

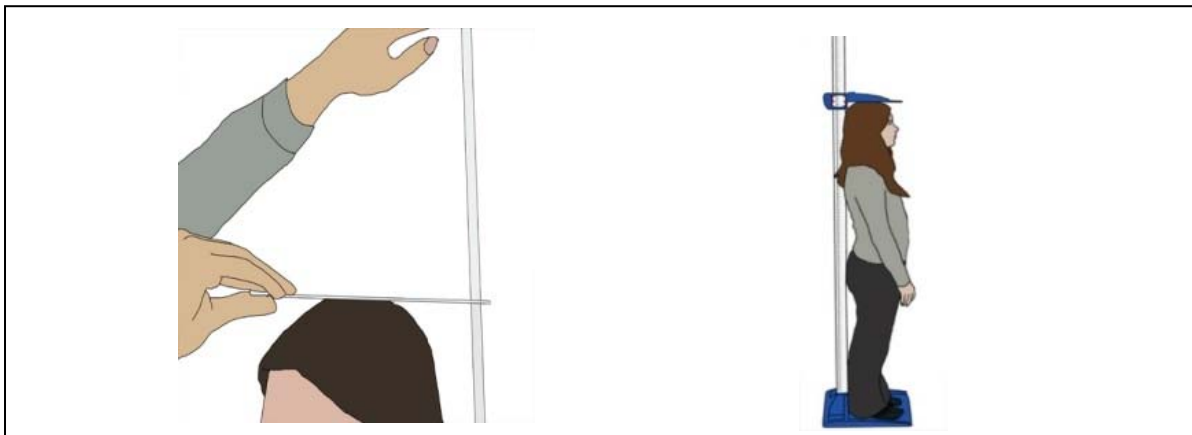
Guide to Taking Measurements

Before completing the online questionnaire, you will need to record various measurements. This should be done in pairs. Guidance on how to take these measurements accurately is provided below. Only some of these will be relevant to the questionnaire you are completing, so check this first.

Height

Answer to the nearest tenth of a centimetre (millimetre).

- Fix a 2½ metre tape measure to the classroom wall.
- Take your shoes off. Stand with your back to the wall against the tape measure.
- Get your partner to take a text book and place it on the wall above your head. Make sure the spine of the book is flush against the wall.
- Your partner slides the book down until it touches your head.
- Your partner reads the height off the tape measure (to the nearest mm). The height is found by looking at the bottom of the spine of the book.



Length of Right Foot

Answer to the nearest tenth of a centimetre (millimetre).

- Use a piece of graph paper with a centimetre scale marked on it.
- Place the graph paper on the floor flush with a wall.
- Stand with the back of your right foot against the wall. You must take your shoes off when you measure your foot.
- Get your partner to read the length of your right foot (to the nearest mm) off the chart for you.



Vertical Reach

Answer to the nearest tenth of a centimetre (millimetre).

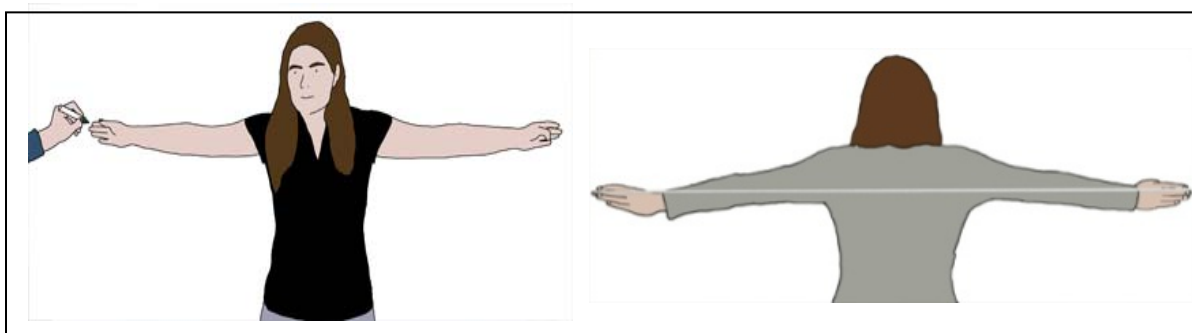
- Fix a 2½ metre tape measure to the classroom wall.
- Take your shoes off. Stand with your back to the wall against the tape measure.
- Raise both arms up straight up above your head.
- Your partner reads the height off the tape measure (to the nearest mm).



Arm Span

Answer to the nearest tenth of a centimetre (millimetre).

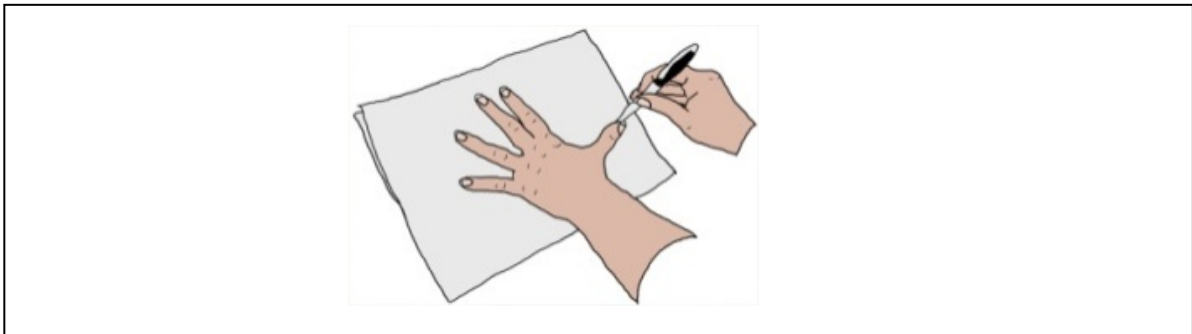
- Fix a tape measure to the wall or whiteboard.
- Stand with your back to the whiteboard.
- Raise both arms until they are at right angles to your body.
- Place one set of fingertips at the beginning of the tape measure.
- Get your partner to read the arm span measurement (to the nearest mm) from the tape measure.
- You may instead mark the start and end points on the whiteboard and then measure the distance.



