

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

CLTX 630

COURSE TITLE

SEWING LIKE A PROFESSIONAL

ALTERNATE TITLE

SEW LIKE A PRO

TYPE COURSE

NON-FEE

CATALOG COURSE DESCRIPTION

Achieve professional standards of workmanship without complicated and unnecessary work. Gain confidence using new fabrics, different types of sewing machines, industrial techniques, and learn advanced skills that will add personal fit, distinctive details, and custom finishes to your sewn products. Emphasis on commercial, custom, and timesaving techniques. (FT)

LECTURE/LABORTORY HOURS

72

ADVISORIES

Sewing Fundamentals or instructor's consent.

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:

1. Expand the student's skills in sewing construction that can be used to create sewn products, fashion, vintage, or costume garments for family, friends, clients, and self.
2. Increase the student's knowledge and ability in the use of current sewing equipment, technologies, and techniques.
3. Promote advanced skills in selecting patterns, personal fit, fabrics, and notions.
4. Heighten student's reading, writing, math, communication, and teamwork skills for successful interaction with family members, friends, potential employers, and clients.
5. Improve technical competence through classroom projects that enhance sewing skills: making samples, costumes, couture garments, and other sewn products.
6. Learn information on employment opportunities.

COURSE OBJECTIVES

Students will demonstrate learning gains and competencies through practical applications, plus written and oral communications, their ability to:

1. Select and work with difficult to handle fabrics.
2. Solve fitting problems related to patterns, fabrics, and various figure types.
3. Choose and apply proper interfacings, linings, underlinings and necessary notions.
4. Master industrial, professional, and couture construction, finishing, and pressing techniques.
5. Enhance sewn product with distinctive details and applied designs.
6. Use timesaving techniques in garment construction.
7. Develop a sewing portfolio illustrating new techniques and skills acquired.
8. Demonstrate the use and maintenance of different kinds of industrial and home sewing machines, sergers, embroidery machines, cutting tools, other equipment, and supplies used in the construction of custom/designer styles and fabrics.
9. Design and organize an ergonomically correct and safe workspace.
10. Identify and discuss employment possibilities for sewers in all the different facets of the sewn product industry.
11. Qualify for a certificate of completion by demonstrating 80% mastery of the skills embodied in the course objectives.

SECTION II

COURSE CONTENT AND SCOPE

1. Fabric knowledge
 - 1.1. Fiber content
 - 1.1.1. Natural fibers
 - 1.1.2. Man-made fibers
 - 1.1.3. Specialty hair fibers
 - 1.1.4. Leather
 - 1.1.5. Suede
 - 1.1.6. Vinyl
 - 1.1.7. Fur
 - 1.1.8. Feathers
 - 1.2. Fabric structure
 - 1.2.1. Woven
 - 1.2.2. Knits
 - 1.2.3. Stretch
 - 1.2.4. Felted fabrics
 - 1.3. Fabric characteristics
 - 1.3.1. Semi -transparent fabrics
 - 1.3.2. Special occasion and couture fabrics
 - 1.3.3. Napped and pile fabrics
 - 1.3.4. Felted fabrics
 - 1.3.5. Reversible fabrics
 - 1.3.6. Quilted fabrics
 - 1.4. Types of fabric
 - 1.4.1. Fashion fabrics
 - 1.4.2. Supporting fabrics
 - 1.4.3. Difficult fabrics to work with
 - 1.5. Fabric finishes
 - 1.5.1. Distress
 - 1.5.2. Bleaching
 - 1.5.3. Permanent pleating
 - 1.5.4. Fire retardant
 - 1.5.5. Water resistant
 - 1.5.6. Textile surface designs
 - 1.6. Fabric care, maintenance, and preservation
 - 1.7. Selection/purchasing fabrics
 - 1.7.1. Sample cuts
 - 1.7.2. Wholesale
 - 1.7.3. Retail
2. Sewn product manufacturing
 - 2.1. Preparatory work
 - 2.1.1. Research and Design
 - 2.1.2. Figure/product analysis
 - 2.1.3. Standard measuring procedure

COURSE CONTENT AND SCOPE (CONTINUED)

