1. Discuss the advantages and disadvantages of lettered sizing (S, M, L, XL) versus numerical sizing.

* Letter sizes are cheaper than numbered size, but the disadvantage is that it is not ideal to find the perfect fit for the customers.

1. How is fit evaluated using the five elements of fit?

* The five elements of fit detail the different variables that effect fit in a way that is cognizant of the interdependence of each aspect. In this way they are used as bounds within which the garment must be engineered.

1. How are wrinkles used to diagnose fit problems?
2. Horizontal wrinkles under tension indicate that the garment is narrower than the body just above or below the wrinkles.
3. Loose, vertical wrinkles indicate that the garment is too wide in that area.
4. Vertical wrinkles under tension form when the garment is too short in an area.
5. Loose, horizontal folds indicate that the garment is longer than the body.
6. Diagonal wrinkles point to a particular body curve indicating that the garment is too small or lacks sufficient shaping to adequately fit that body curve.
7. Trace the physical development of a person from infancy through old age and explain the impact of physical changes on fit.

* Infants have heads two thirds of their adult size. Toddlers grow slower than infants. They gain height very quickly, so they lose their baby fat fast. They have short necks, round chests, and prominent abdomens. The bodies of adults may continue to change as they age. Both men and women face gaining weight and losing muscles while aging. Their bust, waist and hips increase as muscle tone decreases, men’s and women’s buttocks tend to flatten, requiring less length and width in the back of pants and skirts, with more in the front abdomen area.

1. Identify new fit technologies available to consumers.
2. Body scanning
   1. MyBestFit
   2. TrueTailor
   3. Dynamic Fitting
3. Virtual Fit Modeling
4. Virtual Fitting Room