

# 民族晨彩 设计融合 活态传承



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## 《手绘时装画》教案

### "Hand-painted Fashion Paintings" Teaching Plan

课 题	《时装人体比例结构》	授 课 类 型	理论讲授、实训
理 论 课 时	2 课时	实 践 课 时	6 课时
教 目 学 标	通过本次课的学习，掌握人体结构；掌握男女童体的人体结构和绘制方法。培养服装设计手绘能力；培养动手能力；培养学生抗挫能力和工匠精神。		
思 政 元 素	通过对人体结构的分析和讲解，对人体美的理解，培养学员的审美意识，提高欣赏水平。引发学员对时装效果图手绘的兴趣，强调科学精神和工匠精神的培养。通过实训练习，培养抗挫精神和精益求精的职业态度。		
重 点	男女童的人体比例；		
难 点	男女童人体的绘制		
教 学 资 源	Ppt 课件、电子教材、教学视频、试 题库		
实 训 任 务 要 求	<b>实训任务：</b> 1、绘制男女童人体各 2 张。 <b>实训要求：</b> 1.比例正确； 2、各部位结构合理； 3、线条流畅、排版美观。		
学 习 工 具	8k 画纸三张、尺子、画笔、橡皮		



<b>教 学 设 计</b>	<p>1、教师抛砖引玉在云课堂“课前预习”中提出问题：男女童体都有些什么特点？从而提出本单元学习内容《手绘时装画》。</p> <p>2、教师引导学员根据《手绘时装画》课程设在云课堂中找到相关教学 ppt、视频、电子教案和课件进行自主学习，初步自主完成学习目标。</p> <p>3、学员完成课后测试题，老师根据学员的测试结果了解知识的掌握情况，发现问题，及时解决问题。</p>
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<b>Topics</b>	“Proportional Structure of Fashion Body”	<b>Types</b>	Theoretical teaching, practical training
<b>Theoretical Hours</b>	2Hours	<b>Practice Hours</b>	6 hours
<b>Teaching Objectives</b>	Through the learning of this lesson, master the body structure; master the body structure and drawing methods of boys and girls. Cultivate the ability of hand-drawing for costumes design; cultivate hands-on ability; cultivate students' resilience and craftsmanship.		
<b>Ideological Elements</b>	Through the analysis and explanation of the body structure, understand the body beauty, cultivate the aesthetic awareness of the trainees, and improve their level of appreciation. Arouse students' interest in fashion renderings hand-drawing, emphasizing the cultivation of scientific spirit and craftsmanship. Through training exercises, develop a spirit of resistance and a professional attitude of excellence.		
<b>Big Picture</b>	Body proportion of boys and girls;		
<b>Difficult Points</b>	Drawing the body of boys and girls		
<b>Teaching Resources</b>	PPT courseware, electronic teaching materials, teaching videos, test bank		



<b>Training Task Requirements</b>	<b>Training Tasks:</b>  1. Draw 2 pictures of male and female children's bodies.  <b>Training Requirements:</b>  1. Correct proportion;  2. Reasonable structure of each part;  3. Smooth lines and beautiful typography.
<b>Learning Tools</b>	3 sheets of 8k drawing paper, ruler, paintbrush, eraser.
<b>Teaching Design</b>	 1. The teacher raised a question in the "pre-class preview" of the cloud classroom: What are the characteristics of boys and girls body? Therefore, the learning content of this unit, "Hand-painted Fashion Painting" is proposed.  2. Teachers guide students to find relevant teaching ppts, videos, electronic teaching plans and courseware in the cloud classroom according to the course design of "Hand-painted Fashion Paintings" to conduct independent learning, and initially complete the learning goals independently.  3. Students complete the after-class test questions, the teacher understands the mastery of knowledge according to the test results of the students, finds problems, and solves them in time.



## 教学步骤

### Teaching Steps

#### I 课前

##### I Before Class

##### 一、线上

##### I. Online

老师在云课堂“课前预习”中提出问题：男女童体都有些什么特点？

The teacher raised a question in the "pre-class preview" of the cloud classroom: What are the characteristics of boys and girls body?

