

**COMPETENCY #5:** Evaluate individual body type by measurements and comparisons with body type charts and information.

**COMPETENCY #6:** Recognize, analyze and accept personal body type.

**CONCEPT:** A persons proportions are as individual as their hair color, or fingerprints. If you understand your own proportions you will be able to use lines, colors and textures that will flatter you.

**PREPARATION:**

Duplicate the Proportion by Height assignment sheets.  
Duplicate the Figure types assignment.  
Hang large pieces of butcher paper up around the class room for the students to measure and mark on.

Provide tape measurers for student use.

**LECTURE/DISCUSSION**

YOUR FIGURE: FIGURE TYPE AND PROPORTION

On of the most important keys in dressing your body to make the most of your appearance, is to understand the meaning and use of proportion.

Proportion is the ratio of one thing to another. In fashions we consider the following proportions:

Size - is it equal to, greater then, smaller than.. are shoulders equal to hip measurement, etc.

Shape - is it wider than, more narrow than etc.

Space - is it evenly divided, one half longer or wider than the other half etc.

From a distance people notice the outline of your clothes, not the details. In other words, they see your silhouette or outline. There are four basic body and clothing silhouettes, they are:

Hourglass  
Rectangle or average  
Triangle  
Inverted triangle

**NOTE:** Use the figure type illustration as a transparency to illustrate body types for the class.

Women's body may fit into any one of the four categories, most men's body fit into the inverted triangle.

One body type is not better or worse than the others, some are easier to dress, some can use help to create the silhouette you desire, but one is not better than the other.

**NOTE:** The measurements taken in the Proportion assignment will be used for both the proportion by height assignment, and the figure types assignment.

**ASSIGNMENT:**

Students will complete proportion by height and the figure types assignment.