EXERCISES

VTCT PIVOT POINT

VTCT provides Pivot Point LAB, an online learning platform, to support its Hair, Barbering and Beauty qualifications. The resources available in LAB help you develop your skills and knowledge and prepare for qualification assessments. Learn through interactive lessons, quizzes, videos and more. Ask your training provider if they are using LAB and get started today!

Vocational Training Charitable Trust is a specialist awarding organisation offering vocational and technical qualifications in a range of service sectors.

These exercises have been created with Pivot Point industry expertise to test your knowledge on a range of skills.

Discover more about Pivot Point Education at www.pivotpoint.co.uk

If you would like to find out more about how one of VTCT's courses could help further your career, check out the website www.vtct.org.uk

WORKING IN THE INDUSTRY

Answer true of false to the following statements.

		ANSWER			
Q1	Rest, relaxation, exercise, diet and personal hygiene are essential for personal and professional well-being	TRUE	X	FALSE	
Q2	Personality characteristics are not quickly changed, but can be modified over time	TRUE	X	FALSE	
Q3	Key words for teamwork are consideration and cooperation	TRUE	X	FALSE	
Q4	To help ensure you are well rested prior to a day in the salon/barbershop you should aim to have between 5-6 hours sleep per night	TRUE		FALSE	X
Q5	Working as part of a team helps promote a professional and effective work environment	TRUE	X	FALSE	

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HAIRCARE

Complete the following multiple-choice questions by choosing the correct answer.

Q1	Which one of the following would be the most suitable conditioner for a client with damaged hair?	Ans.
A	A volumising conditioner	
B	A surface conditioner	
C	A penetrating conditioner	✗
D	A porosity leveller	

Q2	What type of alopecia can be caused by excessive tension on the hair?	Ans.
A	Alopecia areata	
B	Traction alopecia	✗
C	Alopecia totalis	
D	Diffuse alopecia	

Q3	To maintain moisture in Type 4 hair, how often should the hair be shampooed?	Ans.
A	No more than twice a week	✗
B	No more than 3 times a week	
C	Once every 3 weeks	
D	Once every 2 weeks	

Q4	'pH-balanced' refers to a product that has a pH range of:	Ans.
A	3 to 4.5	
B	4.5 to 5.5	✗
C	6.5 to 7	
D	7.5 to 8.5	

Q5	Which one of the following is the best advice for a client with relaxed Type 3c hair, to maintain a smooth look with natural volume?	Ans.
A	Use straightening irons daily	
B	Sleep on a satin pillow	
C	Apply hairspray before bed	
D	Dry wrap the hair before bed	✗



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COLOUR THEORY

Complete the following multiple-choice questions by choosing the correct answer.

Q1	Which one of the following colours is designed to deposit colour, add tone to the hair, and may slightly lighten the existing hair colour?	Ans.
A	Temporary colours	
B	Permanent colours	
C	Semi-permanent colours	
D	Quasi-permanent colours	✗

Q2	What is the natural undertone of dark blonde hair?	Ans.
A	Red	
B	Red-Orange	
C	Orange	✗
D	Yellow-Orange	

Q3	What are pigment-producing cells called?	Ans.
A	Canities	
B	Pheomelanin	
C	Melanocytes	✗
D	Eumelanin	

Q4	Which one of the following colours will cancel unwanted red tones in the hair?	Ans.
A	Blue	
B	Green	✗
C	Violet	
D	Yellow	

Q5	Which one of the following describes the effect of a quasi-permanent colour on the hair?	Ans.
A	Large colour molecules coat the cuticle	
B	Small molecules penetrate into the cortex	✗
C	Small colourless molecules are oxidised and become large coloured molecules	
D	A mix of small and large molecules stain the cuticle and partly penetrate the cortex	



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BARBERING

Answer true or false to the following statements.

		ANSWER			
Q1	A fade refers to a look cut close to the scalp at the back and sides that progressively gets longer	TRUE	✗	FALSE	

		ANSWER			
Q2	When creating a flat top, the clippers should follow the contours of the head when cutting the back and sides	TRUE		FALSE	✗

		ANSWER			
Q3	When cutting outlines and patterns, it is essential to regularly stand back and check the look for evenness and balance	TRUE	✗	FALSE	

		ANSWER			
Q4	When point cutting, the tips of the scissors are used to cut into the ends of the hair to blend weight or soften the finished look	TRUE	✗	TRUE	

		ANSWER			
Q5	Sectioning helps determine where to apply different techniques and is essential when creating a disconnected look	TRUE	✗	TRUE	

		ANSWER			
Q6	A bald fade is created using zones and gives the illusion of the hair gradually fading into the skin.	TRUE	✗	TRUE	



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