



Republic of the Philippines
Department of Education
National Capital Region
Schools Division Office – Muntinlupa City

SPECIAL PROGRAM IN TECHNICAL VOCATIONAL EDUCATION (SPTVE)
DRESSMAKING 8
Q3-Week 4

- I. Topic: Taking Body Measurements
- II. Objectives:
 1. Identify the body measurements.
 2. take body measurements of a client in sequence according to the standard procedure; and
 3. value the importance of recording the body measurements in line with job requirements.
- III. Brief Introduction of the Lesson

How to Take Accurate Body Measurements

Below are the body measurements for girls'/women's clothes and boys ' apparel, the corresponding abbreviations, and how to measure.

Girls' Measurements/Abbreviations	Boys' Measurements/Abbreviations
<p>1. Neck (N) - Measure around the fullest part of the neck.</p> <p>2. Bust (B) – Measure the bust at the fullest part. Measure all around the body (total circumference).</p> <p>2 A. Under Bust (UB) – Measure just below the bust and around meeting the tape measure at the front.</p> <p>3. Waist (W) – measure around the natural waistline or the smallest part of the trunk.</p> <p>4. Hip 1 (H1) – measure around the hip bone approximately 12 cm. below the waistline.</p> <p>5. Hip 2 (H2) – measure around passing over the fullest part of buttocks.</p> <p>6. Bust distance/ Bust Point Width (BD, BW) – measure from one bust point to the other bust point.</p> <p>7. Bust Point Height (BPH) – measure from the shoulder to the point or tip of the bust.</p> <p>8. Front Length/ Front Figure (FL, FF) – measure from the shoulder to the waist passing over the bust.</p>	<p>1. Shoulder (Sh) - measure from shoulder bone to shoulder bone passing over the back neck.</p> <p>2. Chest (Ch) – measure from arm crease to arm crease.</p> <p>3. Bust (B) – measure around the fullest part of the chest.</p> <p>4. Waist (W) – measure around the natural waistline.</p> <p>5. Front Length (FL) – measure from the shoulder to the waistline.</p> <p>6. Hips (H) – measure around the fullest part of the hips.</p> <p>7. Crutch/Crotch (C) – position a 12-inch ruler under the crotch between the legs. Measure from the waist until the tip of the ruler.</p> <p>8. Waist to Knee length (WKL) – measure from waist down to the knee.</p> <p>9. Knee line (KL) – measure around the knee.</p>





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<p>9. Back Length/ Back Figure (BL, BF) – measure from shoulder to the waist passing over the backbone. Measure front and back length with a string tied around the waistline for accuracy.</p> <p>10. Back width (BW) – measure from arm crease to arm crease at the back.</p> <p>11. Shoulder length (Sh) – measure from shoulder bone to shoulder bone passing over the back neck.</p> <p>12. Hip Length (HL) – measure from the back waist until the fullest part of hips (downwards). You may measure this seated from the waist to the level of the chair.</p> <p>13A. Armhole (Armh) - measure around the armhole meets the tape at the shoulder bone.</p> <p>14B. Sleeve length (short) (SL)- measure from the shoulder bone down to the desired length.</p> <p>15. Wrist (W) – measure around the wrist inserting two fingers under the tape measure for allowance.</p> <p>16. Sleeve Length (long) (SL) – with the arm bent, measure from the shoulder bone to the wrist.</p> <p>17. Pants/Skirt Length (PL/SL) – measure from the waist down to the desired length.</p> <p>18. Crotch (C) – seated, measure from the waist down to the level of the chair.</p>	<p>10. Ankle (A) – measure the circumference of the ankle taking into account desired looseness.</p> <p>11. Armeye/Armhole (Armh) – measure around the armhole meets the tape at the shoulder bone.</p> <p>12. Arm length/Sleeve length (SL) – with arms bent, measure from the shoulder bone to the wrist.</p> <p>13. Neck size (N) – measure around the fullest part of the neck.</p> <p>14. Back width (BW) – measure from arm crease to arm crease at the back.</p> <p>15. Biceps/ Arm circumference (ArmCir) – measure around the arm taking into account desired looseness.</p> <p>16. Back length (BL) – measure at the back from the shoulder to the waistline.</p> <p>17. Inseam (I) – measure the distance between the crotch seam or desired cuff of the pants, along the inside seam.</p>
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IV. Activities:

Activity 1

Directions: Take the body measurements of your father or brother. Write the raw measurements on the 3rd column and divide these according to as specified in the Personal Measurement Chart (PMS). Write the reduced measurement on the last column.

