




Anthropometric Measurements in Garment Designing and Construction

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Anthropometric Measurements

- Anthropometry is the study of measurements of human body in terms of dimensions
- In garment designing and construction these measurements are used to create a well fitted garment.
- It is very important for designer/ dress maker to take accurate measurements

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- A Garment designer/maker should consider the shape and physical constitution of the body of the wearer.
 - For convenience, human body is divided into 8 parts. This is called “ Eight Head Theory”
 - I- Hair to nape of neck
 - II- Nape of neck to bottom of scye
 - III- Bottom of scye to waist
 - IV- Waist-hip line
 - V- Hip line to thigh
 - VI- Thighs to knees
 - VII- Knees to calf
 - VIII- Calf to foot

INSTRUMENTS REQUIRED:

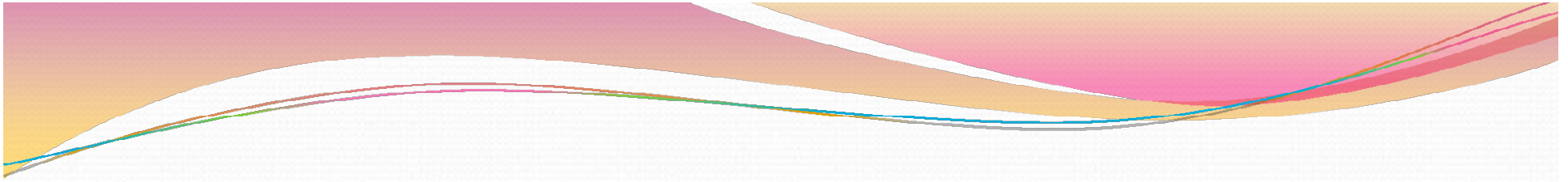
- Paper/ Diary
- Pen/ Pencil
- Eraser
- Measuring Tape - nonstretching, nonfraying, should not be damaged, markings should be clear
- Scale Triangle (optional)
- Design sketch/book (optional)





PRECAUTIONS WHILE TAKING MEASUREMENTS:

- Measurements should be taken by one person to another. Self measuring is not advisable
- Standing position should be correct (erect), in natural pose
- Measurements should be taken over minimal and well fitted garments
- While taking measurements, tape should not be handled too tight or too loose



- Take all measurements point to point
- While taking vertical measurements, tape should be exactly vertical
- While taking girth measurements, tape should be parallel to floor and there should be no sagging
- Measurements should be taken in suitable, orderly sequence
- Measurements should be recorded immediately



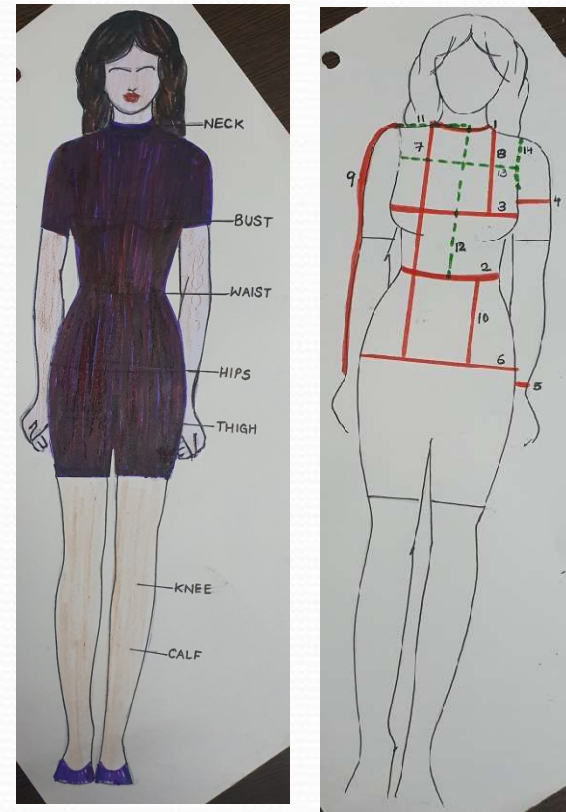
SOME ADDITIONAL POINTS:

- Know requirements and preferences of wearer in advance
- Observe the figure carefully for any deviations.
- It is advisable to repeat check the measurements taken.

SOME BASIC MEASUREMENTS:

- 1 Round Neck
- 2 Waist
- 3 Round bust
- 4 Round Upper Arm
- 5 Wrist
- 6 Round Hips
- 7 Shoulder to Waist
- 8 Shoulder to Waistline
- 9 Full Arm Length
- 10 Waist to Hips
- 11 Half Shoulder
- 12 Nape to Waist
- 13 Across Back
- 14 Armscye

Note: Dotted Green Lines represent Back Measurements





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