

Group 1: Body Measurements

To get accurate body measurements, use a cloth tape measure, keeping the tape taut but not stretched. Get a friend to help, if possible, measuring your body over properly fitting clothes while standing erect, without shoes. We will work in centimeters.

Personal Body Measurements	(in cm)		
Data from group members:			
Height: without shoes			
Neck: Measure around middle of neck. Tape should be snug, not tight.			
Arm: Begin at the top of the arm where the shoulder joint bends. Come down the outside of the arm, over the elbow to just below the wrist bone on the little finger side.			
Chest: Males: Measure around fullest part of chest, keeping tape up under arms and around shoulder blades. Females: Measure just under the breasts.			
Waist: Measure around the torso at the height you normally wear your slacks/pants. Measure just above the hip bones and across the navel.			
Leg: Gently press the area below your waist until you find the top of your hip bone. Measure from the top of the hip bone to just below the ankle bone on the outside of the leg.			
Head: Measure the largest part of the head, with the tape above the eyebrows.			
Question: What measurements surprised you?			

Group 2: Bone Counter

Each person in your team is to palpate (explore by touching lightly) his/her bones and make a bone count based on direct observation. If there is another person available to help you, it will make the job easier. I do not expect you to get a "text-book correct" bone count, but let's see how close you can come by *counting them yourself*. As you determine your count, don't forget you have two arms and two legs!

Number of Bones Counted						
Team Member	Skull	Vertebrae	Ribs/ Sternum	Upper Extremities	Lower Extremities	Total
1						
2						
3						
Team Total (average)						
Question: Do you believe your totals are an accurate count of all bones? Why or why not?						

Source: Presenter