



DEPARTMENT OF EDUCATION
SCHOOLS DIVISION OF NEGROS ORIENTAL
REGION VII

Kagawasan Ave., Daro, Dumaguete City, Negros Oriental



TLE-HE- DRESSMAKING

Quarter 3 – Module 2:

TAKE CLIENT'S BODY MEASUREMENT



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TLE - GRADE 10
Alternative Delivery Mode
Quarter 3 – Module 2: Take Client's Body Measurement
First Edition, 2020

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TLE

Third Quarter – Module 2:

Take Client's Body Measurement



Introductory Message

For the facilitator:

Welcome to the Technology and Livelihood Education 10 Dressmaking Alternative Delivery Mode (ADM) Module on Take Client's Body Measurement!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners.












As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the Technology and Livelihood Technology 10 Dressmaking Alternative Delivery Mode (ADM) Module on Take Client's Body Measurement!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:

 <i>What I Need to Know</i>	This will give you an idea of the skills or competencies you are expected to learn in the module.
 <i>What I Know</i>	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
 <i>What's In</i>	This is a brief drill or review to help you link the current lesson with the previous one.
 <i>What's New</i>	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
 <i>What is It</i>	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
 <i>What's More</i>	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
 <i>What I Have Learned</i>	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
 <i>What I Can Do</i>	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.
 <i>Assessment</i>	This is a task which aims to evaluate your level of mastery in achieving the learning competency.
 <i>Additional Activities</i>	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
 <i>Answer Key</i>	This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

This module was designed and written with you in mind. It is here to help you master the nature of Taking Client's Body Measurement. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The Module has One Lesson, namely;

Lesson 1 Take Client's Body Measurement

After going through this module, you are expected to:

1. Identify the body measurements needed in assembling Ladies Trousers;
2. Practice taking the body measurements needed in constructing ladies' trousers and;
3. Appreciate the value of accurate measurement for a well-constructed pattern and snugly fit trousers.



What I Know

PRE-ASSESSMENT

TRUE OR FALSE.

Directions: Read and answer the following statements. Write “True” if the statement states a fact and “False” if it doesn’t. Write your answer in your quiz notebook.

- _____ 1. Knee length is measured along the side seam from the waist to the level of the knee.
- _____ 2. Desired knee circumference or knee width is measured around the knee with the desired “tightness” of the knees.
- _____ 3. Crotch or rise can be measured in two ways: standing position and crouching position.
- _____ 4. Sitting position measurement of crotch can be done by sitting erect on a chair that has a flat bottom seat.
- _____ 5. Standing position is measured without the use of tailor’s square in crotch measurement.
- _____ 6. Length or trouser out seam is measured along the side Seam from the waistline to the hem line or desired length.
- _____ 7. Hip 1 is measured from the waist down 3 ½ to 4 ½ inches.
- _____ 8. Waist is measured around the area where the hip seam rests.
- _____ 9. The desired bottom circumference or bottom width is measured around the hemline which will be the desired leg.
- _____ 10. Hip 2 is measured 4 to 7 inches below the waist taken around the fullest part of the buttocks.

Note: If you get 100% correct in this pre- assessment, skip the lesson but if not and only get 50% to 99% correct, then proceed with the lesson

Lesson

2

Take Client's Body Measurements

The lesson deals with the client's job requirements in accordance with the standard operating procedure in taking the client's body measurements for making ladies trousers.

Good luck and use this learning material as your guide to become a successful dress provider in the future.



Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners. The following are information that would lead to the activities and assessment. Some activities may need your own discretion upon checking, or you may use rubric if provided. Please review the activities and answer keys and amend if necessary.



What's In

Direction: Answer the question below on your notebook.

1. Why is it important to know the procedures in taking body measurements needed in producing lady's trousers?
2. What are the body measurements needed in constructing ladies' Trousers?



What's New

Let us find out how much you already know about the lesson by answering this item.

Identification. Directions. Name the body measurements pointed with an orange arrow below and use the choices given. Write your answer in your activity notebook.

