

Body Types, Sizes, and Fit

Unit: Business of Textiles

Problem Area: Business Skill Development

Lesson: Body Types, Sizes, and Fit

- **Student Learning Objectives.** Instruction in this lesson should result in students achieving the following objectives:

- 1 Assess body type.**
- 2 Recognize silhouette features.**
- 3 Select appropriate garment fit and size categories.**
- 4 Summarize workplace dress standards.**

- **Resources.** The following resources may be useful in teaching this lesson:

E-units corresponding to this lesson plan. CAERT, Inc. <http://www.mycart.com>.

Dress for Success®. Accessed Aug. 7, 2014. <http://www.dressforsuccess.org/>.

Henricks, Mark. "Starting a Business as a Personal Shopper," *Entrepreneur*. Accessed Aug. 7, 2014. <http://www.entrepreneur.com/article/75238#>.

"How to Determine Your Body Shape," *The Chic Fashionista*. Accessed Aug. 7, 2014. <http://www.thechicfashionista.com/determine-your-body-shape.html>.

Larson, Kristin. "The Right Clothes for Your Body Type," *REAL SIMPLE*. Accessed Aug. 7, 2014. <http://www.realsimple.com/beauty-fashion/clothing/shopping-guide/right-clothes-your-body-type-0000000007925/>.

Molloy, John T. *John T. Molloy's New Dress for Success*. Warner, 1987.

Smith, Michelle Powell. "Types of Fashion Silhouettes," *eHow*. Accessed Aug. 7, 2014. http://www.ehow.com/about_5052855_types-fashion-silhouettes.html.



Thomas, Pauline, and Guy Thomas. *Fashion-Era*. Accessed Aug. 7, 2014.
<http://www.fashion-era.com/>.

"Women's Dress Fit Guide," *Nordstrom*. Accessed Aug. 7, 2014.
<http://shop.nordstrom.com/c/womens-dresses-fit>.

■ **Equipment, Tools, Supplies, and Facilities**

- ✓ Overhead or PowerPoint projector
- ✓ Visual(s) from accompanying master(s)
- ✓ Copies of sample test, lab sheet(s), and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- ✓ Computers with printers and Internet access
- ✓ Classroom resource and reference materials

■ **Key Terms.** The following terms are presented in this lesson (shown in bold italics):

- alterations
- big
- body type
- business casual attire
- casual attire
- dressing for success
- dressy or resort casual attire
- Euro sizes
- fashion silhouette
- hourglass silhouette
- inverted triangle silhouette
- junior
- missy
- petite
- plus size
- professional attire
- ready-to-wear
- rectangle silhouette
- regular
- rise
- short
- silhouette
- sleeve length
- tall
- triangle or pear silhouette
- women's

- **Interest Approach.** Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

Share the following with your students: According to Kim Zoller at Image Dynamics, “Fifty-five percent of another person’s perception of you is based on how you look.” With that statement in mind, ask your students if it makes a difference how you dress for an interview. On paper, ask them to list what they should not wear to an interview.

For more information and suggestions about dressing for an interview, have your students read <http://jobsearch.about.com/od/interviewsnetworking/a/dressforsuccess.htm>.

CONTENT SUMMARY AND TEACHING STRATEGIES

Objective 1: Assess body type.

Anticipated Problem: How can a person assess his or her body type?

I. Measurements

A. **Body type** is the overall silhouette shape of a physical structure that reflects the contours of a figure based on waistline measurement. **Silhouette** is the outline of the body torso beginning at the shoulders and following through to the hips. Once measurements for the shoulder, bust/chest, waist, and hips are accurately taken, the results are interpreted as a body type. The body type of an individual determines the clothing style that flatters the body silhouette.

1. A flexible tape measure is used for accurate measurements. The measuring tape is situated so a finger can be placed behind the tape and close to the body. For precision, it is best to have another person take the measurements.
2. A person should always stand with good posture when measurements are taken. Feet should be placed in a natural standing position, approximately six inches apart. Good posture is essential for accurate measurements.

B. Taking measurements

1. The shoulder measurement is of the largest circumference around the body on the outside of the shoulders. People should keep their hands and arms down by their sides. The tape measure is placed around the body on the outside of the shoulders at the widest point. The visual appearance of a silhouette starts

at the shoulder. The curve or straightness of the shoulder helps determine the body type.

2. The bust/chest measurement is the widest circumference measurement around the breasts or chest. People being measured should stand with good posture and hold their arms up and out of the way.
3. The waist measurement is the smallest torso circumference; it is generally located between the rib cage and the belly button. To find the indented waist (where a trouser or skirt sits), it is necessary to place a piece of elastic around the body and to ask the person being measured to bend from side to side until the elastic settles into the natural waistline. The individual being measured should stand with good posture and hold his or her arms up and out of the way. The person measuring keeps one finger between the tape and the body.
4. The hip measurement is the widest circumference—around the buttocks and thighs. The measurement is taken by placing the tape measure around the buttocks and thighs at the widest point. The individual being measured stands with heels together and holds arms up and out of the way. The hip measurement is one of circumference, so the tape measure should be held parallel to the floor. The person measuring wraps the measuring tape around the hip area and slides the tape down the body to the widest part; it may be a few inches or up to 12 inches below the waist. Most women's hip measurements are taken between 7 and 9 inches below the natural waist. Drawing the tape too tightly skews the measurement.
5. **Sleeve length** is the measurement from the back neck center (nape of the neck) to the shoulder and down the arm to the wrist. This measurement is taken with the jacket off and arms at the side.
6. An accurate measurement for the male neck is found by measuring around the neck at the Adam's apple. For females, it is best to measure loosely around the neck to a point where a typical necklace would rest. The person measuring should be able to place two fingers behind the tape measure.
7. Other pant, skirt, and dress measurements
 - a. Front length is found by measuring from the base of the neck to the waistline on the front side of the torso.
 - b. Back length is found by measuring from the base of the neck to the waistline on the center back.
 - c. Dress length is found by measuring from the base of the neck to the hemline on the center back.
 - d. Skirt length is found by measuring from the waist to the hemline on the center back.
 - e. The leg outer seam is found by measuring from the waist to the hem at the side of the leg.
 - f. The leg inseam is found by measuring from the crotch seam to the hem on the inside of the leg.
 - g. The waist to floor front (pant) is found by measuring from the natural waist down to the floor in the center front.

