Full-Body Figure Drawing: Proportion Landmarks and Muscle-Group Reference

Original task 1 / independent drawing and calculation

Task 1

A standing figure has a head height of 4 cm and a floor line at 30 cm. Using seven and a half head heights, list the band boundaries in centimeters and state the chin, elbow, hip, and knee positions in head-height units.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 2 / independent drawing and calculation

Task 2

A walking figure is drawn with the hip line level. The left knee is shifted forward and the right knee is shifted back. Describe where to place the shoulder, elbow, hip, knee, and ankle landmarks and what to check before adding muscle shapes.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 3 / independent drawing and calculation

Task 3

A seated figure is drawn on a chair. The hip line is at 12 cm from the floor, the knee line is at 18 cm, and the ankle line is at 3 cm. Describe how to place the joint landmarks and which muscle groups to label, using the convention that landmarks are circles and muscle groups are rounded labeled shapes.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 4 / independent drawing and calculation

Task 4

A learner draws a standing figure with a head height of 5 cm and a floor line at 35 cm. They place the chin at 5 cm, the elbow at 15 cm, the hip at 18.75 cm, and the knee at 27.5 cm. Check whether these placements are consistent with seven head heights and identify any inconsistency.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Full drawing sheet / reusable blank workspace

Reusable full drawing sheet for Tasks 1 to 4. Print another copy when needed. Keep all original task measurements; if a task specifies larger paper, use that paper size.