

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ PERIOD: \_\_\_\_\_

## SCIENCE LAB: BODY MEASUREMENTS

### I. OBJECTIVE:

Students will gain experience In linear measurement and data analysis.

### II- MATERIALS:

Meter stick, string (1.2 m long), paper, and pencil.

### III. PROCEDURE:

1. Using the string, make different measurement of your body as indicated in Table 1 and Table 2. After each measurement has been completed, place the string on the meter stick and determine its length in centimeters. Round all numbers to the nearest millimeter, which is a tenth of a centimeter.
2. Write the data collected in Table 1 and Table 2.
3. Students will share some of their information with the rest of the class.
4. Process and graph the Information.

### IV- RESULTS AND OBSERVATIONS:

#### TABLE 1: CIRCUMFERENCE MEASUREMENTS:

##### BODY PARTS:

- 1 . Circumference of the head ..... \_\_\_\_\_cm
2. Circumference of the neck ..... \_\_\_\_\_cm
3. Circumference of the Waist ..... \_\_\_\_\_cm
4. Circumference of the right ring finger.. \_\_\_\_\_cm
5. Circumference of the left ring finger... \_\_\_\_\_cm
6. Circumference of the right wrist..... \_\_\_\_\_cm
7. Circumference of the left wrist..... \_\_\_\_\_cm
8. Circumference of the left calf..... \_\_\_\_\_cm

## TABLE 2: LINEAR MEASUREMENTS

### BODY PARTS:

1. Length of the right lower arm ..... \_\_\_\_\_cm  
(Inner distance from bend of wrist to bend of elbow)
2. Length of right foot (bare foot) ..... \_\_\_\_\_cm
3. Length of left lower arm (left forearm) .... \_\_\_\_\_cm
4. Length of left foot (bare foot) ..... \_\_\_\_\_cm
5. Length of right upper arm ..... \_\_\_\_\_cm
6. Length of left upper arm ..... \_\_\_\_\_cm
7. Length from the middle of the chest to the tip of the  
right middle finger ..... \_\_\_\_\_cm
8. Length of arm span (Extend both arms against the wall. Measure from the  
tip of right middle finger to the tip of the left middle finger) ... \_\_\_\_\_cm
9. Your height in centimeters ..... \_\_\_\_\_cm
10. Length of right upper leg (knee to hip)..... \_\_\_\_\_cm
11. Length of left upper leg ..... \_\_\_\_\_cm
12. Length of right lower leg ..... \_\_\_\_\_cm
13. Length of left lower leg ..... \_\_\_\_\_cm
14. Hand span (extend hand, measure from the tip of the thumb to the tip of the  
pinkie) ..... \_\_\_\_\_cm
15. Hand size (palm face, measure from bend of wrist to the tip of middle finger)  
..... \_\_\_\_\_cm
16. Distance from knee to floor ..... \_\_\_\_\_cm
17. Length of the fingers on the left hand: Thumb \_\_\_\_\_cm Index \_\_\_\_\_cm  
Middle \_\_\_\_\_cm Ring \_\_\_\_\_cm Pinkie \_\_\_\_\_cm

## V. CONCLUSIONS

**A.** Compare the following Measurements and explain if there is any relationship:

1. Circumference of neck and circumference of waist.
2. Circumference of right ring finger and left ring finger.
3. Length of right lower arm and right foot.
4. Length of left lower arm and left foot.
5. Your height and your arm span.
6. Circumference of head and distance from knee to floor.
7. Circumference of calf and circumference of neck.