- h. The waist to floor back is found by measuring from the natural waist to the floor in the center back (including the natural curve of the buttocks). This measurement is taken when altering or constructing pants.
- i. The thigh measurement for pant and stocking sizes is found by measuring the circumference around the thigh at the largest point.
- j. **Rise** is the distance between the middle of the crotch seam to the waist. To find the rise, it is necessary to measure from the natural waistline in the center front continuing between the legs and up the back to the natural waist. Rise is an essential measurement for pants, especially evening wear. The comfort of pants is determined by the rise. The measurement indicates how much the pants will rise up the leg when the person sits down. A normal or regular fit rise is about 9 inches in length when worn at the natural waist. Khakis and trousers usually have a regular rise.
 - (1) Low-rise pants (especially jeans) are worn at the hips and sit about 3 inches below the belly button. The rise is between 5 and 8 inches in length (for women). Low-rise pants make people appear shorter because the leg line is visually stopped at the waistband.
 - (2) Mid-rise pants sit just below the natural waist and are a flattering look for most silhouettes. The rise is from 8 to 12 inches, and the waistband sits just below the natural waist (near the belly button). Mid-rise is often the most comfortable rise for jeans.
 - (3) High-rise pants (“mom jeans”) sit a few inches above the belly button. This rise is unflattering to most figures and tends to emphasize figure problems. Typically more than 12 inches, the rise creates a boxy shape on the wearer and flattens the rear.

Teaching Strategy: Use VM–A to review.

Objective 2: Recognize silhouette features.

Anticipated Problem: How are individual or group silhouette features recognized?

II. Silhouette types

- A. A silhouette is an outline of the body starting at the shoulders and following through to the hips. Body measurements help determine body type by comparing the percentage difference between two or more body areas. A **fashion silhouette** is “the shape clothing and undergarments give the body in the attire of a given period,” according to author Michelle Powell-Smith (eHow). Fashion silhouettes change over time and often embrace the social characteristics of the time.
 - 1. The 1960s shift dresses, made popular by Jacqueline Kennedy, created a boxy shape.
 - 2. The 1980s fashion was “big.” Women’s suits had big shoulders, and women had “big hair.” The shoulder pads and big hair complemented the overindulgences and over-the-top purchases made in that decade.

- B. An **hourglass silhouette** is the appearance of the shoulders and hips being the same width and the outline of the body being noticeably curved in at the waist. The shoulders and hips are about the same “size,” and the person has a defined waist. This body shape can be any size (missy, petite, junior, or women’s) and is considered to be ideal in this era of fashion history. The waist is a minimum of 25 percent smaller than the shoulder and hip measurements. For example, a waist of 25 inches and shoulder and hip measurements of 36 inches indicate an hourglass silhouette. Most fashion experts and stylists attempt to create an hourglass silhouette for all women, regardless of body type. To create an hourglass shape for a tall person, the associate could suggest the following silhouette lines and/or types of clothing:
1. A belt or cinching the waist
 2. Jackets or cardigans that fall just above the hip
 3. Form-fitting but not clingy clothing
 4. Slacks or jeans with a slight flare at the bottom
- C. A **rectangle silhouette** is the appearance that the shoulders, waist, and hips create a straight, somewhat boxy body outline. The waist is less than 25 percent smaller than the shoulder and bust/chest measurements. For instance, a waist of 30 inches and shoulder and bust/chest measurements of 32 inches indicate a rectangle silhouette. To flatter a rectangle silhouette, the associate could suggest the following silhouette lines and/or types of clothing:
1. Snug fit through the waist
 2. Boot-cut pants
 3. Fitted jackets
 4. Ruffles and/or sleeve details that add volume to the shoulder
- D. A **triangle or pear silhouette** is the appearance of the shoulder and waist being noticeably narrower than the hips; the body outline appears to curve outward at the hips (similar to the shape of a pear). The hip measurement is more than 5 percent larger than the shoulder and bust measurements. For example, a hip measurement of 36 inches and shoulder and bust/chest measurements of 32 inches indicate a triangle silhouette. To flatter a triangle silhouette, the associate could suggest the following silhouette lines and/or types of clothing:
1. Wide leg pants, with increased width beginning at the thighs
 2. Boat neck tops
 3. Tailored jackets
 4. A-line skirts
- E. An **inverted triangle silhouette** is the appearance of square shoulders that are wider than the body outline of the waist and hips; the waist and hips appear columnar (e.g., a pillar). Shoulder and bust/chest measurements are more than 5 percent larger than the hip measurement. For instance, a hip measurement of 36 inches and shoulder and bust/chest measurements of 45 inches each indicate an inverted triangle silhouette. To flatter an inverted triangle silhouette, the associate could suggest the following silhouette lines and/or types of clothing:

1. Soft knits or woven fabrics that drape and/or fabrics with stretch
2. V-neck or open neckline blouses and shirts
3. Waist definition (e.g., belts, sashes, and jacket button placement)
4. Vertical seaming

Teaching Strategy: Use VM-B to review. You may want to bring in magazines and have small groups find women and identify their shapes. You could also do this with a PowerPoint of celebrities.

Objective 3: Select appropriate garment fit and size categories.

Anticipated Problem: How is desired fit determined?