##### 二、导入新课（10 分钟）

##### II. Introduce a New Lesson (10 minutes)

人是大自然的精灵，人体是大自然中最美丽、最富有变化的形体。我们观察图例中双臂平举，双腿分开的直立人体，可以清晰地看到人体的几大部分和其外部廓形。人体躯干部分宽大，四肢和颈好像从躯干中延伸出来的，且越向末端越细，头、手、脚好似给躯干的延伸“划上了句号”躯干部分的胸腔和盆腔外部廓形，可以概括为一正一列的梯形组合，上肢、下肢和颈也是梯形，头是蛋形。而正侧人体轮廓呈“S”形，头和颈向前倾，胸向前挺，臀向后翘，腿向后绷，正侧头部轮廓是一立一横蛋形的组合。胸、臀部分较厚，腰部偏窄，躯干部分也近似一倒一正梯形组合。正侧下肢由上至下逐渐变窄，大形为列梯形。

Humans are the spirits of nature, and the body is the most beautiful and varied physique in nature. When we look at the upright body in the illustration with its arms held flat and its legs apart, we can clearly see several large parts of the body and its external silhouette. The torso part of the body is wide, and the limbs and neck seem to extend from the torso, and become thinner toward the end. The head, hands, and feet seem to “end” the extension of the torso. The outer contours of the thoracic cavity and pelvic cavity of the trunk part can be



summarized as a trapezoidal combination of one positive and one column, the upper limbs, lower limbs and neck are also trapezoidal, and the head is egg-shaped。 While the front side of the body profile is "S" shaped, head and neck leaning forward, chest forward, hips prostrated backward, legs backward taut, the front side of the head profile is a combination of a vertical and a horizontal egg-shaped. The thorax and buttocks are thicker, the waist is narrower, and the torso is similar to one-on-one positive trapezoidal combination. The lower limbs of the frontal side are gradually narrower from top to bottom, and the large shape is a column trapezoid.

## II 课中

### II. In Class

### 三、新课讲授（80 分钟）

### III. Lecture of New Class (80 minutes)

## 项目三:时装画中的人体比例结构及动态

## Project 3: Proportional Structure and Dynamics of Body in

## Fashion Paintings

## 任务一:时装人体比例结构

### Task 1: Proportional Structure of Fashion Body

#### 1、人体比例一般为八头高

自头顶至下额底；

自下额底至乳点以上；

自乳点以上至腰部；

自腰部至耻骨联合；

自耻骨联合至大腿中部；

自大腿中部至膝盖；



自膝蓋至小腿中部;

自小腿中部至足跟。

1. The proportion of the body is generally 8-head height

From the top of the head to the bottom of the forehead;

From the bottom of the forehead to above the nipple;

From the nipple point above to the waist;

From the waist to the pubic symphysis;

From the pubic symphysis to the middle of the thigh;

From mid-thigh to knee;

From the knee to the middle of the calf;

From the middle of the calf to the heel.

## 第二节 男、女和童人体特征

### Section 2 Male, female and child body characteristics

男性人体基本特征是骨架、骨骼较大，肌肉发达突出，外轮廓线顺直，头部骨骼方正、突出，前额方而平直，颈粗。肩宽一般为两个头长多一些，胸腔呈明显的倒梯形，胸部肌肉丰满而平实，两乳间距为一个头长。腰部两侧的外轮廓线短而平直，腰部宽度略小于一个头长。盆腔较狭窄，大转子连线的长度短于肩宽，因此男性人体躯干基本形为倒梯形。男性的手和脚较女性偏大。

The basic characteristics of the male body are that the skeleton and bones are large, the muscles are developed and prominent, the outer contour line is straight, the head bones are square and prominent, the forehead is square and straight, and the neck is thick. The shoulder width is generally more than 2-head height, the chest is obviously inverted trapezoidal, the chest muscles are plump and flat, and the distance between the two breasts is 1-head height. The outer contour line on both sides of the waist is short and straight, and the width of the waist is slightly less than 1-head height. The pelvis is narrower and the length of the greater



trochanter is shorter than the shoulder width, so the basic shape of the male body torso is inverted trapezoid. The hands and feet of men are larger than those of women.

