

# **COURSE OUTLINE**

## **WEEK 1**

1. Introduction to sewing
2. Understanding the terms used in the fashion industry
3. Understanding equipments and accessories used in the fashion industry
4. Use and maintenance of sewing machine and electric iron.
5. Essential tools.
  - a. Marking tools
  - b. Measuring tools
  - c. Cutting tools
  - d. Pressing tools
  - e. Accessories
  - f. Thread
  - g. Trims
  - h. Buttons
  - i. Closures
  - j. Zippers
6. Temporary stitches
  - a. Tacking
  - b. Even and uneven tacking
  - c. Slip hemming
  - d. Hemming
  - e. Blanket stitches
7. Permanent Stitches
  - a. Back stitches
  - b. Running stitches

## WEEK 2

1. Introduction to necklines:
  - a. Round neck
  - b. V neck
  - c. Sweet heart neck
  - d. High neck
  - e. Square cut
  - f. Off shoulder
  - g. Boat neck
2. Measurements:
  - a. Position for taking measurements
  - b. Taking personal measurements
  - c. Figure types
  - d. Women's standard size chart
3. Introduction to sleeves, types of sleeves:
  - a. Set-in sleeves
  - b. Cap sleeves
  - c. Julie sleeves
  - d. Petal sleeves
  - e. Short sleeves
  - f. Balloon sleeves
  - g. Puff sleeves
  - h. Bell or angel sleeves
  - i. Bishop sleeves
  - j. Kimono sleeves
4. Introduction to collars, types of collars:
  - a. Shirt collar
  - b. Turtle neck
  - c. Peter pan
  - d. Cape

## WEEK 3

### 1. Introduction to Kimono/Kaftan/Apron

Construction techniques:

- a. Cutting and sewing
- b. Finishing
- c. Fitting

### 2. Introduction to

- a. Shirt dress

### 3. Construction techniques:

- a. Cutting
- b. Full lining of skirt
- c. Sewing
- d. Fitting of band
- e. Zipper foot
- f. Fixing of zip (visible and invisible)

## WEEK 4

1. Introduction to skirts
  - a. Flared skirt
  - b. Pencil skirt
  - c. A line skirt
  - d. 4 piece skirt
  - e. 6 piece skirt with tail at the back
  - f. 8 piece skirt with tail at the back
2. Construction Techniques:
  - a. Measurement and cutting of fabrics and linings
  - b. Lining of skirt in full
  - c. Sewing
  - d. Fixing of zip
  - e. Turning of the fabric and lining of the button
  - f. Finishing
  - g. Fitting

## WEEK 5

1. Introduction to baby dresses
  - a. Gathers
  - b. Pleats
  - c. Flared
  - d. Box pleats
2. Construction Techniques:
  - a. Cutting of the dress
  - b. Sewing
  - c. Application of lining
  - d. Application of soft net
  - e. Finishing
  - f. Fitting
  - g. Accessorizing (optional)

## WEEK 6

1. Simple blouse with dart application.
2. Princess cut blouse with dart
3. Construction techniques
  - a. Measurement
  - b. Dart application
  - c. Cutting of fabric and lining
  - d. Lining of the blouse
  - e. Fixing of zip
  - f. Sewing
  - g. Finishing
  - h. Fitting

## WEEK 7

1. Introduction to the industrial sewing machine
2. Use and maintenance of the industrial sewing machine
3. Introduction to:
  - a. Bust cut
  - b. Padded blouse
  - c. Princess padded blouse
  - d. Straight blouse
  - e. Peplum
4. Construction techniques:
  - a. Measurement
  - b. Cutting of lining
  - c. Cutting of fabric
  - d. Padding of blouse
  - e. Sewing, Fixing of breast cup
  - f. Finishing
  - g. Fitting

## WEEK 8

1. Introduction to trousers and jumpsuits
2. Construction techniques:
  - a. Measurements
  - b. Cutting of fabric
  - c. Trouser construction
  - d. Jumpsuit
  - e. Construction
  - f. Fixing of zip
  - g. Sewing
  - h. Finishing
  - i. Fitting



## WEEK 9

1. Introduction to Jackets:
  - a. Peplum jacket
  - b. Six pieces gown with tail
2. Construction techniques:
  - a. Measurement
  - b. Cutting of fabric
  - c. Padding of fabric
  - d. Lining of fabric
  - e. Sewing
  - f. Button hole
  - g. Fixing of zip
  - h. Finishing
  - i. Fitting construction
  - j. Jumpsuit construction
  - k. Fixing of zip
  - l. Sewing
  - m. Finishing
  - n. Fitting

## WEEK 10-11

1. Introduction to Bridal dress:
  - a. Bridal dress
  - b. Ball gown
2. Construction techniques:
  - a. Measurement
  - b. Cutting of fabric
  - c. Bridal/ construction
  - d. Padding
  - e. Lining, sewing
  - f. Hand net attachment
  - g. Finishing
  - h. Accessories (optional)