

Are You Leonardo da Vinci's Vitruvian Man?

These measuring activities investigate Leonardo Da Vinci's theories about the proportions of the human body. Let's test them!

1. Make sure you have all the correct equipment for measuring. Do you need a tape measure, a ruler or a measuring stick?
2. Be accurate! Remember to include units of measure, e.g. cm, mm, m.
3. Write down all your measurements in the table below. Then, answer the questions in the third column.

What to Measure	Measurement	Question
The width of your palm		Are these two measurements the same?
The width of four fingers		
Your height		Are these three measurements the same?
The distance from fingertip to fingertip with your arms outstretched		
The distance from your hairline (where your forehead stops and the hair begins) to the bottom of your chin - multiply this by 10		
Your height		Are these four measurements the same?
The distance from fingertip to fingertip with your arms outstretched		
The width of your palm - multiply this by 24		
The distance from your hairline (where your forehead stops and the hair begins) to the bottom of your chin -multiply this by 10		
The length of your hand from the bottom of your palm to the tip of your longest finger		Is this a tenth of your height?
The distance from your elbow to the tip of your longest finger		Is this a quarter of your height?

From what you have found out from your own measurements, is the Vitruvian theory that height is equal to arm span true for many people today?

Are any of the proportions in Da Vinci's theory that apply correctly to you? If so, which ones?

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