



DEPARTMENT OF EDUCATION
SCHOOLS DIVISION OF NEGROS ORIENTAL
REGION VII

Kagawasan Ave., Daro, Dumaguete City, Negros Oriental



TLE-H.E.-DRESSMAKING

Quarter 1 – Module 4: TAKE CLIENT'S BODY MEASUREMENTS

(Week 5-6)



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TLE – Grade 9

Alternative Delivery Mode

Quarter 1 – Module 4: TAKE CLIENT’S BODY MEASUREMENTS

First Edition, 2020

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Published by the Department of Education

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Printed in the Philippines by _____

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TLE

Quarter 1 – Module 4:

TAKE CLIENT’S BODY

MEASUREMENTS





What I Need to Know

This DRESSMAKING course leads to National Certificate Level II. This is designed for Grade 9 student to develop competencies: plans, designs and sews sleeping garments and children's wear. It discusses and explains the tools, materials and equipment used in the making of desired products. It also demonstrates different techniques and processes which will guide the learner in developing the skills and knowledge to work effectively and efficiently.

The module will cover Lesson 1: Take Clients Body Measurement

After going through this module, you are expected to:

1. identify the body measurements needed in assembling the sleeping garments;
2. discuss the proper procedure in taking body measurements;
and
3. practice accurate taking of body measurements.



What I Know

Multiple Choice

Direction: Read the statements carefully. Choose the letter that best describes the statement and write it on your notebook

1. This measurement is taken from the tip of the left shoulder to the tip of right shoulder with the tape measure passing over the prominent bone.
 - a. Shoulder Width
 - b. Chest Width
 - c. Back Figure Length
 - d. Back Across Width

2. This measurement is taken from the left (front) armhole seam to the right (front) armhole seam.
 - a. Shoulder Width
 - b. Chest Width
 - c. Back Figure Length
 - d. Bust height

3. This measurement is taken around the smallest portion of the torso.
 - a. Bust Circumference
 - b. Chest Width
 - c. Back Figure Length
 - d. Waist Circumference

4. This measurement is taken from the shoulder neck junction to the highest point of the bust.
 - a. Bust Circumference
 - b. Chest Width
 - c. Bust height
 - d. Waist Circumference

5. This Measurement is taken from the tip of the shoulder to the desired length of the sleeve
 - a. Sleeve Length
 - b. Bust height
 - c. Chest Width
 - d. Bust distance

Lesson 4

Take Client's Body Measurements

Taking accurate body measurements is one of the keys to great fit. Whether you choose to make your pattern block from commercial fitting pattern or draft it from measurements, having accurate measurements is critical to the success of your block.



What's In

Explain the statements below:

1. Why is it important to know on how to take body measurement correctly?
2. Why is it important to know the different pattern symbols?



Notes to the Teacher

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 a rubric if provided. Please review the activities and answer keys and amend if necessary.



What's New

Direction: Identify the body measurements taken in each picture. Write your answer in your notebook.

1.



2.



3.



4.



5.








What is It

As variety of ready-to wear garments is largely available in our market, you may think there's no need for you to sew and make a dress for yourself. That's not a good idea! Now that you have acquired some of the basic learning about the different kinds of fabric, let us continue to develop your ability and skill in sewing. It would be a great accomplishment for you if you know what you are wearing is a product of your own talent, skill and creativity. Let's deal first with the different tools, materials and sewing equipment. Perhaps, you have already encountered all of these during your Grade 8. As a review, find time to discuss and be familiar again with tools and sewing equipment. Apparel requires specific measurement to come up with a well-designed and comfortable sleeping garment.

BODY MEASUREMENTS NEEDED IN SEWING SLEEPING GARMENT

	<p><u>Shoulder Width</u> Measure from the tip of the left shoulder to the tip of right shoulder with the tape measure passing over the prominent bone.</p>
	<p><u>Back Across Width</u> Measure from the left shoulder arm joint to the opposite side, approximately 4 to 5 inches down from the tip of the shoulder.</p>
	<p><u>Back Figure Length</u> Measure from the nape to the waistline on the cord. Allow the tape measure to hang freely.</p>



Chest Width Measure from the left (front) armhole seam to the right (front) armhole seam



Bust Circumference Measure around the fullest portion of the bust with the tape measure passing over the shoulder blades running on the same in front.



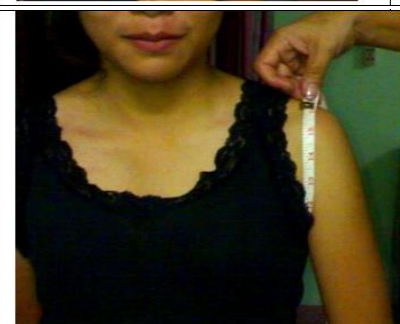
Waist Circumference Measure around the smallest portion of the torso



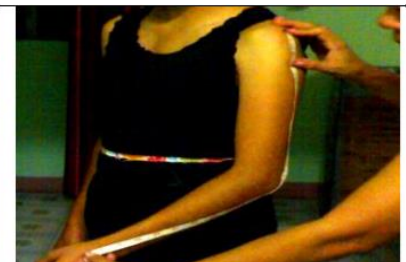
Front Figure Length Measure from the shoulder neck junction with the tape measure passing over the highest part of the bust down to the waistline.