III. Fit and garment sizes

- A. Well-fitting garments help create a flattering appearance. Female size and fit across brands and retailers can fluctuate greatly. Male sizing is closely tied to measurements and tends to be more consistent from one brand and retailer to the next. The U.S. women's standard clothing sizes were originally developed with data collected in the 1940s to 1950s. At that time, European and U.S. sizes were similar, which is no longer the case. Menswear standard sizes were developed during the Revolutionary War and were first used for army uniforms. Menswear has traditionally been based on the man's chest measurement with all other measurements being proportional to the chest. This, too, is changing.
 1. Size categories
 - a. Women—petite, missy, junior, and women's or plus
 - b. Men—regular, tall, short, and big
 - c. Unisex—XXS (extra, extra small), XS (extra small), S (small), M (medium), L (large), XL (extra large), and XXL (extra, extra large)
 2. **Euro sizes** are European standard clothing label sizes based on body dimensions and measured in centimeters. Euro sizes are 10 numbers higher than U.S. sizes. For example, a men's size 58 Euro is a U.S. size 48.
 3. **Ready-to-wear** is mass-produced clothing in standard sizes and sold in a finished condition in retail and online stores. Ready-to-wear is also termed "off-the-rack" and is the opposite of made-to-order or custom-designed clothing. Typically, ready-to-wear garments need few alterations.
 4. **Alterations** are adjustments to a garment that change the way the garment fits. Many retail stores have an alterations department for customer purchases; most retail purchases require no additional alteration cost to the customer. However, sale item alterations may be an additional cost. Typical alterations are:
 - a. Hemline and finished length
 - b. Sleeve length
 - c. Waistline placement

- d. Shoulder seam placement
 - e. Bust dart placement
 - f. Cuffs (shirts and pants)
 - g. Other
- B. Female size categories and fit
1. **Missy** is a standard size range of clothing made to fit the average female with an average bust, average height, and an hourglass figure. It is the most common size category and is best suited to females 5 feet 4 inches to 5 feet 9 inches. In a missy size, no one measurement is out of proportion with the others. The primary accommodation for missy sizes is to sell various hem lengths (e.g., short, regular, and long) for different heights. Sizes are even numbers; sizes 2 to 16 are typical.
 2. **Petite** is a standard size range of clothing made to fit shorter females. Petite garments have shorter arms, legs, and torso (shorter waist) than the missy size. This size is best suited to females 4 foot 11 inches to 5 foot 3 inches (sometimes 5 feet 4 inches, depending on the brand). Petite sizes are normally even numbers beginning at 0 (zero). All petite frames benefit from the elongation effect of wearing heels. To enhance petite shapes:
 - a. Hourglass—Wearing high-waist garments and long necklaces or scarves elongates (lengthens) the appearance.
 - b. Rectangle—Using a triangular color block at the waist helps create an hourglass figure.
 - c. Triangle—Strong shoulder lines can be softened with ruffles or a peplum skirt.
 - d. Inverted triangle—Wearing a solid color from waist to toe (including the hosiery and shoes) helps minimize the hips.
 3. **Junior** is a standard size range of clothing for shorter women—5 feet 4 inches to 5 feet 5 inches—with high busts and a relatively straight, slim body through the waist and hips. The sizes are odd numbers—usually 1 to 15—one size lower than the missy sizes. The shoulders, waist, and thigh are cut smaller than the missy size. Junior designs are youthful and can be trendy.
 4. **Women's** is a standard range of clothing sizes for curvier women of average height and sometimes with a lower bust line. Women's is also called **plus size**. Women's sizes begin at 16W and increase in size. Category sizes are 1X (similar to extra large with slightly different proportions) and up and parallel increased bust, waist, and hip measurements. Designs can be trendy or classic.
 5. Other female sizes
 - a. Tall: Proportionally average bust height and an hourglass figure
 - b. Half-size: Lower bust, shorter back, and an hourglass shape

C. Male size categories and measurement details

1. **Regular** is a standard size range of clothing for a well-proportioned man's body (5 feet 8 inches to 6 feet $\frac{1}{2}$ inch tall), with hips and chest of equal girth (circumference).
2. **Short** is a standard size range of clothing for a short torso or sleeve length and describes a man who is 5 feet 3 inches to 5 feet $7\frac{1}{2}$ inches tall. The garment body is 2 inches shorter than the "regular" size.
3. **Tall** is a standard size range of clothing for men 6 feet 1 inch to 6 feet 3 inches tall with a long torso and/or long arms. The body length of shirts is 2 inches longer than the "regular" size. The coat sleeve and body length is $1\frac{1}{2}$ inches longer than regular. Tall sizes are a proportionate extension of regular sizes, but big sizes are a disproportionate expansion of them. The tallest tall size is 4XL-tall—neck size is 20 to $20\frac{1}{2}$ inches, sleeve is 37 to 38 inches, waist is 52 to 54 inches, and chest is 58 to 60 inches.
4. **Big** is a standard size range of clothing for men of average height (5 feet 8 inches to 6 feet $\frac{1}{2}$ inch tall) but whose neck, sleeve, waist, and chest measurements are larger than those who wear "regular." Pockets, lapels, and other details increase in size for a pleasing proportion. The first size considered big is 2XB. The neck is 18 to $18\frac{1}{2}$ inches, the sleeve is 34 to 35 inches, the waist is 46 to 48 inches, and the chest is 50 to 52 inches. The largest big size is usually 9XB. The neck is 28+ inches, the sleeve is 36 inches, the waist is 70 to 72 inches, and the chest is 74 to 76 inches.
5. Measurements
 - a. Chest—Measurements are taken around the fullest part of the chest. To ensure an accurate measurement, the tape measure should be placed close under the arms and the tape should be flat across the back. Blazer and suit jacket sizes generally correspond with chest size.
 - b. Neck—It is important to measure around the base of the neck and over the Adam's apple.
 - c. Sleeves—Sleeves are measured from the collar, along the shoulders, and down the outer arm to the hem.
 - d. Waist—Menswear pant and slack sizes are determined by measuring around the natural waistline. In a retail store setting, pants and slacks are labeled with the waist and the inseam measurements in inches. For example, if a man has a 34-inch waist and a 32-inch inseam, he would select preferred pant styles (e.g., flat front or pleated) with those same waist and inseam measurements. Jean options for men include boot-cut and slim-leg styles.
 - e. Pant seams
 - (1) Inseam—The inside leg is measured from the top of the crotch to the anklebone.
 - (2) Side seam—The outside leg is measured from the natural waistline to the hem (ankle).

- f. Center back length—The center back length is measured from the center of the collar seam to the hem of the shirt or jacket.
- D. Basic fit recommendations for all garments
 - 1. No gapping should appear anywhere on the garment.
 - 2. The shoulder seam should line up with the edge of the person’s shoulder and arm.
 - 3. The arm length should extend to the wrist, but it should not cover the base of the thumb.
 - 4. Arm and leg widths should be aligned to the garment style and should flatter the body.
 - 5. The waist should not ride up or down on the body.
 - 6. The garments should curve with the buttocks; they should not produce extra or loose fabric folds.

