

民族晨彩 设计融合 活态传承



THE LIBRARY OF INHERITANCE AND
INNOVATION OF MINORITY CLOTHES

少數民族服裝與服飾
傳承與創新資源庫



《手绘时装画》教案

"Hand-painted Fashion Paintings" Teaching Plan

课题	《人体比例与服装比例》	授课类型	理论讲授、实训
理论课时	2 课时	实践课时	2 课时
教学目标	通过本次课的学习，掌握男女童人体比例。培养男女童人体比例绘制能力；培养动手能力；培养科学精神和工匠精神。		
思政元素	通过对瑶族服装的款式分析和讲解，引发学员对少数民族服饰的兴趣，强调中国服饰文化的魅力，提升民族文化自豪感。通过实训练习，培养精益求精的工匠精神。通过瑶族服饰的款式分析和欣赏，培养学员的审美意识，提高欣赏水平。		
重点	1、男、女、童人体比例的绘制；		
难点	1、男、女、童人体比例的绘制；		
教学资源	Ppt 课件、电子教材、教学视频、试题库		
实训任务要求	实训任务： 1、绘制男、女、童人体比例模板。 实训要求： 1、尺寸设定合理； 2、制图符合设计造型要求、线条流畅； 3、构图美观。		
学习工具	尺子、绘图纸、坐标纸、背光板		



教学设计	<p>1、教师抛砖引玉在云课堂“课前预习”中提出问题，服装的穿着对象是人，那么标准的男、女、童体都有些什么特点？从而提出本单元学习内容《人体比例与服装比例》。</p> <p>2、教师引导学员根据《手绘时装画》课程设计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>		
Topics	"Body Proportions and Costume Proportions"	Types	Theoretical teaching, practical training
Theoretical Hours	2 hours	Practice Hours	2 hours
Teaching Objectives	<p>Through the study of this lesson, we will grasp the proportion of male and female children. Cultivate the body proportion drawing ability of boys and girls; cultivate hands-on ability; cultivate the spirit of science and craftsmanship.</p>		
Ideological Elements	<p>Through the analysis and explanation of Yao costume styles, the students' interest in ethnic costume is aroused, the charm of Chinese costume culture is emphasized, and the pride of ethnic culture is enhanced. Through training exercises, cultivate the spirit of craftsmanship that strives for excellence. Through the analysis and appreciation of the style of Yao costumes, the aesthetic awareness of the trainees is cultivated and the level of appreciation is improved.</p>		
Big Picture	Drawing of male, female and child body proportions;		
Difficult Points	Drawing of male, female and child body proportions;		
Teaching Resources	PPT courseware, electronic teaching materials, teaching videos, test bank		



Training Task Requirement s	Training Tasks: 1. Draw a male, female, and child body proportion template. Training Requirements: 1. Reasonable size setting; 2. The drawing meets the design modeling requirements and the lines are smooth; 3. Beautiful composition.
Learning Tools	Ruler, drawing paper, graph paper, backlight board
Teaching Design	<p>1. The teacher raised a question in the "pre-class preview" of the cloud classroom, the object of costume is a person, so what are the characteristics of the standard male, female and child bodies? Thus the learning content of this unit, Body Proportion and Costume Ratio" is proposed.</p> <p>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.</p> <p>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.</p>



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：服装的穿着对象是人，那么标准的男、女、童体都有些什么特点？

The teacher raised a question in the "pre-class preview" of the cloud classroom: the object of costume is a person, so what are the characteristics of the standard male, female and child bodies?

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，可以概括为一正一系列的梯形组合，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)

项目二 时装款式图绘制

Project 2 Drawing of Fashion Style

任务一 人体比例与服装比例

Task 1 Proportion of Body and Proportion of Costumes

1. 女体比例

1. Female proportions

服装是穿着于人体之上的，因而人体的比例是服装款式图的核心因素之一，常用的人体比例有 7.5 头身、8 头身、8.5-9 头身。Costume is worn on the body, so the proportion of the body is one of the core factors of the costume style drawing; commonly used body proportions are 7.5 head body, 8 head body, and 8.5-9 head body.

