National Natural Hair Styling Theory Examination CIB

National-Interstate Council of State Boards of Cosmetology (NIC)

Effective Date: January 01, 2016 Revision Date: March 01, 2024

Contents

CANDIDATE INFORMATION BULLETIN (CIB) 3
IMPORTANT INSTRUCTIONS 4
General 4
Standardized Administration 4
Prohibited Items 4
NATURAL HAIR STYLING THEORY EXAMINATION CONTENT OUTLINE 6
Domain Details 6
NATIONAL NATURAL HAIR STYLING THEORY EXAMINATION SAMPLE QUESTIONS 10
NATIONAL-INTERSTATE COUNCIL OF STATE BOARDS OF COSMETOLOGY (NIC) REFERENCES 12
Standard 12
Supplemental 12

CANDIDATE INFORMATION BULLETIN (CIB)

EXAMINATION CONTENT AND IMPORTANT INSTRUCTIONS

Please visit your official examination provider website OR www.nictesting.org for the most current bulletin prior to testing.

The National Natural Hair Styling Theory Examination is a licensure examination for Natural Hair Styling, developed by the National-Interstate Council of State Boards of Cosmetology (NIC).

This bulletin contains IMPORTANT INFORMATION regarding National Natural Hair Styling Theory Examination content and references.

The time allowed for this examination is 90 minutes.

PLEASE REVIEW ALL INFORMATION CAREFULLY.

For each NIC National Theory Examination, there are multiple parts to every Candidate Information Bulletin (CIB):

- **Important Instructions and Examination Content Domain Sections** – This provides information and guidelines related to administration of the Theory examination and information about the scope of content covered in the examination.
- **References** – This provides a list of references used to develop and support the content covered in NIC examinations. References will be the same for Theory, Practical, Written Practical, and Additional Sections for each exam.

BE CERTAIN TO REVIEW ALL PARTS OF THIS NIC EXAMINATION CIB CAREFULLY!

IMPORTANT INSTRUCTIONS

General

- 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 the examination.*
- All examinations are administered in a testing environment.

Standardized Administration

Due to standardization of the NIC National Examinations, proctors and examiners are required to adhere to the following standards:

- With the exception of verbal instructions, proctors and examination administration personnel are NOT allowed to speak with candidates.
- If a candidate experiences an emergency situation, they may notify the proctor by raising their hand.

Prohibited Items

- The following provides examples of materials and actions that are prohibited in the examination room during the examination administration:
  - Possession of cellular phones, watches (of any kind), pagers, tablets, computers, projectors, cameras, or any other electronic or recording devices, printed materials, or handwritten notes.

  - Purses, bags, coats, hats, and any other personal items not directly needed to complete the examination, are not allowed.

- Communicating to other candidates or any examiner.
- 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 immediate dismissal from the examination and the candidates' actions reported to the proper authorities.

NATURAL HAIR STYLING THEORY EXAMINATION CONTENT OUTLINE

Domain Details

The following outlines the scope of content covered by the NIC National Natural Hair Styling Theory Examination. The percentages represent the percentage of items from each domain. The examination contains 85 items, of which 75 items are weighted and contribute to the candidate's final score.

I. Scientific Concepts (45%)
   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: Cross-contamination (e.g., recognition, prevention)
         e. Process of infection control: Differentiate between the purpose of single- and multi-use tools
      3. Apply blood contact and exposure procedures
      4. Identify requirements of government agencies:
         a. OSHA standards
         b. EPA
         c. FDA
   B. Human Anatomy and Physiology
      1. Identify function, structure, and composition of the hair and scalp

2. Identify growth cycle of hair

3. Identify signs and symptoms of conditions, disorders, and diseases of the hair and scalp

4. Identify muscles and joints and their functions of head and face

5. Identify functions of body systems as related to head, hair, and scalp:
   a. Nervous system

   b. Circulatory system

6. Recognize effects of nutrition on hair and scalp

C. Basic Chemistry of Products Used in Natural Hair Styling
   1. Recognize purpose and effects of products and ingredients (e.g., shampoos, conditioners, rinses, etc.)