- 2.1.4. Pattern selection for personal fit
- 2.1.5. Pattern adjustments
- 2.1.6. Fabric pre-shrinking
- 2.1.7. Layout and cutting
- 2.1.8. Marking
- 2.2. Consumable notions
- 2.3. Construction techniques
 - 2.3.1. Alterations
 - 2.3.2. Costumes
 - 2.3.3. Custom sewing
 - 2.3.4. Couture
 - 2.3.5. Lingerie
 - 2.3.6. Accessories
 - 2.3.7. Heirloom sewing
 - 2.3.8. Special needs clothing
 - 2.3.9. Home dec
 - 2.3.10. Plush toys and dolls
 - 2.3.11. Other sewn products
- 2.4. Finishing, pressing, and packaging
- 3. Timesaving techniques/tips
 - 3.1. Industrial techniques
 - 3.2. Alterations
 - 3.3. Resource management: time, money, materials, and space
- 4. Sewing machines, small tools, supplies, and notions
 - 4.1. Resources and vendors
 - 4.2. Care and maintenance
 - 4.3. Accumulation
- 5. Sewing Portfolios
- 6. Ergonomically correct and safe workspace and tools
- 7. Advanced Techniques
 - 7.1. Seams and seam finishes
 - 7.2. Collars
 - 7.3. Distinctive details
 - 7.4. Closures
 - 7.5. Facings
 - 7.6. Applied design
 - 7.7. Pockets
 - 7.8. Pleats
 - 7.9. Structure
 - 7.10. Internal construction
 - 7.11. Bias techniques
 - 7.12. Waistline finishes
 - 7.13. Hems
 - 7.14. Sleeves
 - 7.15. Handwork
 - 7.16. Finishing and pressing

COURSE CONTENT AND SCOPE (CONTINUED)

8. Employment possibilities
 - 8.1. Skill identification
 - 8.2. Job search techniques
 - 8.3. Areas of employment
 - 8.4. Career positions

APPROPRIATE READINGS

Appropriate readings may include, but are not limited to: textbooks, supplemental reading assignments, reference manuals, and relevant industry/trade periodicals such as: W, WWD, Sew News, and Threads.

Reader's Digest Complete Guide to Sewing: Revised and Updated Step-by-Step Techniques for Making Clothes and Home Furnishings, Shepherd, S., Pleasantville, NY: Reader's Digest Association, current edition

WRITING ASSIGNMENTS

Appropriate writing assignments may include, but are not limited to: maintaining a sewing portfolio of techniques and completion of record keeping forms for each garment constructed.

OUTSIDE ASSIGNMENTS

Outside assignments may include, but are not limited to: completion of garment and sample portfolios of sewing techniques, historical studies on period clothing and costume, museum research.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Assignments that demonstrate critical thinking may include, but are not limited to: historical and other research; choice of pattern; mathematical calculations performed as needed to adjust commercial pattern measurements; selection of suitable fabric and interfacing for the pattern design; selection and placement of closures; selection of appropriate hand and machine stitches for the style of the sewn product and type of fabric; choice of proper pressing techniques to achieve a professional appearance; and computing the cost of the finished product.

EVALUATION

A student's competency will be based on multiple measures of performance. Assessment will measure the development of independent critical thinking and demonstrable skill in couture techniques on technically accurate garments or samples. Evaluation of the student's ability will be based on, but not limited to, the following criteria:

1. The student will set goals and evaluate the achievement of these goals upon completion of the course.
2. The student will complete at least one sewn product incorporating skills learned in class.
3. The student will participate in class activities.
4. The student will work on projects with classmates.
5. Student/Teacher critiques of student projects. Quality is measured using apparel construction competency standards.
6. Creation of a sewing portfolio. Quality is measured using apparel construction techniques that illustrate advanced skills learned in class.
7. Student must attend $\frac{3}{4}$ of all class hours per course. Missing more than $\frac{1}{4}$ of the class hours of the course will affect their grade.

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, laboratory, collaborative learning, demonstrations, handouts, audio-visual presentations, field trips, guest speakers, completion of sample portfolio, personalized attention, and student projects.

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

TEXTS AND SUPPLIES

Text:

Suggested Texts

Fine Machine Sewing (Completely Revised and Updated), Ahles, C. L., Newtown, CT: Taunton Press, current edition

Fabric Savvy: The Essential Guide for Every Sewer, Betzina, S., Newtown, CT: Taunton Press, current edition

Sulky Secrets to Successful Stabilizing!: •What •When •Where •Which •Why and •How to use Backings & Toppings to achieve professional results in all your creative sewing projects! Drexler, J., Harbor Heights, F Sulky of America, current edition

The Costume Technician's Handbook: A Complete Guide for Amateur and Professional Costume Technicians, Ingham, R. & Covey, L., Portsmouth, NH: Heinemann Educational Books, Inc., current edition

Fitting & Pattern Alteration: A Multi-Method Approach, Liechty, E. G., Pottberg, D. N., Rasband, J. A., New York, NY: Fairchild Publications, current edition

Claire Shaeffer's Fabric Sewing Guide, Shaeffer, C., Radnor, PA: Chilton Book Company, current edition

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 Aug 19, 1987

REVISED BY Joan McKenna/Marjorie Howe/Donna Namdar DATE July 28, 2002

REVISED BY Joan McKenna/Donna Namdar DATE February 12, 2007

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

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:

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

