

# Technology and Livelihood Education (*Dressmaking/Tailoring*)

10

Quarter  
3

## Dressmaking



**TLE – Grade 10**

**Quarter 3 – Module 8: Procedure in Taking Body Measurements for Ladies Trouser**

**First Edition, 2020**

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Published by the Department of Education - Schools Division of Pasig City

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Printed in the Philippines by Department of Education – Schools Division of Pasig City



# **Quarter 3**

## **Self-Learning Module 8**

### **Procedure in Taking Body Measurements for Ladies Trouser**



# Introductory Message

For the Facilitator:

Welcome to the **Dressmaking/Tailoring Grade 10** Self-Learning Module on **Procedure in Taking Body Measurements for Ladies Trouser!**

This Self-Learning Module was collaboratively designed, developed and reviewed by educators from the Schools Division Office of Pasig City headed by its Officer-in-Charge Schools Division Superintendent, Ma. Evalou Concepcion A. Agustin, in partnership with the City Government of Pasig through its mayor, Honorable Victor Ma. Regis N. Sotto. The writers utilized the standards set by the K to 12 Curriculum using the Most Essential Learning Competencies (MELC) in developing this instructional resource.

This learning material hopes to engage the learners in guided and independent learning activities at their own pace and time. Further, this also aims to help learners acquire the needed 21st century skills especially the 5 Cs, namely: Communication, Collaboration, Creativity, Critical Thinking, and Character 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. Moreover, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the Learner:

Welcome to the Dressmaking/Tailoring Self-Learning Module on **Procedure in Taking Body Measurements for Ladies Trouser!**

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 material while being an active learner.

This module has the following parts and corresponding icons:



**Expectations** - This points to the set of knowledge and skills that you will learn after completing the module.



**Pretest** - This measures your prior knowledge about the lesson at hand.



**Recap** - This part of the module provides a review of concepts and skills that you already know about a previous lesson.



**Lesson** - This section discusses the topic in the module.



**Activities** - This is a set of activities that you need to perform.



**Wrap-Up** - This section summarizes the concepts and application of the lesson.



**Valuing** - This part integrates a desirable moral value in the lesson.



**Posttest** - This measures how much you have learned from the entire module.



## EXPECTATIONS

At the end of the learning activity, the students should be able to:

- A. discuss tips in taking body measurements for ladies trouser,
- B. explain the procedures in taking body measurements for ladies trouser, and;
- C. apply the procedures in taking body measurements for ladies trouser.



## PRETEST

### Matching Type

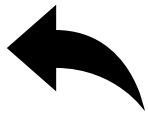
**Directions:** Match column A with Column B. Write your answer on the space provided before each number.

#### Column A

- \_\_\_ 1. Taken around the smallest part of the torso or body with a tape measure.
- \_\_\_ 2. Measured around the fullest part of the thigh in line with the crotch.
- \_\_\_ 3. Taken around the fullest part of the second hip or buttock with a tape measure.
- \_\_\_ 4. Taken from the waist down to the desired length.
- \_\_\_ 5. Taken from the waist down to the crotch with the use of a tailor's square or ruler or tape measure.

#### Column B

- a. Seat or hip
- b. Thigh
- c. Pant length
- d. Rise
- e. Width of bottom
- f. Waist



## RECAP

### Enumeration

**Directions:** Give what is being asked. Write your answer on the space provided

- 1. What are the body parts to be measured in making trousers?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
  - g. \_\_\_\_\_
  - h. \_\_\_\_\_
  - i. \_\_\_\_\_



# LESSON

## **Lesson 7: Procedures in Taking Body Measurements for Ladies Trouser**

### **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 or too loose.
8. Record all measurements immediately.

### **Needed Measurements**

#### **A. Vertical Measurements**

1. Pant 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 tape measure.

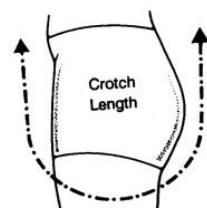
#### **B. Horizontal Measurements**

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 creases 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.