Teaching Strategy: Many techniques can be used to help students master this objective. Use VM–C, VM–D, and VM–E to review.

Objective 4: Summarize workplace dress standards.

Anticipated Problem: What does it mean to dress appropriately for the workplace?

IV. Workplace attire

- A. **Dressing for success** is selecting a wardrobe or garment and adjusting an appearance to make the best impression. “Power dressing” is a term often associated with dressing for success in the professional workplace. Appearance matters when creating a professional image so the outward appearance matches the talent. Dress codes vary by the type of industry or business and may vary within the same work setting (e.g., management, reception, sales, and shipping). Personal grooming is essential to dressing for success. For instance, brushing teeth, shaving, styling hair, trimming nails, and being free of odor (including strong cologne or perfume fragrances) is a crucial part of an individual’s appearance.
- B. **Professional attire** is a conservative style of workplace dress required in most corporate offices: banks, financial advisors, attorneys, accounting, etc. Professional business dress is often purchased at Brooks Brothers, Ann Taylor, Men’s Wearhouse, Nordstrom, etc.
 - 1. Women—Business professional attire
 - a. Suit—Pant or skirt suit in navy blue or black
 - b. Blouse—Modestly cut in solid colors or small prints
 - c. Business dresses—With or without a jacket
 - d. Shoes—Flats or up to 3-inch heel business styles (clean, polished, and worn with hose)
 - e. Hosiery—Skin tone or black without design

- f. Accessories and grooming
 - (1) Minimal jewelry (e.g., one ring per hand)
 - (2) Daywear makeup
 - (3) Neutral nail polish
 - (4) Neutral and neat hairstyle
 - g. The following should be avoided:
 - (1) Facial piercings and visible tattoos
 - (2) Dangling earrings
 - (3) Plunging necklines or backless tops
 - (4) Flip-flops or platform shoes
 - (5) Lycra pants
2. Men—Business professional attire
- a. Suit—The business suit should be in a dark color and should be worn with a conservative tie. A vest is optional. Wool or wool blend suiting fabric of navy blue, black, or grey should be selected with a good fit and hem lengths (sleeves and pants).
 - b. Shirt—The shirt should have long-sleeves and should be fitted and collared. The tie should coordinate with the suit and shirt.
 - c. Tie—The tie should have a small conservative print or stripes. Otherwise, it should be solid. Silk is the preferred fabric.
 - d. Shoes—Dressy dark leather shoes should be worn with black socks. Shoes should be clean and polished.
 - e. Accessories and grooming
 - (1) Facial piercings and visible tattoos
 - (2) Minimal jewelry—1 ring per hand
 - (3) Clean and neat hairstyle
 - (4) Belt to match the shoes
 - (5) Shaven or groomed facial hair
 - f. The following should be avoided:
 - (1) Facial piercings and some earrings
 - (2) Visible tattoos
 - (3) Casual shoes (e.g., sneakers and flip-flops)
 - (4) Nontraditional colors or suit fabrics

C. **Business casual attire** is a more relaxed and a less formal version of professional dress in which a person is neatly dressed, well coordinated, and still professional looking. Each workplace describes business casual to meet its specific needs. Specific business casual dress varies by industry, business setting, or departments within a business. Business casual clothing often is purchased at Banana Republic, J. Crew, Eddie Bauer, etc.

- 1. Business casual attire guidelines for women
 - a. General
 - (1) Solid colors are more appropriate than patterns.

- (2) Women should have a jacket available at work at all times for client or corporate meetings and events.
 - b. Pants—Dress trousers should be full length in khaki, corduroy, twill, or cotton and should be neatly pressed. Knee-length pencil skirts are another option.
 - c. Blouses and shirts—Cotton or silk-blend blouses or conservatively patterned shirts with collars should be worn. Multiple, non-revealing styles are acceptable, including polo or knit shirts with collars.
 - d. Dresses should be casual-style (e.g., wrap). Sweaters should be twin sets or cardigans.
 - e. Shoes
 - (1) Low-heel shoes, kitten heels, or flats
 - (2) Open-toe shoes in appropriate areas
 - f. Hosiery may be optional.
 - g. Accessories and grooming
 - (1) Natural hairstyles
 - (2) Manicured nails
 - h. The following should be avoided:
 - (1) Jeans (especially skinny or colored jeans), shorts, and leggings
 - (2) Athletic wear and yoga clothes
 - (3) Sandals with straps between toes, tennis shoes, and flip-flops
2. Business casual attire guidelines for men
- a. Pants
 - (1) Cotton khaki in navy blue, brown, or black
 - (2) No linen slacks (because of excessive wrinkling)
 - b. Shirts
 - (1) A long-sleeve button-down pressed shirt with a collar—usually white or blue cotton
 - (2) Polo shirts or knit shirts with a collar
 - c. Sport coat or blazer
 - (1) A seasonal sport coat or blazer can be worn over a shirt with no tie.
 - (2) A seasonal jacket should be available at work at all times for meetings and events.
 - (3) Color choices are conservative: tan, gray, and dark blue.
 - d. Sweaters
 - e. Shoes—Leather casual shoes (loafers) should be worn with socks. Shoe should be clean and polished.
 - f. Accessories and grooming
 - (1) Leather belts
 - (2) Clean-cut relaxed hair
 - (3) Conservative jewelry (e.g., one ring per hand, one watch or bracelet, and one necklace)

