

## **Course Code: IP-231-Space Planning**

### **Lecture No 3: Anthropometrics in interior design**

Learning Objectives and Methods of the assignment:

Anthropometrics is the comparative study of the measurements and capabilities of the human body. It derives from the Greek words 'anthropos' (meaning human), and 'metron' (meaning measure).

Anthropometry influences a wide range of industries, processes, services and products and has a considerable importance in optimizing the design of buildings.

Human dimensions and capabilities are paramount in determining a building's dimensions and overall design. The underlying principle of anthropometrics is that building designs should adapt to suit the human body, rather than people having to adapt to suit the buildings.

Anthropometry may also impact on space requirements for furniture and fittings. For example, a bathroom must have enough space to comfortably fit a bath and sink; a bedroom must have enough space to comfortably fit an average-sized bed; an office building must have enough space to fit desks, air-conditioning units, communal areas, meeting rooms, and so on...

#### **Method:**

Book Ref: Time-Saver standard for **Interior Design and Space Planning**

By

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Video Link for demonstration.

- 1) <https://www.youtube.com/watch?v=8ioflu2rLNY>
- 2) [https://www.youtube.com/watch?v=dU\\_zyDYZiew](https://www.youtube.com/watch?v=dU_zyDYZiew)