

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

**SUBJECT AREA AND COURSE NUMBER**

DSPTS 658D

**COURSE TITLE**

CLOTHING CONSTRUCTION-DISABLED

**TYPE COURSE**

NON-FEE

**CATALOG COURSE DESCRIPTION**

This course will cover basic skills in clothing construction, including adapted techniques of hand and machine stitching. Emphasis will be placed on adapting clothing construction techniques for adults with disabilities and the selection of appropriate adapted clothing for various disabilities. (FT)

**LECTURE HOURS**

3 hours per week  
(for 18 weeks)

**LABORATORY HOURS**

**ADVISORIES**

NONE

**RECOMMENDED SKILL LEVEL**

NONE

**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

1. To develop basic construction skills for the home production of clothing items.
2. To become familiar with equipment for assisting adults with disabilities in clothing construction.
3. To develop an understanding and awareness of pattern adjustment for the human figure and methods to adjust for physical disabilities.

COURSE OBJECTIVES

1. To identify the various functions of clothing.
2. To explain ways in which clothing affects human behavior.
3. To identify general shopping guides for selecting apparel and fabrics.
4. To interpret care instructions on labels for different fibers and fabrics.
5. To list factors to consider in selecting basic adapted sewing equipment.
6. To demonstrate the correct use of an adapted sewing machine.
7. To demonstrate the ability to perform with adapted equipment the following:
  - 7.1. Mark fabric.
  - 7.2. Machine and hand stitching.
  - 7.3. Construct seems and seam finishes.
  - 7.4. Construct and apply garment facings.
  - 7.5. Insert a zipper.
  - 7.6. Mark and finish a hem.

SECTION II

COURSE CONTENT AND SCOPE

1. Rehabilitation
  - 1.1. Communication skills
    - 1.1.1. Clothing as self-expression
    - 1.1.2. Use of color in clothing
    - 1.1.3. Personal reinforcement of attractive clothing
  - 1.2. Personal care skills
    - 1.2.1. Types of soil in clothing
    - 1.2.2. Immediate care of stains

COURSE CONTENT AND SCOPE (CONTINUED)

- 1.2.3. New consumer information related to home care of clothing
- 1.3. Personal management skills
  - 1.3.1. Clothing construction techniques
  - 1.3.2. Clothing purchases
  - 1.3.3. Time/money management
  - 1.3.4. Sources of information
- 1.4. Mobility skills
  - 1.4.1. Use of small hand muscles in hand sewing
  - 1.4.2. Use of hand sewing equipment
  - 1.4.3. Eye/hand coordination in use of sewing machine
- 1.5. Career skills
  - 1.5.1. Use of personal skills to supply purchased services
  - 1.5.2. Role of appearance in obtaining employment
- 2. Habilitation
  - 2.1. Communication skills
    - 2.1.1. Use of design elements
    - 2.1.2. Clothing
    - 2.1.3. Specific disabilities
  - 2.2. Personal care skills
    - 2.2.1. Sources of assistance in clothing care (laundry, dry cleaning, repairs)
    - 2.2.2. Minimum care fabrics available
    - 2.2.3. Construction techniques for endurance
  - 2.3. Personal management skills
    - 2.3.1. Clothing adaptation for specific needs
    - 2.3.2. Sources of adapting clothing
    - 2.3.3. Construction techniques for adapting clothing
    - 2.3.4. Identification of specific types of adapted equipment
    - 2.3.5. Purchase of adapted supplies and equipment for specific disabilities
  - 2.4. Mobility skills
    - 2.4.1. Use of adapted sewing equipment/hand tools and sewing machines
    - 2.4.2. Identification of specific limitations
  - 2.5. Career skills
    - 2.5.1. Skill development as service to others
    - 2.5.2. Identification of needed services
    - 2.5.3. Independence in clothing needs
- 3. Enrichment
  - 3.1. Communication skills
    - 3.1.1. Fashion trends
    - 3.1.2. Design elements
    - 3.1.3. Use of color
  - 3.2. Personal care skills
    - 3.2.1. Design techniques for improved appearance
    - 3.2.2. Posture and clothing
    - 3.2.3. Grooming
  - 3.3. Personal management skills
    - 3.3.1. Design techniques for improved appearance

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### COURSE CONTENT AND SCOPE (CONTINUED)

- 3.3.2. Use of telephone for shopping
- 3.3.3. Services provided by stores
- 3.4. Mobility skills
  - 3.4.1. Transportation sources
  - 3.4.2. Accessibility of stores
- 3.5. Career skills
  - 3.5.1. Fashion trends
  - 3.5.2. Social status related to clothing

### APPROPRIATE READINGS

NONE

### WRITING ASSIGNMENTS

NONE

### OUTSIDE ASSIGNMENTS

NONE

### APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

### EVALUATION

NONE

### METHOD OF INSTRUCTION

Lectures, demonstrations, samples, guest speakers, group projects, individual projects.

### TEXTS AND SUPPLIES

Texts:

#### *Bibliography*

*Clothing for the Handicapped - Fashion Adaptations for Adults and Children*

*Clothing Designs for the Handicapped*

*Art Principles in Clothing Construction*

*Butterick Fabric Handbook*

*Butterick Sewing Machine Handbook*

*Classic Techniques*

*Clothing and Textiles, Texas Tech.*

*Clothing Construction*

TEXTS AND SUPPLIES (CONTINUED)

*Clothing for Moderns*

*Clothing Repairs*

*Fabulous Fit, Butterick*

*Fashion - Color, Line and Design*

*Individuality in Clothing Selection & Personal Appearance*

*It's So, Sew Easy*

*Let's Alter Your Pattern*

*Pants & Skirts Fit For Your Shape, Minott*

*Quick & Easy Guide to Sewing Technique*

*Restyling Your Wardrobe*

*Sewing Book, Coats & Clark*

*Singer Sewing Book*

*Understanding Textiles*

*Unit Method of Clothing Construction, Iowa Home Economics Association*

*Vogue Book of Fitting, Adjustments & Alterations, Buttrick*

Equipment:

Various length reachers and grabbers, dorsal wrist splint, adjustable work table, swivel C clip holder, Universal ADL cuff, functional position clamps, tapeless measure, needle threader, split eye needles, telescoping magnet, Braille sewing machine, orthopedic adapted sewing machine, overhead mirror.

Filmstrips:

American Women: 200 Years of Authentic Fashion

Clothing Communicates

Clothing for Contemporary Living

Clothing: Grin & Bare It (English and Spanish - slide/cassettes)

Set III - Sewing (Sight & Sound)

Darts: Out-in-out Casings

Sleeves: Set-in & Raglan

Hems & Fasteners

Fabric & Fabric Care (record)

Fabric Samples Kit

Fashion-Textile Kit (Dan River)

A Guide to Color Harmony

How to Select Fabrics for Garments

Jean Hardy Patterns - Beginning

Measuring Metric in Fashion Sewing

Notions Nation

Permanent Care Label (J.C. Penney)

Textiles for Today

PREPARED BY Judy Brae DATE January 20, 1984

REVISED BY Instructional Services, SLOs added DATE March 16, 2017

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