a. Waist circumference

d. Pants/Trousers length

b. First hips measure

e. Leg circumference

c. Second hips measure





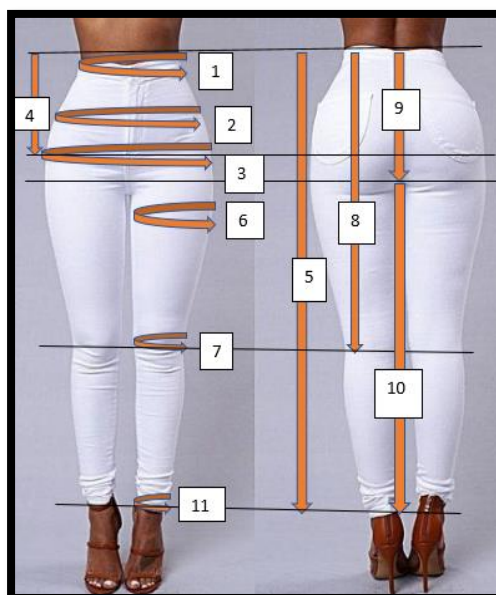
What is It

BODY MEASUREMENT FOR LADIES TROUSERS

BODY PARTS TO BE MEASURED	ACTUAL MEASUREMENT (cm)	DIVISOR	COMPUTED MEASUREMENT (cm)
1. WAIST (W)		$\frac{1}{4}$	
2. 1 ST HIPS (1H)		$\frac{1}{4}$	
3. SEAT/2ND HIPS (2H)		$\frac{1}{4}$	
4. HIPS HEIGHT (HH)		As is	
5. OUTSIDE LENGTH (OL)		As is	
6. THIGH (T)		$\frac{1}{2}$	
7. KNEE (K)		$\frac{1}{2}$	
8. KNEE LENGTH (KL)		As is	
9. RISE/CRTOCH (C)		As is	
10. INSIDE LENGTH (IL)		As is	
11. BOTTOM/CALF (B)		$\frac{1}{2}$	

BODY PARTS TO BE MEASURED IN MAKING TROUSERS

1. Waist.
2. High hip (3" down at side).
3. Hip at fullest part (7-9" below waist).
4. Distance at side from waist down to fullest part of hip.
5. Pant length (waist to floor).
6. Thigh at fullest part.
7. Knee (1" above center).
8. Distance to knee from waist.
9. Crotch depth. Sit on a flat surface and measure from waist to surface on the side
10. Inside seam
11. Calf/bottom



Note: Rise or Tiro meaning “Crotch”

PROCEDURE IN TAKING BODY MEASUREMENT FOR LADIES TROUSERS

Tips in Taking Body Measurements for Ladies Trousers

1. Use a clear and correctly numbered tape measure.
2. Start from number one when taking measurements.
3. Never take your own measurements.
4. Stand straight when being measured.
5. Empty the pockets and remove the belts when measurements are being taken.
6. Follow the correct order of taking the body measurements.
7. Measurements should never be too tight nor too loose.
8. Record all measurements immediately.

NEEDED MEASUREMENTS

A. Vertical Measurements

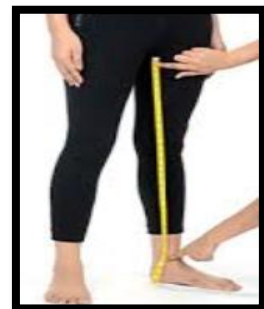
1. **Outside Length** – Taken from the waist down to the desired length, this measurement is taken at the side with a tape measure.



2. **Rise-** Taken from the waist down to the crotch with the use of a tailor's square.



3. **Inside seam** – taken from the fork down to the ankle.

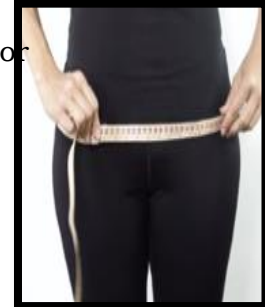


B. Circumferential Measurements

1. **Waist**- Taken around the smallest part of the torso or body with a tape measure.



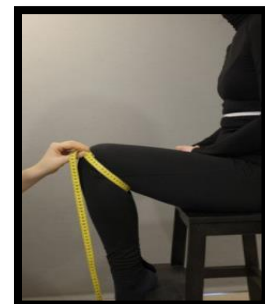
2. **Seat or Hip**- Taken around the fullest part of the second hip or buttock with a tape measure.



3. **Thigh**- Measured around the fullest part of the thigh in line with the crotch.



4. **Width of knee**- Taken from the back crease line to the front crease line at the knee line of the pants.

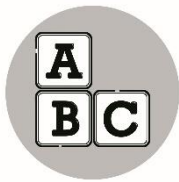
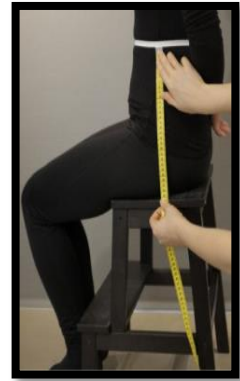


5. **Width of bottom**- taken at the bottom of pants desired length.



TECHNIQUES IN TAKING THE RISE MEASUREMENT:

1. Use a ruler and a tape measure.
2. Use a Tailor's square.
3. Have the person seated and take the measurement at the side, from the waist down to the chair seat.