女性人体的基本特征是骨架、骨节比男性小，脂肪发达，体形丰满，外轮廓线呈圆润柔顺的弧线。女性人体较男性人体窄，肩宽与大转子连线的长度相当，所以女性人体躯干的基本形可理解为长方形。头部及前额外形较圆，颈细长。腰部两侧向内收，且具有顺畅的曲线特征，乳房突起，呈圆锥形，臀部丰满低垂，手和脚较小。

The basic features of the female body are smaller skeleton and bones than men, well-developed fat, full body shape, and a rounded and soft arc of the outer contour line. The female body is narrower than the male body, and the shoulder width is equal to the length of the line connecting the greater trochanter, so the basic shape of the female body torso can be understood as a rectangle. The head and front are rounded, and the neck is slender. The waist is drawn in at the sides and has a smooth curve, the breasts are raised and conical, the hips are full and low, and the hands and feet are smaller.

儿童按不同的成长阶段，可分为婴幼儿期、童年期、青少年期三个阶段，不同年龄阶段的儿童头部比例有所差异，五官的位置儿童的头生长是很缓慢的，从1岁到成年只增长7.5cm左右，而腿的增长几乎为躯干增长的两倍，这就是儿童头部比例较大的缘故。人类0~17岁这一阶段，可分为5个阶段：

婴儿期、幼童期、儿童期、少年期、青少年期、大小都有区别，因此日常生活中我们看到一个孩子基本上都能猜出他大致的年龄。

According to different growth stages, children can be divided into three stages: infancy, childhood, and adolescence. The proportion of the head of children in different age stages is different. The position of the facial features of the child's head grows very slowly. It only grows about 7.5cm in adulthood, and the growth of the legs is almost twice the growth of the trunk, which is the reason for the larger proportion of children's heads. The stage of human beings from 0 to 17 years old can be divided into 5 stages:

There are differences in infancy, young children period, childhood, juvenile and teenagers. There are differences in size, so in daily life we see a child who can basically guess his approximate age.





### 1、婴儿期（周岁前）

特点是 3.5~4 个头高，头大身小，体胖而腿短。

#### 1. Infancy (before the first year)

It is characterized by a height of 3.5 to 4-head height, a large head and a small body, fat body and short legs.

2、幼童期（1~3 岁）身长与体重增长较快，身高约 75~100 厘米，为 4~4.5 个头高。

体型特点是头大、颈短、肩窄、四肢短、挺腰、凸肚。整个体型仍然很胖，但比婴儿时期腿略长了一点。

2. In young children period (1~3 years old), the length and weight increase rapidly, and the height is about 75~100 cm, which is 4~4.5-head height.

The body shape is characterized by a large head, a short neck, narrow shoulders, short limbs, a high waist, and a convex belly. The whole body is still fat; it has slightly longer legs than infancy.

### 3、儿童期（4~6 岁）

#### 3. Childhood (4~6 years old)

为 5~5.5 个头高，一年约增长 6 厘米。儿童的腿长得长了一些，但同幼儿一样，所画的儿童也都是胖胖的身体圆圆的肚皮，以及不甚灵活的小胖手。其姿势很活——跑着的、跳者的以及向前走着的。他们的道具可以是球，小马车和踏板车。

It is 5 to 5.5-head height and grows about 6 cm a year. The children's legs have grown a little longer, but like the children, the children painted are also fat bodies, round bellies, and inflexible little chubby hands. The posture is lively—running, jumping, and walking forward. Their props can be balls, pony cars and scooters.

这时的孩童的骨骼都是藏在婴儿脂肪之中的，肌肉几乎还未开始发育呢，对儿童最好通过准确地表现姿势和动态来进行描绘，一般儿童姿态应是纯真自然、活泼可爱，但又很富于变化的。要画活动中的孩子。

At this time, the bones of the children are hidden in the fat of the baby, and the muscles have hardly started to develop. It is best to describe the children by accurately expressing



their posture and dynamics. Generally, the posture of children should be pure, natural, lively, varied. It is necessary to draw the children in the activity.