Bust Height Measure from the shoulder neck junction to the highest point of the bust



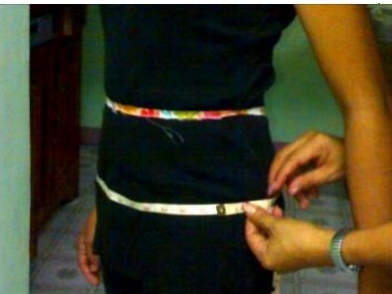
Armhole Circumference Measure around the base of the arm with the tape measure closes at the tip of the shoulder



Sleeve Length Measure from the tip of the shoulder to the desired length of the sleeve



Arm Circumference This measurement is taken around the arm where the sleeve length falls



1st Hip

Hip1 Circumference This measurement is taken 5 inches below the waistline measure around the hip level.



2nd Hip


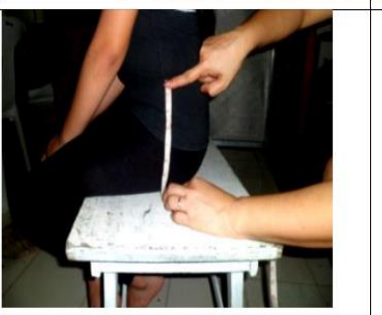



Hip2 Circumference This measurement is taken 7 to 8 inches below the waistline. Measure around the fullest part of the buttocks with the tape measure closest at the side.

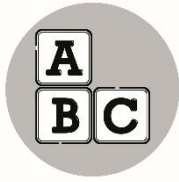


Thigh Circumference Measure around the fullest part of the thigh with the tape measure closest at the side.



Bust Distance Measure from the highest point of the bust to the opposite side.

	<p><u>Crotch/seat/rise</u> This measurement is taken in two ways. For male customer insert a ruler on the rise and measure from the waistline to the upper edge of the ruler.</p>
	<p>For female customer allow her to sit on a flat chair, and measure at the side from the waistline to the surface of the chair.</p>
	<p><u>Skirt's Length</u> Measure from the waistline to the desired length.</p>
	<p><u>Full Length</u></p> <p>Measure from the waistline down to the desired length of the shorts / pants</p>
	<p><u>Knee and Bottom</u></p> <p>Circumference</p> <p>Measure around the legs where the full length falls.</p>



What's More

Direction: There are three ways of taking body measurements namely: Vertical, Horizontal and Circumferential. Listed below are body measurements needed in garment construction. Tell how each measurement is taken by filling out the table below.

Front figure	hip 2	armhole	shoulder width	bust distance
Bust height	thigh	bust	crotch	sleeve length

VERTICAL	HORIZONTAL	CIRCUMFERENTIAL



What I Have Learned

Direction: Write your personal reflection about your insights and learning on the lessons. Finish the following statements: Use your notebook for this activity.

I have learned that

I have realized that

I will apply



What I Can Do

Direction: Ask any member of the family to do this task with you. Take his/her actual body measurement then divide it by the corresponding divisor provided in the IMC below. This will be the actual measurements needed in sewing the sleeping garment. Use separate sheet if necessary.

(Note: 1 inch (") = 2.54 centimeters) (cm)

Customer's Name _____ Yr. & Sec.: _____ Date Taken: _____

Parts of the body measured	Actual Body Measurement
Shoulder width	
Back Across width	
Back Figure length	
Chest width	
Bust Circumference	
Waist Circumference	
Front Figure length	
Bust height	
Bust Distance	
Armhole circumference	
Sleeve length	
Arm Circumference	
Hip2 Circumference	
Hip1 Circumference	
Lap circumference	
Crotch/seat/rise	
Full length	
Leg circumference	



Assessment

INDIVIDUAL MEASUREMENT CHART (IMC)

Customer's Name _____ Date Taken: _____

Parts of the body measured	Actual Body Measurement	Measurement Needed	Computed Measurement
Shoulder width		$\frac{1}{2}$	
Back Across width		$\frac{1}{2}$	
Back Figure length		1	
Chest width		$\frac{1}{2}$	
Bust Circumference		$\frac{1}{4}$	
Waist Circumference		$\frac{1}{4}$	
Front Figure length		1	
Bust height		1	
Bust Distance		$\frac{1}{2}$	
Armhole circumference		$\frac{1}{2}$	
Sleeve length		1	
Arm Circumference		$\frac{1}{2}$	
Hip1 Circumference		$\frac{1}{4}$	
Hip2 Circumference		$\frac{1}{4}$	
Lap circumference		$\frac{1}{4}$	
Crotch/seat/rise		1	
Full length		1	
Leg circumference		$\frac{1}{2}$	

Rubric in taking body measurements

Item	15	10	5	Score
Measurements of the body	Identify and locate parts of body to be measured correctly, (used 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 ahead of time.	Finished taking body measurement on time	Finished taking body measurement beyond the allotted time.	
TOTAL SCORE				



Answer Key

<p>What I Know</p> <p>1. a</p> <p>2. b</p> <p>3. d</p> <p>4. c</p> <p>5. a</p>	<p>WHAT'S New</p> <p>1. Chest Width</p> <p>2. crotch</p> <p>3. sleeve length</p> <p>4. front figure</p> <p>5. shoulder width</p>
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