

# Diploma in Pharmacy 1<sup>st</sup> Year

## Human Anatomy & Physiology Practical

### To measure height of an individual.

#### **Aim:**

To measure height of an individual.

#### **Reference :**

Dr. Gupta G.D , Dr. Sharma Shailesh , Dr. Sharma Rahul Kumar ,“Practical Manual of Human Anatomy and Physiology” Published by Nirali Prakashan , Pg.No 113 - 117

#### **Apparatus Required:**

Metal tape or inch tape, pencil for marking.

#### **Procedure**

- 1) Shoes, hats, and other headwear should be removed before measuring the height.
- 2) A flat, straight object such as a book, ruler, or bench should be found.
- 3) The object should be placed on the top of the head and person should be instructed to stand with the back straight against a wall and feet flat
- 4) The chosen object should be straight and parallel to the floor. This can be easier to do by looking in a mirror.
- 5) A pencil or other erasable writing instruments should be used to mark the wall where the object touches the top of the head.
- 6) Measurement should be done from the floor to the marking with the help of metal tape or inch tape
- 7) Finally, the distance from the floor to the spot on the wall should be measured to find out the height.

If a person wants a height measurement to calculate his/her Body Mass Index (BMI) but is not sure whether he/she needs imperial or metric measurements, he/she should use imperial. He/she should keep track of both numbers and, if necessary, convert them.

A person can use the following conversions:

**1) Inches to Centimetres:** Multiply height in inches by 2.54.

**2) Centimetres to Inches:** Divide height in centimetres by

2.54.

**Result:** The height of an individual was measured.