#### 4、少年期（7至12岁）

#### 4. Juvenile (7 to 12 years old)

这个时候的身高约115~145厘米,5.5~6个头高。他们有较长的腿和手臂,肩、胸、腰、臀已经逐渐起变化:男童的肩比女童的肩宽,女童的腰比男童的腰细;女童此时的身高普遍高于男童。

At this time, the height is about 115~145 cm, 5.5~6-head height. They have longer legs and arms, and their shoulders, chest, waist, and hips have gradually changed: boys' shoulders are wider than women's, and girls' waists are thinner than boys' waists; girls are generally taller than boys at this time.

此外,其原有的婴儿脂肪正在逐渐消逝,并显露出膝、肘等部位的骨骼以及其他成人人体的特点。

In addition, their original baby fat is gradually disappearing, revealing bones such as knees, elbows, and other characteristics of the adult body.

#### 5、青少年期

13岁至17岁的孩子,这时体型已经逐渐发育完善,男孩子的身高比例为7~8个头高,女孩子大约是6.5~7个头,尤其是到了高中以后,在比例上他们修长的腿和身材已趋于成年人,骨骼上的变化亦很明显易见。

#### 5. Teenagers

Children from 13 to 17 years old, at this time the body shape has gradually developed, the height ratio of boys is 7 to 8-head height, girls are about 6.5 to 7-head height, especially after high school, in proportion to their slender legs and figure has tended to adults, bone changes are also obvious and easy to see.

### III 课后

#### III. After class

##### 一、课后小结



## I. Post-lesson Summary

本次课我们学习了男女童人体的绘制方法，理解了不同比例的人体绘制方法后，才能够绘制好时装画，然后在针对各种不同风格的时装画绘制不同比例的人体。

In this lesson, we have learned the drawing method of the body of boys and girls, and after understanding the drawing method of the body in different proportions, we can draw fashion paintings well, and then draw different proportions of bodies for various styles of fashion paintings.

## 二、作业布置

## II. Homework Assignment

### 本单元实训项目任务要求

#### The Task Requirements of This Unit Training Project

1、实训项目任务：

1. Training project tasks:

绘制男女童人体各 2 张。

Draw 2 pictures of male and female children's bodies.

2、实训项目要求：

2. Training project requirements:

(1) 比例准确；

(1) Accurate proportions;

(2)、各部位结构合理；

(2) Reasonable structure of each part;

(3)、线条流畅、排版美观。

(3) Smooth lines and beautiful typography.

通过项目的实训要求培养学生的审美意识与追求卓越，创新研发、精益求精的工匠精神。具备耐心、专注、坚持的优秀品质。

Through the training requirements of the project, cultivate students' aesthetic awareness, and craftsmanship spirit of innovative R&D, excellence. With excellent quality of patience, focus and persistence.



### 三、教学反馈和调整

#### III. Teaching Feedback and Adjustments

1、通过云课堂检查课后作业，了解学员对知识的掌握情况，巩固教学效果。

1. Check the after-school homework through the cloud classroom to understand the students' mastery of knowledge and consolidate the teaching effect.

2、通过课后调查、交流，了解学员对本课程教学模式的认可度，及时调整授课内容和授课模式。

2. Through after-class investigation and communication, understand the students' recognition of the teaching mode of this course, and adjust the teaching content and teaching mode in time.

### 四、课程反思

#### IV. Reflection on the Course

对于服装人体比例的理论知识的讲解，采用示范法、启发法等教学方式，使用制图软件进行相应的辅助教学，将整体上的人体结构进行一步一步的分解，并且在每一步的分解图上都配上相应的文字描述，进行更加形象的描述，以充分的引发学员的兴趣，引发学员的强大的创造能力，更加强烈的求知欲望。根据学员反馈情况，应针对不同的学员基础，将作业要求分层布置，以满足不同层面的学员的求知要求。

For the explanation of the theoretical knowledge of the proportions of the body in costumes, such teaching methods as demonstration method and heuristic method are used, and the corresponding auxiliary teaching is carried out by using drawing software, and the overall structure of the body is carried out step by step. The decomposition of each step is accompanied by corresponding text descriptions to make more vivid descriptions, so as to fully arouse students' interest, arouse students' strong creative ability, and have a stronger desire for knowledge. According to the feedback of the students, the homework requirements should be arranged in layers according to different student's bases to meet the knowledge-seeking requirements of students at different levels.