Hand Span

Answer to the nearest tenth of a centimetre (millimetre).

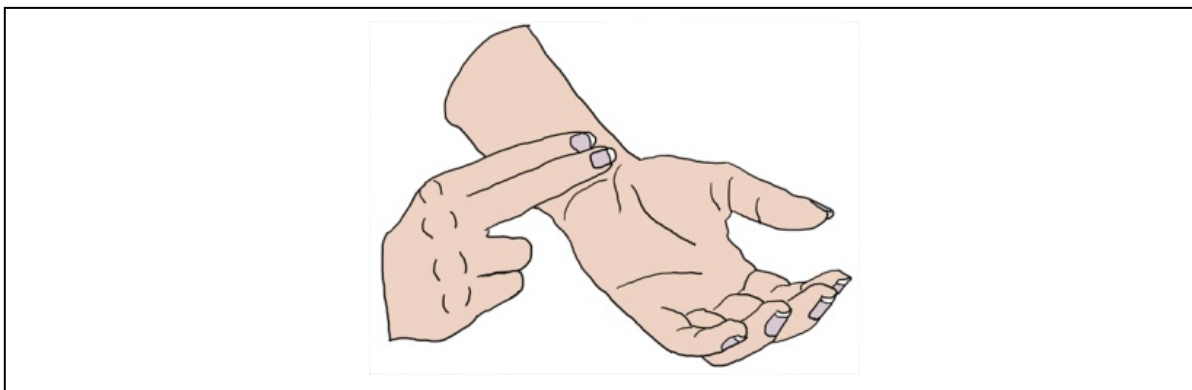
- Place the hand you write with spread open as far as comfortably possible and flat on a piece of paper.
- Mark where the tips of your thumb and little finger end, lift your hand off the paper.
- Use a ruler to measure the distance between these points.



Pulse Rate

Answer in beats per minute.

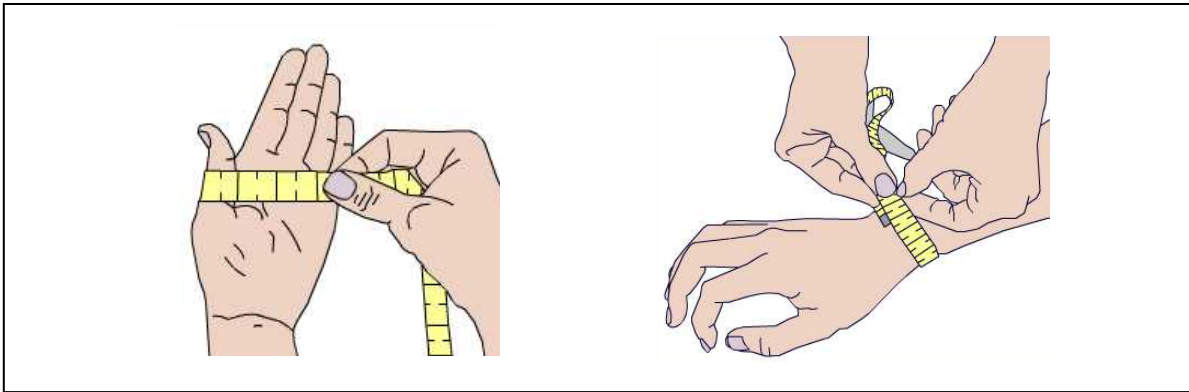
- Hold your hand out, elbow slightly bent, palm facing upwards and relaxed.
- Raise your thumb slightly as if holding an apple. This creates a small dent or a pocket below the thumb on the wrists.
- Place the index and middle finger tips of the other hand on the dent and look out for a rhythmic beating.
- Do not use your thumb for feeling the pulse as the thumb has a pulse of its own.
- Either count the beats for 30 seconds and then double this or count the beats for one minute.



Thumb, Wrist and Neck Circumference

Answer to the nearest tenth of a centimetre (millimetre).

Taking the circumference of your thumb, wrist and neck is fairly straight forward especially if you have a partner to assist you. Take a look at the diagrams below and use them as a guide.



Note that when measuring the neck circumference you should not use a tape measure unless you are assisted by an adult, instead follow the guidance below.

- Cut a plain piece of A3 paper into long 1cm strips.
- Get your partner to hold a paper strip horizontally and against your neck as you would do a tape measure, it is important to keep the paper at the front of your neck as illustrated below.
- Curl the paper around the neck until it joins up with itself, do not pull it tight!
- Your partner should mark where the end meets the paper with a felt tip pen.
- Remove the paper and measure from the end to the felt tip mark.