- (4) Clean-shaven; one-day facial hair growth is acceptable in some workplaces
- g. The following should be avoided:
 - (1) Facial piercings
 - (2) Jeans
 - (3) Athletic wear and beach wear
 - (4) Muscle shirts, sports jerseys, and Hawaiian shirts
 - (5) Tennis shoes, sandals, and flip-flops
- 3. **Dressy or resort casual attire** is a specialized clothing style reserved for off-site corporate meetings and conferences with clients, country club engagements, up-scale restaurants, and vacations. Resort casual clothing must be polished, sophisticated, and comfortable. It includes bright colors and immaculate white garments as well as lightweight and breathable cotton, linen, and silk garments. Capri pants and walking shorts are appropriate for daywear. Dressy jackets over a white or black outfit are acceptable for the evening. Accessories (e.g., belts, scarves and shawls, shoes, handbags, hats, and jewelry) are important for resort casual looks. No short shorts or swimwear should be worn to corporate meeting events. Resort casual clothing can be purchased from Patchington, Women's Cruise Wear, and Avenue.
- 4. **Casual attire** is comfortable workplace dress with an element of personal expression appropriate to the business setting. Casual business dress should be comfortable and practical. However, it should not be distracting or offensive to others. Some casual clothing is not appropriate for the workplace (e.g., clothing worn to the beach, for yard work, for exercise sessions, and for sporting events).
 - a. Men—Khakis or trouser jeans (dark wash and regular fit rather than low rise without holes) with buttons on the back pockets should be worn with a belt. Sweaters, Bermuda or cargo shorts, plain T-shirts (no slogans), polo shirts, and turtlenecks are acceptable. Company logo clothing is usually acceptable. Muscle shirts, sandals, flip-flops, and cut-off shorts should not be worn in the workplace.
 - b. Women—Khakis or trouser jeans (dark wash with a flattering cut and no holes; no low-rise) that look good with a jacket should be worn. Long or short skirts, walking shorts, plain T-shirts (no slogans), polo shirts, turtlenecks, or casual button-down shirts are acceptable. Company logo clothing is usually acceptable. No faded or frayed jeans, tube tops, short skirts, or flip-flops should be worn in the workplace.
- 5. Homecoming attire (female teenagers)
 - a. Dresses
 - (1) Party dresses to the knee or slightly above knee length
 - (2) Skirts (knee length or just above the knee) and appropriate tops
 - b. Shoes—Heels or open-toe sandals
 - c. Accessories and grooming
 - (1) Styled hair

- (2) Jewelry to complement the outfit
 - (3) Manicured nails
- d. The following should be avoided:
 - (1) Heels that make walking and dancing difficult
 - (2) Plunging necklines
 - (3) Dress or top cutouts that reveal excessive skin
 - (4) Evening gowns (full length)
- 6. Homecoming attire (male teenagers)
 - a. Shirt
 - (1) Dress shirt with tie and optional vest
 - (2) Dress slacks
 - (3) Dress shoes
 - b. Accessories and grooming
 - (1) Clean and natural hair
 - (2) Jewelry (simple items such as a ring, watch, or bracelet)
 - (3) Clean hands and nails
 - c. The following should be avoided:
 - (1) Jeans
 - (2) Tennis shoes
 - (3) T-shirt

Teaching Strategy: *Many techniques can be used to help students master this objective. Use VM–F through VM–L to review. Assign LS–A.*

- **Review/Summary.** Use the student learning objectives to summarize the lesson. Have students explain the content associated with each objective. Student responses can be used in determining which objectives need to be reviewed or taught from a different angle. If a textbook is being used, questions at the ends of chapters may be included in the Review/Summary.
- **Application.** Use the included visual master(s) and lab sheet(s) to apply the information presented in the lesson.
- **Evaluation.** Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.

■ **Answers to Sample Test:**

Part One: Matching

- 1. d
- 2. f

3. h
4. g
5. b
6. e
7. a
8. c
9. i
10. j

Part Two: True/False

1. F
2. F
3. F
4. T
5. T
6. T
7. F
8. F
9. F
10. T

Part Three: Short Answer

1. Answers will vary but should be similar to the following statement: Professional workplace attire is a conservative style of workplace dress required in most corporate offices (e.g., banks, financial advisors, attorneys, and accounting).
2. Answers will vary but should be similar to the following statement: Business casual attire is more relaxed and is a less formal version of professional dress in which one is neatly dressed, well coordinated, and still professional looking. Each workplace describes business casual to meet its specific needs.
3. Answers will vary but should be similar to the following statement: Casual workplace attire is comfortable workplace dress with an element of personal expression appropriate to the business setting. Casual business dress should be comfortable and practical, but it should not be distracting or offensive to others.

Body Types, Sizes, and Fit

► Part One: Matching

Instructions: Match the term with the correct definition.

- | | |
|---------------------------------|--------------------------------|
| a. alterations | f. ready-to-wear |
| b. body type | g. rectangle silhouette |
| c. dressing for success | h. rise |
| d. hourglass silhouette | i. silhouette |
| e. inverted triangle silhouette | j. triangle or pear silhouette |

- _____ 1. The appearance of the shoulders and hips being the same width and the outline of the body noticeably curved in at the waist
- _____ 2. Mass-produced clothing in standard sizes and sold in a finished condition in retail and online stores
- _____ 3. The distance between the middle of the crotch seam to the waist
- _____ 4. The appearance that the shoulders, waist, and hips create a straight, somewhat boxy body outline
- _____ 5. The overall silhouette shape of a physical structure that reflects the contours of a figure based on waistline measurement
- _____ 6. The appearance of square shoulders that are wider than the body outline of the waist and hips; the waist and hips appear columnar
- _____ 7. Adjustments to a garment that change the way the garment fits
- _____ 8. Selecting a wardrobe or garment and adjusting an appearance to make the best impression
- _____ 9. The outline of the body torso beginning at the shoulders and following through to the hips
- _____ 10. The appearance of the shoulder and waist being noticeably narrower than the hips; the body outline appears to curve outward at the hips



► Part Two: True/False

Instructions: Write *T* for true or *F* for false.

- _____ 1. Wearing black Lycra leggings with a blazer is appropriate for a job interview.
- _____ 2. When the shoulder, bust/chest, waist, and hip measurements are nearly equal, the body type is an inverted triangle silhouette.
- _____ 3. Ready-to-wear clothing fits everyone without alterations.
- _____ 4. Petite size women are usually 4 foot 11 inches to 5 foot 3 inches tall.
- _____ 5. Junior sizes are designed for a slim frame.
- _____ 6. An accurate waist measurement is found by measuring the smallest torso circumference.
- _____ 7. When dressing for success in the professional workplace, you can show your individuality by wearing multiple facial and ear piercings.
- _____ 8. The bust measurement is taken by placing the tape measure under the breasts and around the rib cage.
- _____ 9. An appropriate sleeve length covers the base of the thumb.
- _____ 10. An hourglass silhouette is recognizable because the shoulders and hips appear to be about the same “width,” and the waist is well defined.

