



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 5

- I. Topic: Types of Body Measurements
- II. Objectives:
 - 1. identify the types of body measurements.
 - 2. take body measurements.
 - 3. value the importance of recording the body measurements.
- III. Brief Introduction of the Lesson

Parts of the body to be measured can be taken in:

- A. Horizontal measurement
The horizontal measurement is taken from the left of the figure to the right.
- B. Vertical measurement
The vertical measurement is taken from the top of the body figure to its base.
- C. Circumferential measurement
Circumferential measurement is taken around the body.

Vertical Measurement

- Shirt length - taken from the nape down the center back to the desired length.
- Sleeve length - taken from the shoulder tip point down to the desired sleeve length.
- Length of pants or shorts – measures along the side below the waistband to the desired length of the pants
- Crotch or Rise – measured by placing a ruler under the crotch then measuring below the waistband down to the top of the level of the ruler.

Horizontal Measurements

- Shoulder - taken from one shoulder point to the other.
- Bust Point Width – taken from bust point to another bust point.

Circumferential Measurements

- Bust/Breast - taken around the body with the tape measure passing over the fullest part of the shoulder blade at the back and over to the apex.
- Upper arm girth - taken around the fullest part of the arm in line with the armpit.
- Lower arm girth or sleeve width - taken around the arm two to three inches below the armpit.
- Neck measure – taken around the neckline.

Waist (w) - taken around the smallest part of the waistline. Insert two fingers under the tape measure for ease or allowance.

Hip or seat (H) - taken around the fullest part of the hip (buttocks) with two fingers inserted under the tape measure.





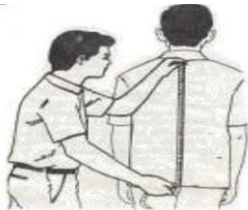


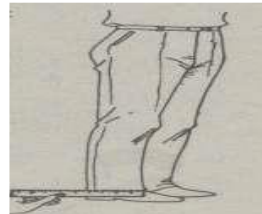
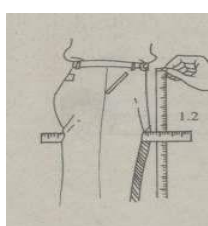
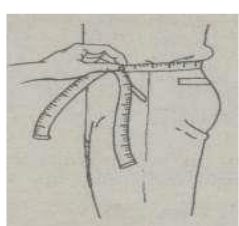
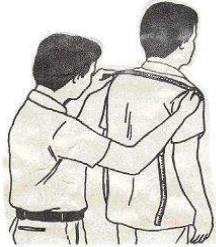
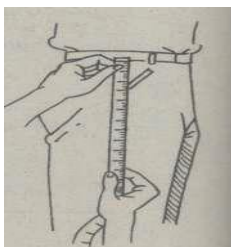
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Desired Bottom or Hem Circumference or leg hole – taken around the fullest part of the bottom.

IV. Activities:


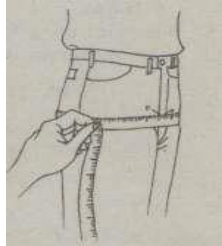
Activity 1

Directions: Identify the body measurements shown in the illustrations below. Write your answer on a separate sheet of paper.

1. 	6. 
2. 	7. 
3. 	8. 
4. 	9. 



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5. _____ 	10. _____ 
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Activity 2

Directions: Take the following body measurements. 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.

Men's Body Measurement

BODY PARTS	ACTUAL MEASUREMENTS	DIVISOR	REDUCED MEASUREMENTS (For drafting the pattern)
BODICE			
Shoulder		2	
Neck		2	
Bust/ Breast		4	
Shirt Length		As is	
Sleeve Length		As is	
Length of short		As is	
Crotch or Rise		As is	
Upper Arm Girth		3	
Waist		4	
Hip		4	

Activity 3

Directions. Fill in each blank to complete each statement.

1. Shirt length is taken from the nape down the center back to the_____.
2. _____ taken around the body with the tape measure passing over the fullest part of the _____ at the back and over to the apex.
3. Upper _____ is taken around the fullest part of the arm in line with the armpit.
4. _____ is taken around the fullest part of the bottom.



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5. Hip or ____ taken around the fullest part of the hip (buttocks) with two fingers inserted under the tape measure.

V. Assessment:

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

1. It measures across the back of the neck from the socket of one shoulder to the socket of the other shoulder.
A. shoulder C. shoulder to Neck
B. shoulder to Shoulder D. shoulder to Back
2. Measure around your body crossing over the fullest part of your bust.
A. waist C. upper Bust
B. bust D. arm Hole.
3. The measurement is taken from left to right.
A. diagonal C. vertical
B. circumferential D. horizontal
4. The body measurement taken from the top going down is _____.
A. Diagonal C. Circumferential
B. Vertical D. Horizontal
5. The body measurement is taken around the body.
A. Diagonal C. Circumferential
B. Vertical D. Horizontal

VI. Reflection:

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

What significant learning did I gain from the lesson?

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
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