只要是不影响款式图的轮廓、合体度、结构工艺的比例和服装的形式与功能都是可以的。



As long as it does not affect the outline of the style drawing, the fit, the proportion of the structure process and the form and function of the costume are all acceptable.

我们采用 7.5 头长的正常女体，上身为 4 头长，下身为 3.5 头长，肩线在第二个头长的 1/2 处，肩部的宽度是 1.5 头长，从锁骨窝到裆部的距离和肩点到腕部的距离相等，肩线等于腰节长，腰节宽为 1.25 头长，下颌到腰部的 1/2 是乳点，臀宽略窄于肩宽，脚跟到裆部的 1/2 是膝盖的位置。

We use a normal female body of 7.5-head height, the upper body is 4-head height, the lower body is 3.5-head height, the shoulder line is at 1/2 of the second head height, the width of the shoulder is 1.5-head height, the distance from the clavicle fossa to the crotch is equal to the distance from the shoulder point to the wrist, the shoulder line is equal to the waist joint length, the waist joint width is 1.25-head height, 1/2 of the jaw to the waist is the breast point, the hip width is slightly narrower than the shoulder width, and 1/2 of the heel to the crotch is position of the knee.

2. 男体比例

2. Male proportions

1. 首先画出头部，男性的下颌较女性略方。

1. First draw the head, the lower jaw of the male is slightly squarer than that of the female.

2. 第四个头长为裆部的位置。

2. The length of the fourth head is the position of the crotch.

2. 男性的颈部较女性粗壮。

2. Men's necks are thicker than women's.

3. 第二个头长的 1/2 为肩线的位置，肩宽为 2 个头长（包括肌肉）。

3. 1/2 of the second head length is the position of the shoulder line, and the shoulder width is 2 head lengths (including muscles).



3.腰部在第三个头长上,腰部宽度为 $1\frac{1}{4}$ 个头长。臀部宽度为 $1\frac{1}{3}$ 个头长。锁骨窝点到裆部的距离等于肩点到腕部的距离,从锁骨窝点到腰部的距离等于从锁骨窝点到肘部的距离。

3. The waist is on the third head length and the waist width is $1\frac{1}{4}$ head length. The hip width is $1\frac{1}{3}$ head length. The distance from the clavicle fossa to the crotch is equal to the distance from the shoulder to the wrist, and the distance from the clavicle fossa to the waist is equal to the distance from the clavicle fossa to the elbow.

从裆部到足跟中点为膝盖的位置。

From the crotch to the midpoint of the heel is the knee position.

3.童体比例

3. Proportion of children's bodies

童体的特征:

主要体现在头大颈短,无腰突腹,四肢短粗,手脚短小上。

幼童比例:身高在 4-5 头高左右,颈部极短。适合表现 1-6 岁儿童。

大童比例:身高在 5-6 个头高左右,颈部稍长。适合表现 6-12 岁年龄段的儿童。

Child's characteristics:

It is mainly reflected in the large head and short neck, no waist protruding belly, short limbs, short hands and feet.

Proportion of young children: The height is about 4-5-head height, and the neck is extremely short. Suitable for children of 1-6 years old.

Proportion of big boy: It is about 5-6-head height, and the neck is Longer. Suitable for children of 6-12 years old.

4.男、女和童人体特征

4. 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.

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

因对于服装男、女、童人体比例中理论知识的讲解，采用示范法、启发法等教学方式，使用图像处理软件进行相应的辅助教学，将人体进行比较，尽量的将男、女、童人体比例知识进行更加形象的描述和示范操作，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，增加学员的思维灵活性。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。

Due to the explanation of the theoretical knowledge of the proportions of male, female and children in costumes, such teaching methods as demonstration method and heuristic method are used, and image processing software is used for corresponding auxiliary teaching. Proportional knowledge can be described and demonstrated more vividly, 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.