► Part Three: Short Answer

Instructions: Answer the following.

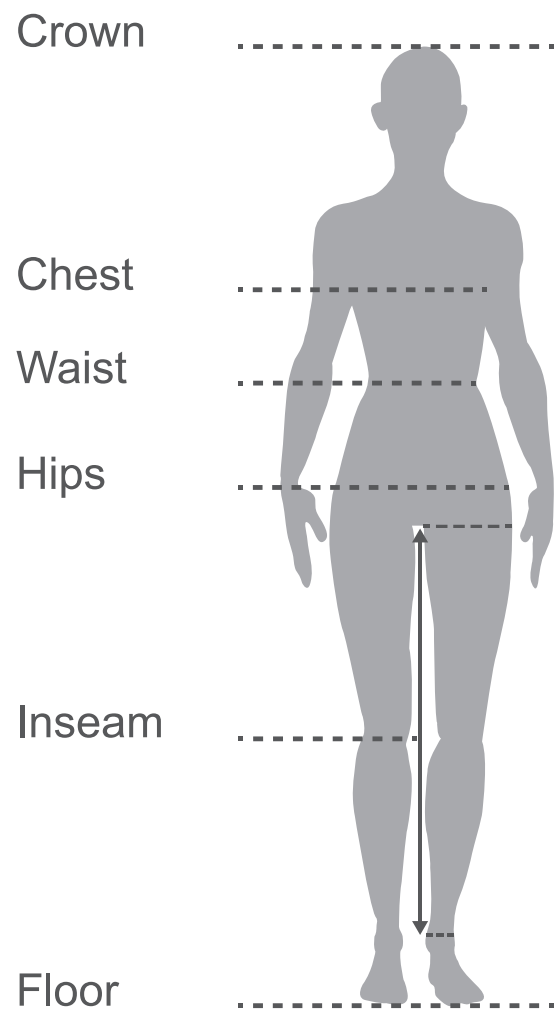
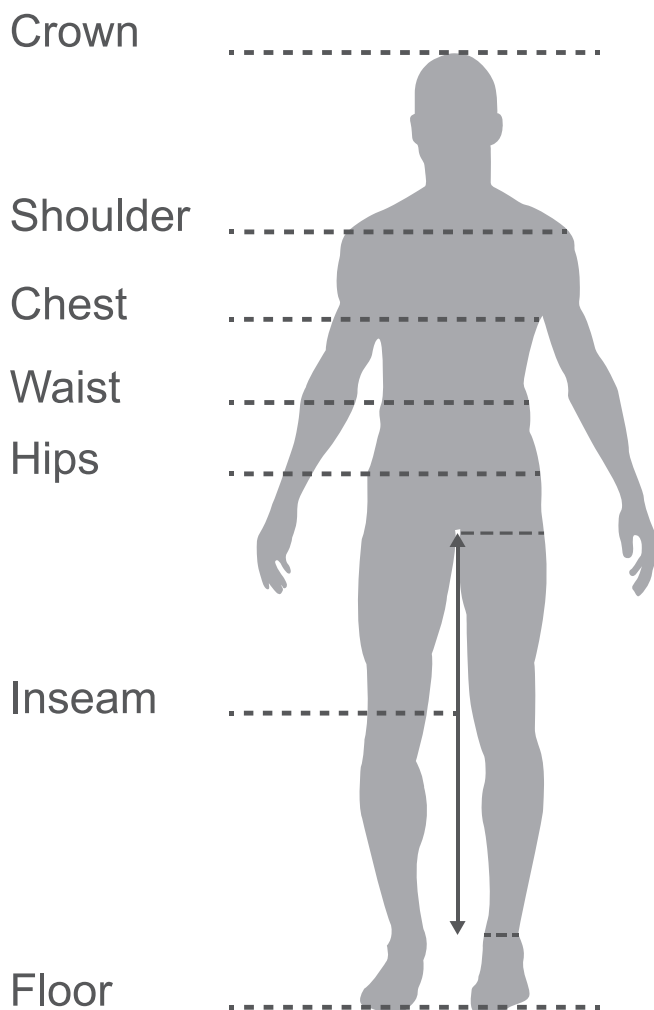
1. Describe professional workplace attire.

2. Describe business casual workplace attire.

3. Describe casual workplace attire.

MEASUREMENTS: WOMEN AND MEN

A flexible tape measure is used to take accurate measurements. For precision, it is best to have another individual measure you and record the measurements.