   2. Recognize effect of chemical processing on natural hair

   3. Recognize physical interactions with chemicals

   4. Recognize chemical reactions (e.g., overexposure, chemical burn)

   5. Interpret the chemical pH scale

II. Natural Hair Care and Services (55%)

A. Client Consultation, Analysis and Documentation for Natural Hair Care Services
   1. Evaluate condition of client's hair and scalp (i.e., assessment)

   2. Analysis of hair material

   3. Determine client's history of hair care (e.g., past use of chemicals, extreme heat)

   4. Recognize conditions that would prohibit service (i.e., contraindications)

   5. Determine services or products

   6. Recommend time frame and maintenance for style

7. Recognize purpose and interpret results of strand test

8. Establish/Maintain client records (e.g., service history, client card, medical history) B. Materials and Tools used in Natural Hair Care Services

B. Materials and Tools used in Natural Hair Care Services
   1. Identify function and purpose of tools used in hair services:
      a. Equipment (e.g., chair, workstation) and tools (e.g., irons (conventional or marcel), blow dryers, steamers)

      b. Implements (e.g., curved needle, combs/brushes, shears)

      c. Supplies and materials (e.g., towels, drape, neck strips)

      d. Types of hair extension materials

   2. Recognize safe practices in use of tools (i.e., equipment, implements, supplies, ergonomics)

C. Natural Hair Care Services
   1. Apply knowledge of procedures for safely removing braids, twists, locks, etc.

   2. Apply knowledge of procedures for safely combing, brushing, and detangling natural hair

   3. Apply knowledge of principles and procedures for shampooing and rinsing

   4. Apply knowledge of principles and procedures for conditioning or treatments

D. Natural Hair Design Procedures
   1. Apply principles of balance and design (e.g. facial shape, physical structure)

   2. Apply knowledge of principles, procedures and safety of natural hair styling:
      a. Hair cutting (e.g., trimming, transitional cut, shaping)

      b. Wet styling

      c. Thermal styling (e.g., ironing, blow drying)

d. Braiding, twisting, wrapping, locking, etc.
   i. Basic Twist
   ii. Locks
   iii. Single Braids
   iv. Cornrows
   v. Knots

3. Apply knowledge of principles, procedures and safety of integration of hair material:
   a. Braid
   b. Sew attachment

NATIONAL NATURAL HAIR STYLING THEORY EXAMINATION SAMPLE QUESTIONS

The following sample questions are similar to those on the NIC National Natural Hair Styling Theory Examination. Each question is followed by four answer options. Only one option is correct. Correct answers (keys) are listed along with the sample questions.

1. Debris is removed from tools and implements using which of the following procedures?
   A. Cleaning
   B. Disinfection
   C. Sterilization
   D. Decontamination
2. Which of the following will reinforce and retain moisture in the hair shaft?
   A. Scalp treatment
   B. Balancing shampoo
   C. Hair brushing
   D. Protein conditioner
3. When damaged, which of the following will cause the hair growth to be inhibited?
   A. Papilla
   B. Shaft
   C. Cuticle
   D. Arrector pili
4. Applying the proper amount of tension while braiding will help prevent
   A. dandruff.
   B. hair loss.
   C. itchy scalp.
   D. split ends.
5. Which of the following is the term for the amount of hair per square inch on the scalp?
   A. Elasticity
   B. Texture

C. Density

D. Porosity

Table 1: Answer Key

Item	Key
1	A
2	D
3	A
4	B
5	C

NATIONAL-INTERSTATE COUNCIL OF STATE BOARDS OF COSMETOLOGY (NIC) REFERENCES

This list provides the references used to develop and support the content covered in the NIC National Natural Hair Styling examinations. References will be the same across exam types for each exam. Candidates are responsible for using these most updated versions of references, as these editions were used to reference test material.

Reference Date: March 01, 2024

Standard

Milady Standard Natural Hair Care and Braiding

Copyrighted 2014

2014

Milady www.Milady.com

Info@Milady.com;

Health Hazards in Nail Salons: Biological Hazards

Copyrighted 2025

Occupational Safety and Health Administration (OSHA) https://www.osha.gov/nail-salons/biological-hazards

800-321-6742

Supplemental

Cosmetology Career Concepts

Copyrighted 2014

CLIC International 2014

Cosmetology Career Concepts

Milady Standard Cosmetology + Foundations

Copyrighted 2023, 14th Edition

ISBN: 9780357871492

Milady www.Milady.com

Info@Milady.com;

Pivot Point Fundamentals: Cosmetology, (101-113)

Copyrighted ©2016 Pivot Point International, Inc.

1st Edition, 1st Printing, November 2016.

ISBN 978–1-940593-56-2

Pivot Point International, Inc. www.pivot-point.com

info@pivot-point.com; 847-886-0500, Ext. 7399

Copyright 2016 National-Interstate Council of State Boards of Cosmetology, Inc.