

Cosmetology Anatomy Practice Workbook

10 questions on hair structures, growth, cells and hand bones

A 10-question general-anatomy sample for independent theory study. This is a topic workbook, not a full mixed exam or an official state-board examination.

1. Answer the ten questions before turning to the answer key. Mark any answer you guessed.
2. Check the key, then explain a missed distinction in your own words.
3. Use the online question links to revisit the matching item, or try the course sample for mixed practice.

Questions 1–5 · Keep the answer pages aside

1. Which structure at the base of the follicle supplies blood that nourishes hair growth?

- A. The hair shaft
- B. The dermal papilla
- C. The sebaceous gland
- D. The cuticle

My answer: _____ Guessed? _____

2. Of the three layers of the hair, which one largely determines strength, elasticity, and color?

- A. The medulla
- B. The cortex
- C. The cuticle
- D. The follicle

My answer: _____ Guessed? _____

3. The carpal (wrist) bones are classified as:

- A. Short bones
- B. Long bones
- C. Flat bones
- D. Irregular bones

My answer: _____ Guessed? _____

4. The phalanges are the bones of the:

- A. The digits (fingers/toes)
- B. The nasal cavity
- C. The mouth
- D. The wrist

My answer: _____ Guessed? _____

5. Which cell structure contains the genetic instructions copied before cell division?

- A. The nucleus
- B. The protoplasm
- C. The membrane
- D. A gland

My answer: _____ Guessed? _____

Questions 6–10

Choose one answer for each question. Check the answer notes after completing all ten.

6. The club-shaped structure at the lower part of the hair root is called the:

- A. Bulb
- B. Shaft
- C. Follicle
- D. Papilla

My answer: _____ Guessed? _____

7. Which structural protein is a major component of hair and nails?

- A. Hemoglobin
- B. Melanin
- C. Keratin
- D. Calcium

My answer: _____ Guessed? _____

8. The small muscle attached to the hair follicle that contracts to cause 'goosebumps' is the:

- A. Arrector pili
- B. Epicranium
- C. Procerus
- D. Auricularis

My answer: _____ Guessed? _____

9. Anagen is active growth and catagen is transition. Which term names the resting stage of hair growth?

- A. Telogen
- B. Transition phase
- C. Final phase
- D. Growth phase

My answer: _____ Guessed? _____

10. The hair layer that is sometimes absent in fine hair is the:

- A. Medulla
- B. Cortex
- C. Cuticle
- D. Lanugo

My answer: _____ Guessed? _____

Answers 1–5

Your answer record

- | | | | | |
|----------|----------|----------|----------|-----------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ | 5. _____ |
| 6. _____ | 7. _____ | 8. _____ | 9. _____ | 10. _____ |

Mark a distinction to revisit: _____

Answer 1: B — The dermal papilla

The dermal papilla contains capillaries that nourish the growing hair. The shaft is the hair fiber, the cuticle is an outer covering, and the sebaceous gland produces sebum. [S1]

Study next: Use the blood-supply clue to identify the papilla.

[Review online item 1](#)

Answer 2: B — The cortex

The cortex is the main layer of the hair shaft. It contains natural pigment and contributes to strength and elasticity. The cuticle is the outer covering; the medulla is the inner core. A follicle surrounds the root. [S1] [S2] [S9]

Study next: Separate layers of the hair fiber from the follicle around it.

[Review online item 2](#)

Answer 3: A — Short bones

Carpals are short bones. Bone classification describes shape rather than simply how small a bone looks; short bones are roughly cube-shaped. [S3]

Study next: A small finger bone can still be a long bone by shape.

[Review online item 6](#)

Answer 4: A — The digits (fingers/toes)

Phalanges are the bones of the fingers and toes. Carpals are the wrist bones, so the wrist choice names a different group. [S4] [S5]

Study next: Identify the location before choosing a bone name.

[Review online item 7](#)

Answer 5: A — The nucleus

The nucleus contains the genetic instructions copied before cell division. The cell membrane forms a boundary. Match the DNA-storage function to the specific structure rather than choosing a general term. [S6] [S7]

Study next: Underline the function in the question before comparing the choices.

[Review online item 8](#)

Answers 6–10

Explain the structure's job in your own words before returning to the online item.