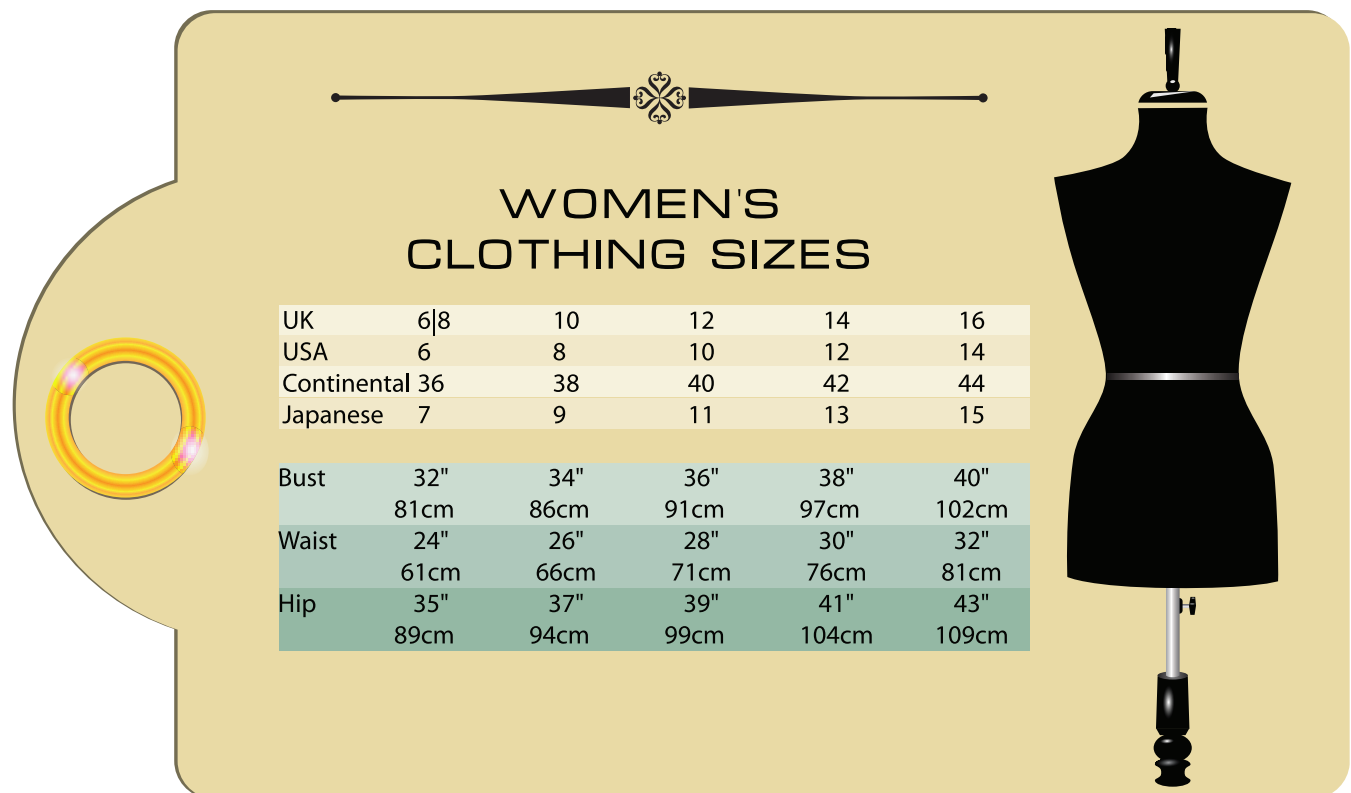
FEMALE BODY TYPES

Body type is the overall silhouette shape of the body: rectangle, hourglass, triangle or pear, and inverted triangle. Knowing the body type of an individual helps determine the style of clothing that flatters the body silhouette.



EURO AND U.S. STANDARD SIZES

Euro sizes are European standard clothing label sizes based on body dimensions and measured in centimeters. Euro sizes are 10 numbers higher than U.S. sizes.



**WOMEN'S
CLOTHING SIZES**

UK	6 8	10	12	14	16
USA	6	8	10	12	14
Continental	36	38	40	42	44
Japanese	7	9	11	13	15

Bust	32"	34"	36"	38"	40"
	81cm	86cm	91cm	97cm	102cm
Waist	24"	26"	28"	30"	32"
	61cm	66cm	71cm	76cm	81cm
Hip	35"	37"	39"	41"	43"
	89cm	94cm	99cm	104cm	109cm

ALTERATIONS

Alterations are adjustments to a garment to change the way the garment fits. Many retail stores have an alterations department for customer purchases. Which alterations are shown in these images?



BASIC FIT RECOMMENDATIONS

- ◆ No gapping should appear anywhere on the garment.
- ◆ The shoulder seam should line up with the edge of your shoulder and arm.
- ◆ The arm length should reach to the wrist but should not cover the base of the thumb.
- ◆ The arm and leg widths should be aligned to garment style and flatter the body.
- ◆ The waist should not ride up or down on the body.
- ◆ Garments should curve with the buttocks; they should not produce extra or loose fabric folds.



BUSINESS PROFESSIONAL ATTIRE

Professional attire is a conservative style of workplace dress required in most corporate offices: banks, financial advisors, attorneys, accounting, etc. What are the indicators that these images are professional attire?



CASE STUDY: DRESSING FOR SUCCESS AT AN INTERVIEW

Dressing for success is selecting a wardrobe or garment and adjusting your appearance to make the best impression. “Power dressing” is a term often associated with dressing for success in the professional workplace. How one looks matters when creating a professional image so the outward appearance matches the talent. Dressing for success is essential when interviewing.



Scenario: You work at a major department store. Sara is a customer looking for an outfit to wear to an interview at a bank. She is not sure where to look or what to look for at the store. The customer mentions it is typically hard for her to find a good fit.

CASE STUDY: DRESSING FOR SUCCESS AT AN INTERVIEW SOLUTION

Solution: The employee suggests that taking Sara's measurements would help determine her body type and size. The results of the measurements: Sara is 5 feet tall with an hourglass body type and an average build. Sara is interested in a black pantsuit she saw in the missy section. The employee recommends trying a petite black pantsuit instead of the missy pantsuit. The arm and pant length of the size 4 petite (4P) pantsuit are perfect; no alterations to length are required. The pant waist is a little loose, but the slacks fit nicely through the thighs. The alterations department meets Sara in the dressing room and pins the waistline to create a perfectly altered pant. Sara purchases the pantsuit and returns in three days to pick up her interview suit.



BUSINESS CASUAL WORKPLACE ATTIRE

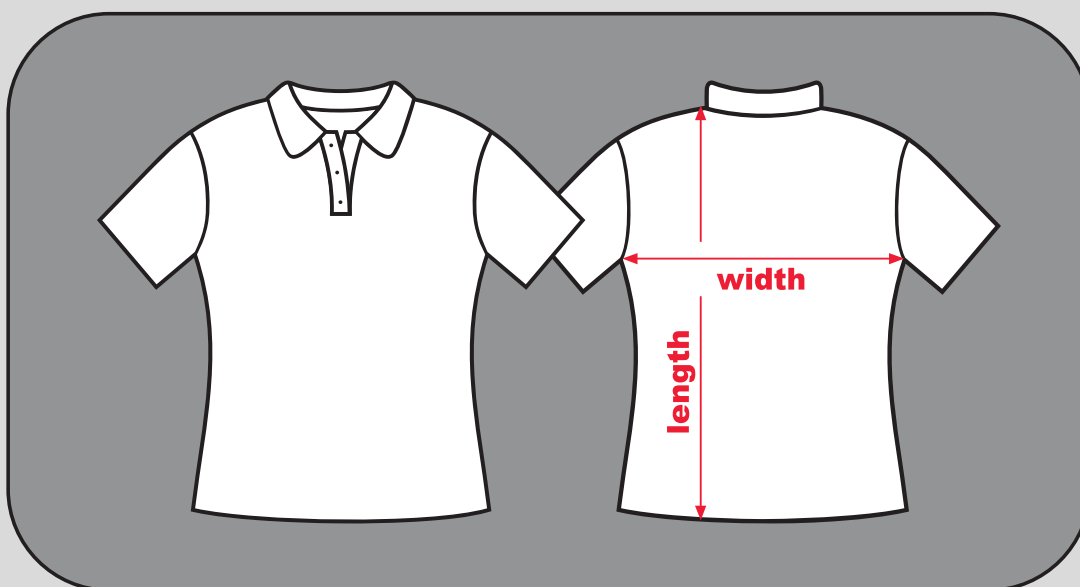
Business casual attire is more relaxed and is a less formal version of professional dress in which a person is neatly dressed, well coordinated, and still professional looking. Business casual clothing is often purchased at Banana Republic, J. Crew, Eddie Bauer, etc.



