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

Original tasks 1, 2 / complete keys

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.

Answer: Seven and a half times 4 cm equals 30 cm, matching the floor line. Band boundaries are at 4, 8, 12, 16, 20, 24, and 28 cm. Chin: 1 head height. Elbow: about 3 head heights. Hip: about 3.75 head heights. Knee: about 5.5 head heights. These values are hypothetical examples.

Reason: Multiply the head height by the number of head heights to confirm the floor line, then divide the vertical distance into equal bands. Read each landmark from its band position.

Check: Confirm that 7.5 times 4 equals 30, that there are seven equal bands plus a half band, and that each landmark is recorded in head-height units.

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.

Answer: Keep the shoulder line level and place shoulder joints symmetrically. Place elbow joints on the elbow line slightly outside the shoulders. Keep hip joints on the level hip line. Shift the left knee forward and the right knee back along the knee line, then place ankles under the shifted knees. Check that the scaffold reads as a walking pose and that no joint is hidden before adding muscle shapes.

Reason: The landmark system stays the same in a walking pose; only the knee and ankle positions shift. The hip line remains level, so the scaffold must still read correctly from a distance.

Check: Verify that the hip line is level, that the knee shifts are visible, and that all five joint types are placed and visible before muscle shapes are added.

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Original tasks 3, 4 / complete keys

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.

Answer: Place hip joint circles on the hip line at 12 cm, knee circles on the knee line at 18 cm, and ankle circles near 3 cm. Place shoulder and elbow circles above the hips according to the seated torso height. Connect the joints with light limb lines. Label the upper-arm, forearm, thigh, calf, chest, abdominal, upper-back, and lower-back groups as rounded shapes around the visible landmarks. Keep all circles visible.

Reason: A seated pose changes the vertical relationships between hip, knee, and ankle, but the landmark convention remains the same. Muscle groups are still wrapped around visible joint circles.

Check: Confirm that hip, knee, and ankle circles sit on their stated lines, that all muscle groups are labeled, and that no joint circle is hidden by a muscle shape.

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.

Answer: Seven head heights times 5 cm equals 35 cm, so the floor line is consistent with seven head heights, not seven and a half. The chin at 5 cm is 1 head height, the elbow at 15 cm is 3 head heights, the hip at 18.75 cm is 3.75 head heights, and the knee at 27.5 cm is 5.5 head heights. These landmark positions are consistent with the head-count system, but the floor line implies seven head heights rather than seven and a half. The learner should either adjust the floor line to 37.5 cm for seven and a half head heights or relabel the proportion system as seven head heights.

Reason: Multiply the head height by the chosen number of head heights and compare with the floor line. Then divide each landmark position by the head height to confirm its head-count value.

Check: Verify that 7 times 5 equals 35, that each landmark divided by 5 gives the stated head-count value, and that the proportion system label matches the floor line.

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Source rubric / reflection

- [ ] Joint landmarks are placed and labeled before muscle shapes are added.
- [ ] Head-count bands are consistent and use one unit throughout.
- [ ] Shoulder, elbow, hip, knee, and ankle landmarks are visible and checkable.
- [ ] Muscle groups are simplified, labeled, and wrapped around the landmarks without hiding them.
- [ ] Left and right landmarks mirror correctly for the chosen pose.
- [ ] Valid alternatives in muscle-shape proportions are accepted if landmarks remain visible and labels are clear.

Reflection: What did you check, what did you change, and what will you try next?