BODY PARTS	ABBREVIATION	ACTUAL MEASUREMENTS	DIVISOR	REDUCED MEASUREMENTS (For drafting the pattern)
BODY (SHIRT)				
Shoulder	Sh		2	





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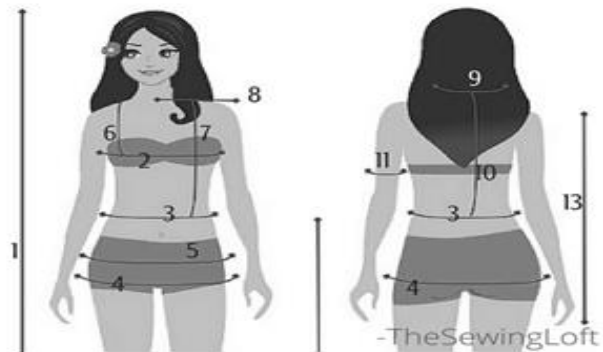
Neck	N		4	
Bust	B		4	
Chest	Ch		2	
Back Width	BW		2	
Front Figure	FF		As is	
Back Figure	BF		As is	
Leghole	Lh		2	
Waist	W		4	

Activity 2

Directions: Identify the body measurements in the illustrations below.

- | | |
|----------|-----------|
| 1. _____ | 8. _____ |
| 2. _____ | 9. _____ |
| 3. _____ | 10. _____ |
| 4. _____ | 11. _____ |
| 5. _____ | 12. _____ |
| 6. _____ | 13. _____ |
| 7. _____ | |

IT'S TIME TO MEASURE UP!



Activity 3

Directions: Take the body measurements of your mother or sister. Write the raw measurements on the 3rd column and divide these according to as specified in the Personal Measurement Chart (PMS). Write the reduced measurement on the last column.

PERSONAL MEASUREMENTS CHART GIRLS / WOMEN

BODY PARTS	ABBREVIATION	ACTUAL MEASUREMENTS	DIVISOR	REDUCED MEASUREMENTS (For drafting the pattern)
BODICE				
Shoulder	Sh		2	
Neck	N		2	
Bust	B		4	
Chest	Ch		2	





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Bust Point Width(Bust Distance)	BPW BD		2	
Bust Point Height	BPH/ BP		As is	
Front Figure	FF		As is	
Back Figure	BF		As is	
Waist	W		4	
Armhole	Arm		2	
Arm Girth (Arm Circumference)	AG/ AC		2	

V. Assessment:

Directions: Write the letter of the correct answer on a separate sheet of paper.

1. Measurement taken from bust point to another bust point
A. bust point width B. front figure C. bust D. chest
2. Measurement taken from shoulder tip point down to desire length
A. sleeve length B. arm girth C. armhole D. wrist
3. Measurement taken around the arm
A. armhole B. arm girth C. waistline D. bust
4. Which of the following is the proper way of measuring the shoulder?
A. Measure from one shoulder tip point to another shoulder tip point.
B. Measure from shoulder neck point to another shoulder neck point.
C. Measure from the shoulder neck point to the tip of the bust.
D. Measure from the shoulder neck point to the waistline.
5. Measurement taken around the fullest part of the bust
A. bust B. shoulder C. waist D. armhole

VI. Reflection:

Directions: Answer the following questions briefly on a separate sheet of paper in paragraph form.

- What are the tools needed in taking body measurements?
- Why is accurate body measurement important?

References:

- Hilario, Carmelita B. (2008). *Clothing and Technology Made Easy*. Revised Edition. Quad Alpha Centrum Bldg. Mandaluyong City: National Book Store.
- Competency-Based Learning Material in Second Year Garments NC II
Department of Education
K to 12 Dressmaking and Tailoring Learning Module.pdf
https://www.google.com/search?q=how%20take%20body%20measurements&client=ms-android-oppo&prmd=ivn&sxsrf=ALeKk01edVuz3gk9mZiWR3cgu_SMIcK-fw%3A1592982208701&source=Inms&tbn=isch&sa=X&ved=2ahUKEwi1jLuV8ZnqAhWoxosBHUA7C_IQ_AUoAXoECA8QAQ&biw=360&bih=598&fbclid=IwAR0oY-YE02IjwKXLQYvjhYMOIEj02epPIPIp4kNa40hTVxFd6jmkI3hTECU#imgrc=5zz8x3y7GYh_yM





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