BUSINESS CASUAL AND CASUAL ATTIRE: COLLARED POLO SHIRTS

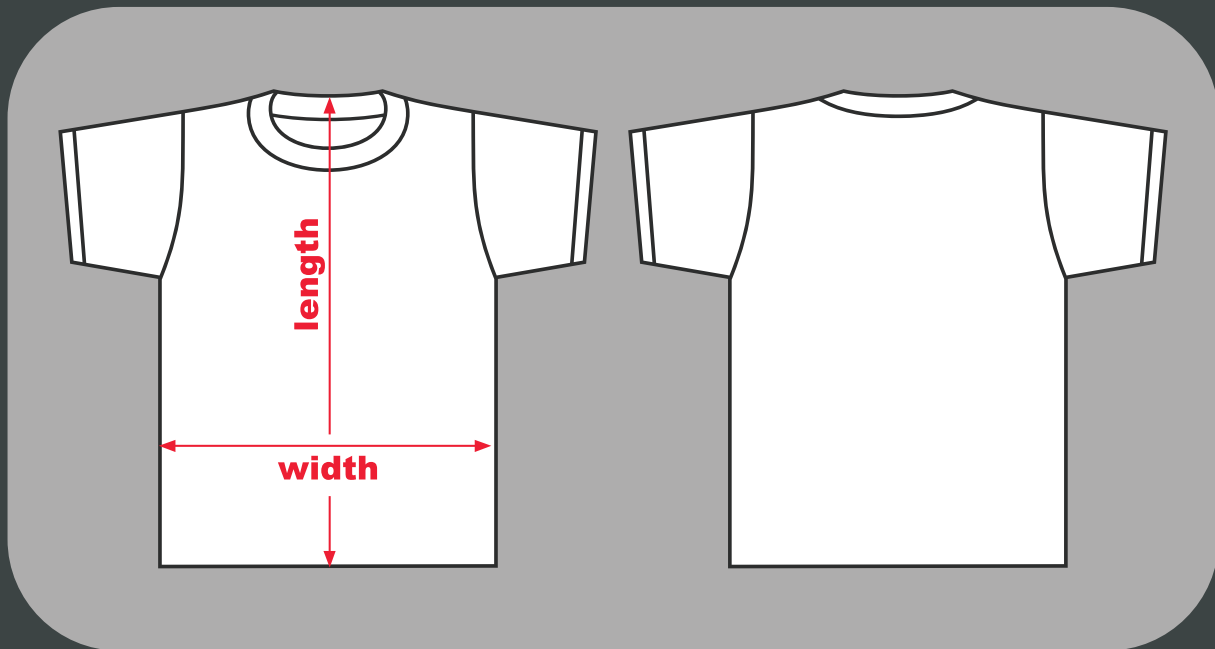
Women's and men's short-sleeve polo shirt sizes

woman t-shirt polo with short sleeves



	S	M	L	XL	XXL
length	54	55	57	59	60
width	40	44	48	50	52

men t-shirt with short sleeves



	S	M	L	XL	XXL
length	70	72	75	76	78
width	49	50	55	59	61

MEN'S CASUAL DRESS DENIM JEAN FIT GUIDE

Which of these denim jean cuts could work for business casual dress in a computer software office? Which jeans work best for weekend wear?



HIGH SCHOOL HOMECOMING ATTIRE

These high school students are appropriately dressed for the homecoming dance.



What Is My Body Type?

Purpose

The purpose of this activity is to determine your body type and your clothing size category.

Objectives

1. Review your class notes about fit, silhouette, and size.
2. Take shoulder, bust, waist, and hip measurements.
3. Determine your body type silhouette.
4. Determine your clothing size category.

Materials

- ◆ pen
- ◆ paper
- ◆ flexible tape measure
- ◆ calculator
- ◆ computer with Internet access
- ◆ class notes

Procedure

1. Work in pairs.
2. Your goal is to take each other's measurements to determine your body type silhouette and your size category.
3. Review your notes on taking measurements. Then watch these two videos about taking measurements: "How to Take Measurements for Sewing" at https://www.youtube.com/watch?v=T5ftYo_h3A and "How to Measure for a Suit" at <https://www.youtube.com/watch?v=74MwrDCzeBU>.



4. Have your partner take shoulder, bust, waist, and hip measurements on you. Record your information in the chart below:

Name	Inches
Height	
Shoulder	
Bust/chest	
Waist	
Hip	

5. Based on measurements, determine your body type silhouette and size category. Show your silhouette calculations.
- Hourglass silhouette—The waist is a minimum of 25 percent smaller than the shoulder and hip measurements.
 - Rectangle silhouette—The waist is less than 25 percent smaller than the shoulder and bust/chest measurements.
 - Triangle or pear silhouette—The hip measurement is more than 5 percent larger than the shoulder and bust measurements.
 - Inverted triangle silhouette—Shoulder and bust/chest measurements are more than 5 percent larger than the hip measurement.
- (1) Calculations based on measurements:

(2) My body type silhouette is _____.

(3) The reason(s) this is my body type silhouette is/are:

6. Based on your measurements, determine the best size category for you (e.g., petite, missy, or junior).
- My size category is _____.
 - The reason(s) this is the best size category for me is/are:

7. Turn in your completed lab sheet to your instructor.