

## SSS 1 CLOTHING AND TEXTILES.

### TOPIC :FIGURE TYPES.

#### OBJECTIVES :

---Define figure.

---State the figure types.

---Identify the variations of the figure types.

Definition :Figure is the body outline of shape and form of an individual.

An individual's body proportion determines the person's figure type. These body proportion can be viewed from both horizontal and vertical Angles. These body proportions helps to identify the different figure types possessed by people.

In garmentmaking, figure types are classified based on body proportion. Figure types are grouped according to height and proportion and based on two main measurements; height, and neck to waistline.

The figure types are based on three variations : Horizontal proportion, vertical proportion, Body physique :

- a. Horizontal proportion : hour glass, inverted triangle, triangle, rectangle, diamond and pear figures;
- b. Vertical proportions: long leg and short torso, balanced body, and short legs and long torso, and
- c. Body physique :huge (tall and fat ),slender (tall and slim),stout (short and fat ),petite (short and slim ),teens and junior.

#### VARIATIONS OF THE FIGURE TYPES

The horizontal body types are hour glass, inverted triangle, triangle, rectangle, diamond and oval while the vertical body figures are long legs and short torso; balance body and and short legs and long torso. The variations in the figure types are described below:

##### 1. Hour glass figure

One is said to have hour glass figure if the full hipline and full bustling are the same width and the waist is well defined. Hourglass figure is considered as the ideal perfect figure.

##### 2.Inverted Triangle

This is the second best female shape. You have an inverted triangle body shape if :

- a.you have a proportionally large bust or you have broad shoulders or both;

- b. you have narrow hips with a well defined waistline;
- c. you most likely have a long legged vertical body shape with proportionally slim legs and
- d. you may also have a flat bottom

### 3. Triangle figure

The triangle body type is often also referred to as pear shaped figure. You have this shape

- a. Your full bustline is proportionally narrower than your hipline and you have a well defined waist;
- b. You typically have narrow shoulders;
- c. You most likely have a balanced body or short legged vertical body shape; b
- d. Your thighs are typically full, and
- e. you may also have a full rounded bottom.

### 4. Rectangle figure

You have a rectangle body if :

- a. Your full bustline and full hipline are about the width and you have little waist definition;
- b. Your legs and arms will typically be proportionally slender;
- c. You have a small to medium bust;

### 5. Diamond figure

This body shape is also referred to as an apple shape. You have this body shape if :

- a. Your waist is undefined;
- b. You have a large, high stomach;
- c. You may have "love handles", and
- d. You may also have a full bottom or a flat bottom.

### 6. Oval figure

This body shape is also often referred to as an Apple shape. You have an oval horizontal body figure if :

- a. you have the overall appearance of being around the waistline;
- b. your waistline is undefined;

- c. you have a large, low stomach;
- d. You may have "love handles ";
- e. Your hips are wide;

#### VARIATIONS OF FIGURE TYPES BASED ON BODY PHYSIQUE

- a. Huge : this figure is tall and fat.
- b. Slender : this figure is tall and slim.
- c. Petite : this figure is short and slim .
- d. Teens : These are the figures of adolescents.
- e. Junior : These are the figures of children.

#### Assignment /Students Activity

1. Critically analyze your figure to determine your figure type and write down four clothing you can wear to emphasise your figure type.