**B.** Using bar graphs, graph the seven pairs of measurements listed above in section A of the Conclusion.

**C.** Compare your height to the following measurement:

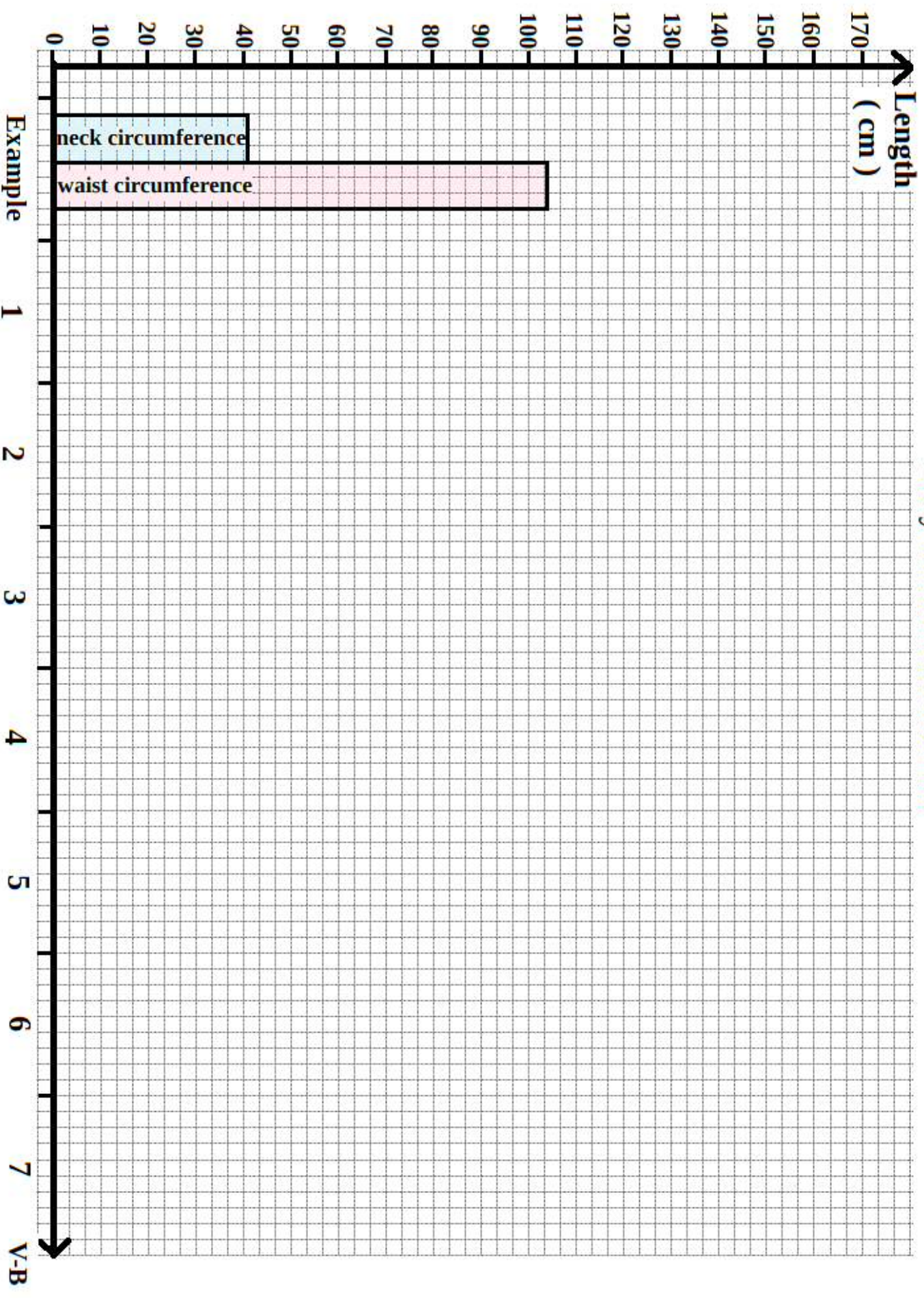
1. My height is \_\_\_\_\_ times the length of my right foot.  
(Divide your height by the foot length)
2. My height is \_\_\_\_\_ times the length of my right forearm.  
(Divide your height by the forearm length)
3. My height is \_\_\_\_\_ times the length of my right upper arm.
4. My height is \_\_\_\_\_ times the length of my right upper leg.
5. My height is \_\_\_\_\_ times the length of my right lower leg.
6. My height is \_\_\_\_\_ times the circumference of my head.

**VI. EVALUATION** (Each paragraph must have at least 6 sentences.)

**Paragraph 1:** After comparing your data with other groups, please explain which relationships are similar and which are different in the general population.

**Paragraph 2:** Indicate how useful you found this lab activity. Please suggest ways to make it more interesting and a more valuable learning experience.

# Body Measurements Lab



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