

BODY PROPORTIONS: “NORMAL” LOOKS DIFFERENT FOR EVERYONE!

Body proportions and the rate of physical growth and development vary from person to person. You may be the same height as a friend. Your friend's feet may be much smaller than yours. Another classmate's legs from the knees to ankles may be longer than yours. In this lab, you will demonstrate how body proportions can vary from person to person.

Objectives:

- Measure height, arm, leg and foot size proportions.
- Prepare a table that shows variations in height and foot size.
- Draw conclusions and make calculations based on information in the table.

You will need:

- Tape measure or yardstick & ruler – 1 per group
- Pencils

Procedure:

- Measure the height of each person in your group.
- Write the measurements in INCHES on the chart your teacher gave you. Be sure to note the name of each person in the group with their measurements.
- Continue measuring the lengths shown on the chart in INCHES for each person in your group.
- When all measurements are complete, review the information on the chart with your group.
- If time permits, complete the Analysis questions on the bottom of your chart handout.

Analysis Questions

- 1. What is the difference between the highest and lowest recorded heights in our group?
- 2. For each person, which is longer: the upper arm or the lower arm? What is the difference between the longest and shortest arm lengths in your table?
- 3. What is the difference between the longest and shortest knee-to-ankle measurements?
- 4. What percentage of each person's height consists of the legs?
- 5. Can you draw any conclusions regarding the relation between height and foot size? If so, what are they?

Relationship between height & feet example:

This is a photo of Mrs. Pothast with her son, John-Mark. He is 19 years old, six feet, eight inches tall, and wears a size 15 shoe.

For most of us, a size 15 shoe seems enormous.

For John-Mark, it makes perfect sense.

Imagine if he had small feet...

He'd tip over! 😊



Measurements Chart

Student	1	2	3
Height			
Shoulder to elbow			
Elbow to wrist			
Hip to knee			
Knee to ankle			
Feet			