#### **C. Rise Measurement**

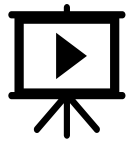
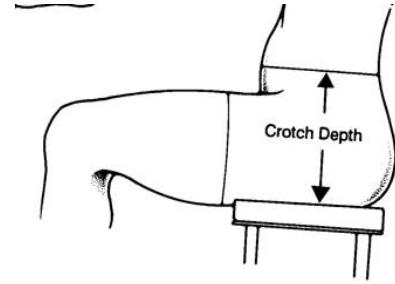
#### **Techniques in taking the rise measurement:**

1. Crotch length (Standing)- from waistline in front under crotch to waistline in back. Indicate front to center and center to back measurements.





2. Crotch depth (Seated) - follow contour of body from waistline to hip, hold tape straight from hip to chair.



## ACTIVITIES

### Activity 1: Video Clip Demonstration

**Directions:** Demonstrate how to take vertical and horizontal measurement and techniques in taking the rise measurement. Start doing the demonstration from vertical measurements up to rise measurement. Discuss how you do the measurements.

### Activity 2: WHAT IS IT?

**Directions:** Identify the given measurements whether VERTICAL or HORIZONTAL. Write your answer on the space provided.

- |                          |                      |
|--------------------------|----------------------|
| _____ 1. Rise            | _____ 5. Thigh       |
| _____ 2. Seat            | _____ 6. Waist       |
| _____ 3. Width of bottom | _____ 7. Pant Length |
| _____ 4. Width of knee   |                      |



## WRAP-UP

Answer briefly the given set of questions.

- What are the tips in taking body measurements for ladies trouser? Give at least three.
- Discuss the procedure on how to take measurements on the following:
 

a. Pant length	e. Thigh
b. Rise	f. Width of knee
c. Seat/Hip	g. Width of bottom
d. Waist	
- What are ways of measuring the crotch?



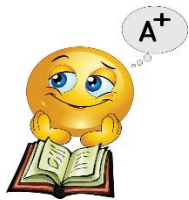


## VALUING

### Sentence Completion



The knowledge that I've learned today is/are \_\_\_\_\_  
\_\_\_\_\_.



I have realized... \_\_\_\_\_  
\_\_\_\_\_.



Today, I am confused in . . . \_\_\_\_\_  
\_\_\_\_\_.



## POSTTEST

### I. Multiple Choice

**Directions:** Read and understand the statement carefully. Write the letter that best describes the statement. Write your answer on your quiz notebook.

1. It is taken around the smallest part of the torso or body.  
a. Rise  
b. Thigh  
c. Knee  
d. Waist
2. Measured around the fullest part of the thigh in line with the crotch.  
a. Knee  
b. Seat/Hip  
c. Thigh  
d. Waist

3. Taken around the fullest part of the second hip or buttock with a tape measure.
  - a. Thigh
  - b. Waist
  - c. Seat/Hip
  - d. Knee
4. Body measurements taken from the waist down to the desired length.
  - a. Pant length
  - b. Width of knee
  - c. Width of bottom
  - d. Seat/Hip
5. It is taken at the bottom of pants desired length.
  - a. Seat/Hip
  - b. Pant length
  - c. Width of knee
  - d. Width of bottom

## II. Enumeration

**Direction:** Give what is being asked.

A. What are the techniques in taking the rise or crotch measurements?

1. \_\_\_\_\_
2. \_\_\_\_\_

B. What are the tips in taking body measurements for ladies trouser?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



## KEY TO CORRECTION

<b>Pre-Test</b>		
1. f	1. Waist	6. Knee
2. b	2. First hip	7. Rise/ Crotch
3. a	3. Second hip	8. Bottom
4. c	4. Pant length	9. Distance from
5. d	5. Thigh	knee to waist
<b>Recap</b>		

- Post-test**
- |                                      |  |
|--------------------------------------|--|
| 1. D<br>2. C<br>3. C<br>4. A<br>5. D | 1. Use ruler and a tape measure<br>2. Have the person seated and take measurement at the side<br>3. Use clear and correctly numbered tape measure<br>4. Start from number one when taking measurements.<br>5. Never take your own measurements.<br>6. Stand straight when being measured.<br>7. Empty the pockets and remove the belts when measurements are being taken.<br>8. Follow the correct order of taking the body measurements.<br>9. Measurements should never be too tight or too loose.<br>10. Record all measurements immediately. |
|--------------------------------------|--|

## References

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