

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

**SUBJECT AREA AND COURSE NUMBER**

CLTX 620

**COURSE TITLE**

SEWING FUNDAMENTALS

**ALTERNATE TITLE(S):**

APPAREL CONSTRUCTION I;  
BEGINNING SEWING; SEWING  
FUNDAMENTALS I

**TYPE COURSE**

NON-FEE

VOCATIONAL

**CATALOG COURSE DESCRIPTION**

Sewing Fundamentals emphasizes the development of basic sewing skills used to create apparel for individual clients, self, and family. This course focuses on pattern and fabric selection, basic construction techniques, pressing skills, and timesaving technologies and techniques. Selection, care and use of various types of sewing machines included. (FT)

**LECTURE/LABORATORY HOURS**

72

**ADVISORIES**

NONE

**RECOMMENDED SKILL LEVEL**

Sixth grade reading level, ability to communicate effectively in the English language, and knowledge of general math.

**INSTITUTIONAL STUDENT LEARNING OUTCOMES**

1. Social Responsibility  
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication  
SDCE students demonstrate effective communication skills.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

3. Critical Thinking

SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

4. Personal and Professional Development

SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self-advocacy skills to cope with changing situations in their lives.

COURSE GOALS

Achievement of the course objectives will help the student develop basic skills in apparel construction that can be used to create apparel or costumes for family, friends, clients and self; develop expertise in using current sewing equipment and technologies; develop skills in selecting commercial patterns, appropriate fabrics, and notions; enhance the student's reading, writing, math, communication and teamwork skills for successful interaction with family members, friends, potential employers and clients; demonstrate competence through classroom projects and learn information on entry level employment opportunities.

COURSE OBJECTIVES

Students will demonstrate through practical applications, written and oral communications, their ability to:

1. Select fabric, notions, and patterns appropriate to skill level.
2. Relate body and pattern measurements to obtain the proper fit of the constructed garment.
3. Construct apparel compatible to the basic competency level using fundamental pattern adjustment, closures, facings, and seam applications.
4. Interpret and plan the construction of the garment using the information given on the pattern envelope, pattern pieces, and instruction guides.
5. Demonstrate the use of at least 3 timesaving techniques in garment construction.
6. Demonstrate correct pressing techniques to shape the fabric as directed by the pattern.
7. Select and demonstrate the correct use of hand sewing tools and equipment.
8. Demonstrate the use and maintenance of sewing machines, sergers, cutting tools, and other equipment and supplies necessary for efficient sewing.
9. Document progress of sewing abilities by the completion of a sewing portfolio and/or the completion of a basic garment. Techniques learned may include seams and seam finishes, darts, tucks, pleats, necklines, inset corners, pockets, zippers, hems, buttonholes, snaps, hooks and eyes.
10. Design and organize an ergonomically correct workspace.
11. Identify and discuss 3 entry level career positions for beginning sewers in the apparel industry.
12. Qualify for a certificate of completion by demonstrating 80% mastery of the skills embodied in the competencies.

**SECTION II**

**COURSE CONTENT AND SCOPE**

1. Introduction to Apparel Construction
2. Current Trends in Fabric and Styles
3. Equipment, Tools, and Supplies
  - 3.1. Hand tools
  - 3.2. Sewing machines
  - 3.3. Pressing equipment
  - 3.4. Sources
4. Commercial Patterns
5. Fabric, Interfacing, and Notions
  - 5.1. Fiber content
  - 5.2. Fabric and notion characteristics
  - 5.3. Suitability: skill level, lifestyle, pattern design, and personal color profile, and figure type
  - 5.4. Selection
  - 5.5. Maintenance
6. Skill Development
  - 6.1. Measurements
  - 6.2. Basic pattern adjustments
  - 6.3. Grainlines, pattern layout, cutting, and marking
  - 6.4. Basic construction skills
    - 6.4.1. Staystitching
    - 6.4.2. Seams and seam finishes
    - 6.4.3. Shaping techniques
    - 6.4.4. Facings
    - 6.4.5. Necklines
    - 6.4.6. Pleats
    - 6.4.7. Understitching
    - 6.4.8. Top stitching
    - 6.4.9. Closures
    - 6.4.10. Simple pockets
    - 6.4.11. Hems
  - 6.5. Pressing
  - 6.6. Record keeping
  - 6.7. Care and cleaning of garments
  - 6.8. Basic alterations
7. Ergonomically Correct Tools, and Workspace
8. Resource Management: Time, Money, Materials, and Space
9. Marketing Apparel Construction Skills
  - 9.1. Job search portfolio
  - 9.2. Areas of employment

