Fitness Exercise Figure Drawing: Pose Construction Practice

Original tasks 1, 2 / complete keys

Task 1

On a 12 cm by 18 cm area, mark a vertical centerline and horizontal lines for a figure of 9 units total height: shoulders at 2 units, hips at 4.5 units, knees at 6.5 units, and ankles at 8.5 units from the top, with a ground line at 9 units so the 0.5-unit gap below the ankles is the foot/ground allowance. Place joint crosses symmetrically and draw light construction lines for arms and legs. Check that shoulder and hip lines are level.

Answer: A construction drawing with a centerline, horizontal lines at 0, 2, 4.5, 6.5, and 8.5 units plus a ground line at 9 units, symmetric joint crosses, and light limb lines. Shoulder and hip lines are level.

Reason: The task practices consistent unit spacing and symmetric landmark placement. Level shoulder and hip lines indicate a balanced stance.

Check: Use a ruler or folded paper strip to confirm horizontal lines are level and that left and right joint crosses are equidistant from the centerline.

Task 2

Draw a generic fitness stance with total height 8 units. Place shoulders at 1.5 units, hips at 4 units, knees at 6 units, and ankles at 7.5 units, with a ground line at 8 units so the 0.5-unit gap below the ankles is the foot/ground allowance. After drawing construction lines, measure the horizontal distance from the centerline to each wrist and each ankle. Record the distances and state whether the stance is symmetric.

Answer: A drawing with recorded distances. For a symmetric stance, left and right distances to wrists and ankles are equal within your measurement precision.

Reason: Measuring horizontal distances checks balance and reveals unintended asymmetry.

Check: Compare recorded distances; if they differ, adjust landmarks or note the asymmetry as intentional.

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Original tasks 3, 4 / complete keys

Task 3

Create a construction drawing where the upper arm and forearm are each 2 units long, and the thigh and shin are each 3 units long. Use a total height of 9 units. Check that left and right limb segment lengths match. Label the joint landmarks using the baseline-to-midline x-height convention.

Answer: A drawing with limb segments matching the stated lengths and labels placed using the x-height convention. Left and right segment lengths match.

Reason: Equal segment lengths on each side support balanced limb construction. Consistent labeling supports clear communication.

Check: Measure each segment along the construction line and compare left to right; verify labels are readable and consistent.

Task 4

Draw a generic fitness stance with an intentional asymmetry: the right foot is 1 unit farther from the centerline than the left foot. Use total height 8 units with shoulders at 1.5, hips at 4, knees at 6, and ankles at 7.5 units, and a ground line at 8 units so the 0.5-unit gap below the ankles is the foot/ground allowance. Note the intended difference and check that all other alignments remain level.

Answer: A drawing with the stated asymmetry noted, level shoulder and hip lines, and a centerline that still passes near the midpoint between the feet within the intended offset.

Reason: Intentional asymmetry must be planned and checked so it does not accidentally disrupt balance.

Check: Measure the horizontal offset of each ankle from the centerline; confirm the difference matches the intended 1 unit and that shoulder and hip lines remain level.

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Source rubric / reflection

- [ ] Joint landmarks are placed and labeled consistently.
- [ ] Shoulder and hip lines are level for a balanced stance.
- [ ] Centerline from head center through hip center passes near the midpoint between ankles.
- [ ] Left and right limb segment lengths are near equal unless asymmetry is intentional and noted.
- [ ] Construction lines are light and final outlines are clear.
- [ ] Labels use the baseline-to-midline x-height convention and are readable.
- [ ] Valid alternative proportions are accepted if units are consistent and checks pass.

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