

PENANG SANGAM HIGH SCHOOL
P.O.BOX 44 RAKIRAKI
HOME ECONOMICS
YEAR 11 (week 21)

Strand	Clothing and Textiles
Sub strand	Patterns and design (cont. from week 20)
Content learning outcome	1. Take body measurements and determine the size. 2. Apply the knowledge of figure types to select appropriate styles. 3. Create patterns using basic free hand pattern drafting technique.

Taking body measurements

To choose the correct size pattern, you'll need to follow three basic steps:

- Take your key body measurements.
- Determine your figure type.
- Select the correct pattern size within your figure type.

How to take body measurements to determine size

- You will need a tape measure and may find it easier in front of a mirror.
- The Bust Measurement: Wearing a good fitting bra, measure the circumference of your bust at the largest point keeping the tape measure level and snug but not tight.

- The Waist Measurement: Standing up straight find the narrowest part of your torso (often just above the belly button) and place the tape measure around. This is your natural waist.

- The Hip Measurement: Place the tape measure around the widest part of your hips, where the curve is most prominent when standing side.

FIGURE TYPES

HOW TO DETERMINE YOUR BODY SHAPE

1. Take your measurements to determine which areas of your body are the widest and thinnest. Start with your bust, which will help you determine how large your upper body is.

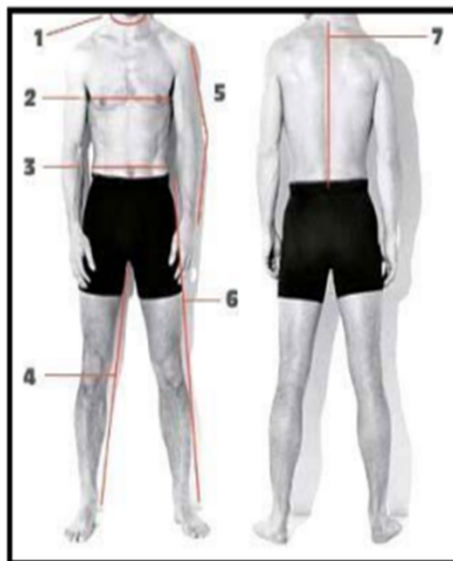
2. Take Your Waist Measurement - This is the second of your basic measurements, and often helps in determining how wide your midsection is.

3. Your hip measurement is the third and final basic you need. Knowing your hip measurement helps you determine how large or small your lower body is.

4. Once you've studied your shape and know your measurements, compare them against the basic features of the five most common body types. Decide which description matches your features best in order to determine which shape your body belongs to.

Measurements to be taken for making shirts and tops.	Measurements to be taken for making dresses.	Measurements to be taken for making trousers and pants.
Around bust, around waist, full length of the blouse, sleeve, Upper arm measure, Shoulder, Neck, waist length, Back width.	Around bust, waist round, High hip round, Hip round, Distance from nape(back of the neck) to waist, Armhole depth, Shoulder length, Shoulder point to point Bicep round, Wrist round, Height, Dress length, Waist to knee length, Waist to hip, Nape to bust point.	Full length (side length) Leg length(Inseam length) Waist round, Seat round(Hip round) Bottom measure.

MALE BODY MEASUREMENTS



- Collar:** measure around the base of the neck where the collar sits.
- Chest:** measure the chest at the fullest part, placing the tape close up under the arms making sure the tape is well up at the back over the shoulder blades.
- Waist:** measure the natural waistline just above the top of your hips and below your stomach.
- Inside Leg:** measure from the crotch to where your trouser is normally worn on the shoe.
- Sleeve:** measure from the base of the shoulder down the arm to where you want your sleeve to finish.
- Outside Leg:** measure from the natural waistline to where your trouser is normally worn on the shoe.
- Jacket Length:** measure from the centre back

- **Order for taking body measurements:**

- A. Vertical Measurements

1. Body length
2. Waist length
3. Shoulder to shoulder length
4. Arm length

B. Horizontal Measurements

1. Bust round
2. Waist round
3. Hip round
4. Neck depth
5. Arm round

Activity

Using your knowledge on designing, state the body measurements that needs to be taken when you want to sew the following

1. *Knee length dress*
2. *Bula shirt*
3. *Party gown*
4. *Babies dress*