptics
  - Disinfectants
- ◇ OSHA and EPA standards
- ◇ Material Safety Data Sheets
- ◇ Bacteriology
  - Pathogenic bacteria
  - Non-pathogenic bacteria

**Diseases**

- ◇ Communicable diseases
- ◇ Viruses

**Human Physiology**

- ◇ Basic anatomy of the head and neck
  - Skin
  - Muscles
  - Skeletal
- ◇ Disorders of the hair and scalp
- ◇ Structure of the hair
  - Follicle
  - Bulb
  - Papilla
  - Hair root
  - Hair shaft
  - Chemical composition

- ◇ Growth cycle of the hair
  - Anagen
  - Catagen
  - Telogen
  - Normal amount of shedding
- ◇ Condition of the hair
  - Texture
  - Porosity
  - Elasticity
  - Density
  - Color
  - pH

**PHYSICAL  
CONCEPTS  
30%**

**Types of Hair Related to Natural Hair Styling**

- ◇ Natural/Virgin hair
- ◇ Commercial hair
  - Synthetic hair
  - Animal hair
  - Human hair

**Physical Movement**

- ◇ Ergonomics
- ◇ Proper finger and hand control

**Proper Care for Locks**

**Proper Care for Braids and Extensions**

- ◇ Cleansing procedures
- ◇ Conditioning procedures
- ◇ Use of implements for finishing procedures

**Natural Hair Styling Supplies**

**PHYSICAL  
SERVICES  
40%**

**Professional Consultation**

- ◇ Types of facial structures
- ◇ Client profile cards
- ◇ Selecting materials
- ◇ Hair and scalp analysis
- ◇ Identifying previously chemically treated hair
- ◇ Planning and placement of patterns

**Definition of Services**

- ◇ Shampooing
- ◇ Arranging/Styling
- ◇ Twisting
- ◇ Wrapping
- ◇ Weaving
- ◇ Extending
- ◇ Locking
- ◇ Braiding
- ◇ Finishing

**Draping**

- ◇ Capes
- ◇ Neck strips and towels

**Techniques**

- ◇ Basic twist
- ◇ Basic wrap
- ◇ Locks
  - Stages of lock development
  - Lock repair & tightening
- ◇ Single braids
- ◇ Single plaits
- ◇ Cornrows
- ◇ Knots
- ◇ Wiggery
- ◇ Techniques resulting in tension on hair roots
- ◇ Weaving tracks or wefts of hair
- ◇ Bonding tracks or wefts of hair
  - Proper application of adhesives

- Proper removal of adhesives
- ◇ Extensions
- ◇ Application of heat
- ◇ Braid and weave removal

**Preparation of the Salon Environment**

- ◇ Supply setup
- ◇ Preparation of hair

**SAMPLE QUESTIONS**

The following sample questions are similar to those on the NIC Natural Hair Styling Written Examination. Each question is followed by four answer choices. Only one choice is correct. Correct answers are listed following the sample questions.

1. Which term describes a chemical that destroys bacteria?
  - a. Vapor
  - b. Fumigant
  - c. Antiseptic
  - d. Disinfectant
2. Combs and brushes are **BEST** sanitized by being immersed in
  - a. glycerin.
  - b. a disinfectant.
  - c. a deodorant solution.
  - d. a boric acid solution.
3. Naturally coiled hair is characterized by
  - a. very tight curls.
  - b. loose curls.
  - c. pin curls.
  - d. barrel curls.
4. Which of the following is **NOT** contagious?
  - a. Tinea capitis
  - b. Favus
  - c. Scabies
  - d. Canities

5. A hair extension is attached to a cornrow by
  - a. knotting.
  - b. sewing.
  - c. bonding glue.
  - d. fusion.
  
6. Hair that has NOT been altered by chemical or thermal services is considered
  - a. over processed.
  - b. colored.
  - c. natural.
  - d. pressed.
  
7. Hepatitis is a disease that is characterized by inflammation of the
  - a. heart.
  - b. liver.
  - c. stomach.
  - d. adrenal gland.
  
8. Stimulation of muscular tissue on the scalp can be achieved by using
  - a. immersion.
  - b. cold water.
  - c. massage.
  - d. paraffin.
  
9. Which one of the following is the term for the amount of hair per square inch on the scalp?
  - a. Density
  - b. Texture
  - c. Elasticity
  - d. Resilience
  
10. Applying the proper amount of tension while braiding will help to prevent which of the following?
  - a. Hair loss
  - b. Dandruff
  - c. Itchy scalp
  - d. Split ends

**NATURAL HAIR STYLING  
REFERENCES**

*Milady's Standard Textbook of Cosmetology, 2008*

Milady  
5 Maxwell Drive  
Clifton Park, NY 12065

(800) 347-7707  
[www.Milady.com](http://www.Milady.com)

*Natural Hair Care and Braiding, 1998*

Baily, Diane Carol

Milady  
5 Maxwell Drive  
Clifton Park, NY 12065

(800) 347-7707  
[www.Milady.com](http://www.Milady.com)

*Salon Fundamentals, 2007*

Pivot Point International, Inc.  
Evanston, IL 60201

(800) 886-4247  
[www.pivot-point.com](http://www.pivot-point.com)

*NIC Health and Safety Standards*

NIC, Inc., October 2002

[www.nictesting.org](http://www.nictesting.org)

<b>Answers</b>	
1. d	6. c
2. b	7. b
3. a	8. c
4. d	9. a
5. b	10. a