What's More

Direction: Identify the body measurements referred to in the statement below.
Write your answer in your quiz notebook.

- _____ 1. Taken around the body in line with the waist.
- _____ 2. This is the measurement around fullest part of the thigh.
- _____ 3. Taken around the body below the waist & just above the hip bones to give a measurement across the tummy.
- _____ 4. Measurement is taken around the ankle
- _____ 5. Taken around the widest part of the hips
- _____ 6. Taken around the knee.
- _____ 7. Taken from side waistline to the desire length of the trousers
- _____ 8. Taken from the center waist to the crotch.
- _____ 9. Taken at fork or crotch to the inside ankle.
- _____ 10. Taken from waist down to the knee.



What I Have Learned

Direction: Write a reflection using the guide phrases below. Do this on your notebook.

I have learned that _____.

I have realized that _____.

I will apply _____.



What I Can Do

Directions: Ask a member of your family to do this task with you. Take her actual body measurement then divide it by the corresponding divisor provided in the IMC below. This will be the actual measurement needed in sewing the pair of trousers. Use separate sheet if necessary. (Note 1 inch (") = 2.54 centimeters (cm))

Partner's Name _____ Date Taken: _____

BODY PARTS TO BE MEASURED	ACTUAL MEASUREMENT (cm)	DIVISOR	COMPUTED MEASUREMENT (cm)
1. WAIST (W)		$\frac{1}{4}$	
2. 1 ST HIPS (1H)		$\frac{1}{4}$	
3. SEAT/2ND HIPS (2H)		$\frac{1}{4}$	
4. HIPS HEIGHT (HH)		As is	
5. OUTSIDE LENGTH (OL)		As is	
6. THIGH (T)		$\frac{1}{2}$	
7. KNEE (K)		$\frac{1}{2}$	
8. KNEE LENGTH (KL)		As is	
9. RISE/CROTCH (C)		As is	
10. INSIDE LENGTH (IL)		As is	
11. BOTTOM/CALF (B)		$\frac{1}{2}$	

RUBRICS IN TAKING BODY MEASUREMENT

ITEM	15	10	5	SCORE
Measurements of the body	Identify and locate parts of the body to be measured correctly (Use tape measure)	One measurement not exactly measured	Two measurements not exactly measured	
Procedure	Procedures correctly followed	Procedures incorrectly followed	Failed to follow the correct procedure	
Speed	Finished taking body measurement a head of time	Finished taking body measurement on time	Finished taking body measurement beyond the allotted time.	
Total Score				



Assessment

Directions: Choose the letter of the best answer. Write your answer on the activity notebook.

- The measurement taken from the smallest part of torso.
a. Hips b. Sleeve c. Shoulder d. Waist
- The measurement taken from waist down to the knee.
a. Knee length b. crotch c. outside length d. Inside seam
- The measurement is taken from the waist down to the center fork of the crotch.
a. Knee length b. crotch c. outside length d. Inside seam
- Which measurement is taken around the fullest part of thigh?
a. thigh/leg circumference c. knee circumference
b. waist d. ankle/calf
- The measurement is taken from the waist down to the desired length of pants.
a. Knee Length b. crotch Length c. ankle Length d. Pants Length
- It is the measurement taken in a sitting position. This is done by measuring from the side waist down to the top of level of the chair.
a. ankle length b. rise or crotch c. knee length d. Pants Length

7. Which of the following measurements is taken from the fullest part of buttocks.
a. Crotch b. Waist c. Bust d. Hips
8. The measurement tool used in taking body measurement.
a. hip ruler b. tape measure c. meter stick d. Tape rule
9. The measuring tool used to determine the crotch height aside from tape measure.
a. Tailor's square b. meter stick c. rubber stick d. equipment
10. This measurement is taken around the knee while sitting down.
a. knee circumference b. ankle c. hips d. legs



Answer Key

What I Know

1. True
2. True
3. False
4. True
5. False
6. True
7. True
8. False
9. True
10. True

What's In (Answers may Vary)

What's New

1. Pants Length
2. 1st Hips
3. waist
4. 2nd Hips
5. Leg/Thigh circumference

What's More

1. Waist measure
2. Leg/thigh circumference
3. 1st hips
4. Ankle/bottom/calf
5. 2nd hips
6. Knee circumference
7. Outside length/pants length
8. crotch
9. Inside seam/inseam
10. Knee length

What I have learned

Sentence completion

(Answers may vary)

What I Can Do

Taking Client's Body Measurements
(Answers may vary and will be graded
using a rubric)

Assessment

- | | |
|-------------|-------|
| 1. d | 6. b |
| 2. a | 7. d |
| 3. b | 8. b |
| 4. a | 9. a |
| 5. d | 10. a |

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