



NEW JERSEY MANICURIST
THEORY EXAMINATION

CANDIDATE INFORMATION BULLETIN (CIB)

EXAMINATION CONTENT AND IMPORTANT INSTRUCTIONS

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

The New Jersey Manicurist Theory Examination is the licensure examination for Manicurists, which is developed by the National-Interstate Council of State Boards of Cosmetology (NIC). This bulletin contains IMPORTANT INFORMATION regarding the examination, including content outline covered by the theory examination, sample questions and answers, and references. The time allowed for the New Jersey Manicurist Theory Examination is 120 minutes.

For each NIC New Jersey Theory Examination, there are TWO (2) parts to every Candidate Information Bulletin (CIB) stored as separate documents:

- **Examination Content and Important Instructions** – This provides information about the scope of content covered in the Theory examination and information and guidelines related to administration of the Theory examination.
- **References** – This provides a list of references used to develop and support the content covered in the examination.

BE CERTAIN TO DOWNLOAD AND/OR PRINT AND REVIEW BOTH DOCUMENTS THAT MAKE UP THE NIC EXAMINATION CIB.

PLEASE REVIEW ALL INFORMATION CAREFULLY!

IMPORTANT INSTRUCTIONS

- 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.
- With the exception of verbal instructions, the proctors and examination administration personnel are not allowed to communicate with candidates.
- If you have an emergency situation please notify the proctor.
- The following provides examples of materials and actions that are prohibited 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.
 - 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 your immediate dismissal from the examination and your actions reported to the proper authorities.*

NEW JERSEY MANICURIST THEORY EXAMINATION CONTENT OUTLINE

The following outlines the scope of content covered by the NIC New Jersey Manicurist Theory Examination. The number of items per domain is listed in parentheses after the title. The examination is comprised of 115 items, of which 105 items are weighted and contribute to the candidate’s final score.

1A: Scientific Concepts - Infection Control and Safety Practices (15 Items)

1. Identify how disease and infection are caused and transmitted
2. Recognize and utilize infection control principles
 - a. Levels of infection control
 - b. Process of infection control (e.g., dispensing products, disposal of materials)
3. Apply blood exposure procedures
4. Identify adverse reactions to products or services
5. Utilize Safety Data Sheets (SDS)
6. Identify ways to prevent work injuries (e.g., ventilation, ergonomics)

1B: Scientific Concepts - Anatomy and Physiology (15 Items)

1. Identify functions, parts, and structure of the:
 - a. nails
 - b. skin
2. Recognize disorders and diseases of the:
 - a. nails
 - b. skin
3. Recognize signs and symptoms of disorders, diseases, and conditions of the:
 - a. nails
 - b. skin
4. Identify bones of the:
 - a. arms and hands
 - b. legs and feet
5. Identify muscles and recognize their functions in the:
 - a. arms and hands
 - b. legs and feet

1C: Scientific Concepts - Chemistry of Nail Products (10 Items)

1. Explain purpose and effects of product ingredients
2. Recognize interaction between chemicals
3. Recognize physical changes
4. Recognize chemical reactions

2A: Nail Technology Procedures - Client Consultation and Documentation (5 Items)

1. Identify elements of a client consultation and documentation
2. Evaluate condition of client’s nails and skin
3. Recognize conditions that would prohibit service (contraindications)
4. Determine services or products

2B: Nail Technology Procedures - Nail Service Tools (8 Items)

1. Identify purpose and function of:
 - a. Nail equipment (e.g., electric file, pedicure basin)
 - b. Nail implements (e.g., nail clippers, cuticle pusher)
 - c. Nail supplies and materials (e.g., cotton, buffer)
 - d. Nail products (e.g., polish, lotion)
2. Follow practices for safe use of tools

2C: Nail Technology Procedures - Nail Service Preparation (5 Items)

1. Perform set-up of work station service area
2. Perform client and practitioner sanitation

2D: Nail Technology Procedures - Manicure and Pedicure Services (15 Items)

1. Perform procedures for basic manicure and/or pedicure service
 - a. Trim and shape nails
 - b. Soak
 - c. Cuticle maintenance
 - d. Cleanse nails
 - e. Buff nails
 - f. Exfoliate
 - g. Perform basic massage
 1. Identify mechanics of massage movements
 - a. Effleurage
 - b. Petrissage
 - c. Friction
 - d. Tapotement
 2. Recognize effects of massage types
 - a. Effleurage
 - b. Petrissage
 - c. Friction
 - d. Tapotement
 - h. Completion of service
2. Recognize purpose and procedures for add-on services
 - a. Paraffin
 - b. Masks and essential oils
 - c. Gel polish
 - d. Thermal (e.g., stone, towel)

2E: Nail Technology Procedures - Perform Application Maintenance and Removal Procedures for Nail Enhancement Services (18 Items)

1. Nail tips/extensions/enhancements
2. Acrylics, wraps, and all nail overlays
3. Light-cured gels
4. Powder dip
5. Nail design, art work, and jeweled nails

2F: Nail Technology Procedures - Perform Post-Service Procedures (4 Items)

3: Hair Removal Procedures (5 Items)

4: New Jersey State Law (5 Items)

NEW JERSEY MANICURIST SAMPLE QUESTIONS

The following sample questions are similar to those on the NIC New Jersey Manicurist Theory Examination. Each question is followed by four answer options. Only one option is correct. Correct answers (keys) are listed following the sample questions.

1. What is the **FIRST** step in performing a manicure?
 - a. Shape the nails
 - b. Soften the cuticles
 - c. Clean under free edge
 - d. Remove old polish

2. Where should all manicuring cosmetic supplies be kept when not being used?
 - a. On a clean shelf
 - b. On the manicuring table
 - c. In a clean manicuring kit
 - d. In clean, closed containers

3. Which one of the following is a condition in which the cuticle splits around the nail?
 - a. Hangnails
 - b. Pterygium
 - c. Onychophagy
 - d. Onychorrhexis

4. An antiseptic is used in manicuring to
 - a. bleach the nails.
 - b. treat minor cuts.
 - c. smooth corrugated nails.
 - d. give the nails a high sheen.

5. After each use, manicuring implements should be
 - a. wiped with a towel.
 - b. wiped with a tissue.
 - c. cleansed and disinfected.
 - d. placed in dry storage.

6. For which one of the following are oil manicures recommended?
 - a. Leuconychia
 - b. Split nails
 - c. Brittle nails
 - d. Prevention of infection

7. What is the actively growing part of the nail?
 - a. Lunula
 - b. Matrix
 - c. Mantle
 - d. Free edge

8. What should be applied to a split in the nail before wrapping it?
 - a. Top coat
 - b. Base coat
 - c. Adhesive glue
 - d. Nail hardener

KEY: 1: D, 2: D, 3: A, 4: B, 5: C, 6: C, 7: B, 8: C