Answer 6: A — Bulb

The bulb is the enlarged base of the hair root around the papilla. The shaft is the hair fiber; the papilla is the blood-supply structure inside the bulb. [S1] [S8]

Study next: Bulb describes the enlarged base; papilla describes the structure within it.

[Review online item 11](#)

Answer 7: C — Keratin

Keratin is a structural protein in hair and nails. Melanin is a pigment; naming the substance that colors hair does not identify its structural protein. [S1] [S2]

Study next: Distinguish the job of a structural protein from the job of a pigment.

[Review online item 13](#)

Answer 8: A — Arrector pili

Contraction of the arrector pili raises the hair and produces goosebumps. The question describes the small muscle attached to the follicle. [S1] [S8]

Study next: Match the attachment and action, rather than choosing a familiar muscle name.

[Review online item 14](#)

Answer 9: A — Telogen

Telogen is the resting stage. Anagen is active growth and catagen is transition; the growth-phase and transition-phase choices describe those stages. [S8]

Study next: Learn the stage names by activity before memorizing time ranges.

[Review online item 18](#)

Answer 10: A — Medulla

The medulla is the inner core and may be absent in fine hair. The cortex is the main layer and the cuticle is the outer covering. [S1] [S2] [S10]

Study next: Separate the three layer names from names for types of hair.

[Review online item 19](#)

Use the sources, then practice again

References checked October 20, 2026. The locators below identify the relevant sections.

[S1] OpenStax Anatomy and Physiology 2e, 5.2

Hair: follicle, bulb, papilla, shaft layers and arrector pili; Nails: keratin.

<https://openstax.org/books/anatomy-and-physiology-2e/pages/5-2-accessory-structures-of-the-skin>

[S2] Wella Professionals: The Science of Your Hair

Hair structure: cuticle, cortex, medulla, keratin and natural pigment.

<https://www.wella.com/international/wella-magazine/science-your-hair>

[S3] OpenStax Anatomy and Physiology 2e, 6.2

Short bones and long bones: shape classification.

<https://openstax.org/books/anatomy-and-physiology-2e/pages/6-2-bone-classification>

[S4] OpenStax Anatomy and Physiology 2e, 8.2

Carpal bones and phalanges of the hand.

<https://openstax.org/books/anatomy-and-physiology-2e/pages/8-2-bones-of-the-upper-limb>

[S5] OpenStax Anatomy and Physiology 2e, 8.4

Bones of the foot: phalanges of the toes.

<https://openstax.org/books/anatomy-and-physiology-2e/pages/8-4-bones-of-the-lower-limb>

[S6] OpenStax Anatomy and Physiology 2e, 3.3

The nucleus and DNA replication before cell division.

<https://openstax.org/books/anatomy-and-physiology-2e/pages/3-3-the-nucleus-and-dna-replication>

[S7] OpenStax Anatomy and Physiology 2e, 3.1

The plasma membrane as the cell boundary.

<https://openstax.org/books/anatomy-and-physiology-2e/pages/3-1-the-cell-membrane>

[S8] Cleveland Clinic: Hair Follicle

Anatomy and function; hair-growth stages, including resting telogen.

<https://my.clevelandclinic.org/health/body/23435-hair-follicle>

[S9] Schwarzkopf Professional: Transform Damaged Hair

INNER CORTEX: strength, elasticity and colour.

<https://www.schwarzkopf-professional.com/gb/en/trends-education/ask/transform-damaged-hair.html>

[S10] L'Oréal Paris & Garnier: Hair Colour Training Manual (2023)

The Hair Structure — Medulla, printed page8 (PDF page8): may be absent from very fine hair.

<https://shop.lorealorders.com.au/api/files/uploads/2023%20Hair%20Colour%20Training%20Manual-compressed.pdf>

Continue online

[Revisit the public 20-question anatomy practice set](https://cosmetologyexamprep.com/practice-tests/cosmetology/consultation-hair-skin-nail-analysis/?from=cosmetology-workbook-10)

<https://cosmetologyexamprep.com/practice-tests/cosmetology/consultation-hair-skin-nail-analysis/?from=cosmetology-workbook-10>

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Three question stems are narrowed for precise anatomy wording. Choice order and answer letters match the corresponding public questions; the workbook gives original source-located explanations.