### APPROPRIATE READINGS

Appropriate readings may include, but are not limited to: textbooks, supplemental reading assignments, relevant industry periodicals, and reference manuals.

*Unit Method of Clothing Construction* (8th. Ed.), Brackelsberg, P. & Marshall, R., New York, NY, Fairchild Publications, Inc., current edition  
*Reader's Digest Complete Guide to Sewing* (revised ed.), Reader's Digest Association, Montreal -- Pleasantville, NY, The Reader's Digest Association (Canada) Ltd, current edition

### WRITING ASSIGNMENTS

Appropriate writing assignments may include, but are not limited to: maintaining a portfolio of class assignments and projects, completion of record keeping forms for each garment constructed, mathematical calculations performed as needed to relate personal body measurements to commercial pattern measurements and to compute the cost of the finished garment.

### OUTSIDE ASSIGNMENTS

Outside assignments may include, but are not limited to: completion of garment and sample portfolio of sewing techniques. A sample of each technique is required to obtain a certificate.

### APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Assignments that demonstrate critical thinking may include, but are not limited to: choice of pattern that flatters the body type of the fit model; selection of suitable fabric and interfacing for the pattern design; correct pattern layout according to the instruction guide; selection and placement of closures; selection of appropriate hand and machine stitches for the style of the garment and type of fabric; choice of proper pressing techniques to achieve the professional appearance of the garment.

### EVALUATION

A student's competency will be based on multiple measures of performance. Assessment will measure development of independent critical thinking and basic sewing skills. Evaluation of the student's ability will be based on, but not limited to, the following criteria:

1. Mastering the following construction techniques: darts, button or zipper closure, set in sleeves, collars, horizontal seaming, seams, seam finishes, tucks, pleats, necklines, pockets, hems, buttonholes, snaps, hooks, and eyes. Quality is measured using the basic apparel construction competency standards.
2. Completion of assigned projects. Projects will be evaluated using basic apparel construction competency standards. Projects require the student to use the new skills acquired throughout the course.
3. Participation in class activities.

EVALUATION (CONTINUED)

4. Working on projects with classmates.
5. Class critiques of student projects. Quality is measured using basic apparel construction competency standards discussed in class.
6. Creation of a sample portfolio. Quality is measured using basic apparel construction competency standards discussed in class.
7. Completion of 80% of the performance objectives.
8. 80% mastery of the skills embodied in the class assignments.
9. Attendance and punctuality.

Upon successful completion of each individual course a Certificate of Course Completion will be issued. Upon successful completion of all courses included in the program a Certificate of Program Completion will be issued.

METHOD OF INSTRUCTION

Classroom lectures, demonstrations, laboratory, handouts, audio-visual presentations, field trips, guest speakers, and student projects.

This course, or sections of this course, may be offered through distance education.

TEXTS AND SUPPLIES

*A Guide to Fashion Sewing* (4th Ed.), Amaden-Crawford, C., New York, NY, Fairchild Publications, Inc, current edition

Supplies:

Student will provide requisite sewing and project supplies. The student may also provide her/his own sewing machine to be used in class.

PREPARED BY: Nancy Fisher/ Marjorie Howe DATE: August 19, 1987

REVISED BY: Joan McKenna/Marjorie Howe DATE: March, 1999

REVISED BY: Donna Namdar DATE: February 12, 2007

REVISED BY Instructional Services/SLO's Added DATE November 13, 2015

REVISED BY Shirley Pierson DATE May 6, 2020

REVISED BY Shirley Pierson DATE November 4, 2020

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

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San Diego Community College District Policy 3100  
California Community Colleges, Title 5, Section 55002  
Continuing Education Catalog