

## Certificate Dressmaking

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### Course Aim

The aim of this course is to teach the basic skills of garment construction for home sewing or as a first introduction to professional sewing.

### Learning Outcomes

This course comprises three learning outcomes:

- 1 understanding commercially available patterns and markings on these patterns
- 2 learn how to lay out patterns on fabric and cut
- 3 learn basic sewing skills to put garments together



## Assignments

There are two assignments that are due as follows. The specific assignment guidelines and marking schedules can be found under 'Assessments'.

### Assignment 1

Sample Sewing Portfolio

Weighting: 50%

### Assignments 2

Garment construction

Weighting: 50%

## Topics

A series of 32 sewing skills, graded from basic to more advanced, is taught through demonstrations on a DVD. Students work in their own time and at their own pace. A tutor will be available for phone support Monday to Wednesday 9am to 3pm. First enquiries are to be made by email.

1. Identifying the grain of the fabric
2. Placing the pattern on the fabric in preparation for cutting.
3. Cutting and joining a Bias Strip
4. Machine Straight Stitch & backstitching
5. Concave & convex seams
6. Sewing the Inward Facing Corner
7. A Flat Felled Seam
8. Sewing Darts
9. Machine Stay Stitching - 1.5cm seam allowance so stay-stitch at 1.3mm from edge
10. Gathering
11. Buttonholes – 3 buttons & buttonholes on each sample
12. Shirt Collar With Stand
13. Hand Hem Stitching
14. Narrow curved hem – 1.5cm seam allowance – hem trimmed back to 1cm
15. Shirt Yoke
16. Facings – Bias Binding – (cut the binding 5cm wide and required length)
17. Top Stitching
18. Continuous bound plackets
19. Attaching the Cuff
20. Pleat Placket
21. Cuffs: Mock fold up – use a 2.5cm hem allowance
22. Front Blouse Placket –
23. Mitred Corner
24. Centre Back Covered Skirt Slit
25. Lapped Zip
26. Invisible Zip
27. Fly Front
28. In Seam Pocket - 1.5cm side seam allowance & 5mm on pocket curves
29. Jeans Pocket
30. Unlined Patch Pockets
31. Lined Patch Pocket
32. Patch Pockets with separate Flap

## Assessments

### Assignment 1

#### Sample Sewing Portfolio

This assignment makes up the course work in samples. With each sample the student demonstrates a particular aspect of the sewing skills taught in this module. Applying these techniques correctly is important in order to correctly execute the garments in assignment 2. Therefore, assignment 1 must be completed first.

Students must make 3 samples of all the listed sewing techniques and send to the academy. By doing the samples three times the student will become faster and more accurate. Six to eight samples should be sent in for marking at approximately 4 intervals to allow for feedback.

A mark of at least 70% for each sample is required to pass.

### Assignment 2

Assignment 2 is made up of three parts:

- 1 Skirt
  1. Zip
  2. Waistband or waist facing
  3. Darts or darts folded away into a yolk or flare
  4. Appropriate hem (4cm) and seam allowance
- 2 Shirt / Blouse
  1. Shirt Collar
  2. Buttons in front
  3. Sleeves plackets
  4. Cuffs
  5. Double or single turned hem
  6. Yoke
- 3 Trousers
  1. Pockets
  2. Flat Felled Seam on the inside leg seam
  3. Fly Zip
  4. Mock turn-up hem
  5. Waist band

A mark of at least 70% for each garment is required to pass.

## Assessment Schedule

Name..... Mark.....

### Assignment 1:

#### Sample Sewing Portfolio

With each sample, the student demonstrates understanding and correct application of the technique.

No.	Sample- Do 3 of each sample except were indicated otherwise	Use patterns	Marks
1	Identifying the grain of the fabric. 1 Sample (1 x Knit and 1 x Woven)	Cut 15 X 20cm fabric	
2	Placing the pattern on the fabric in preparation for cutting. 1 sample	24 X 20cm fabric	
3	Cutting and joining a Bias Strip	See DVD & notes	
4	Machine Straight Stitch & backstitching	1	
5	Concave & convex seams	(3 & 13) (8 & 10)	
6	Sewing the Inward Facing Corner	8 & 9	
7	A Flat Felled Seam	1	
8	Sewing Darts –	38 French 35 36	
9	Machine Stay Stitching - 1.5cm seam allowance so stay-stitch at 1.3mm from edge	27	
10	Gathering	1 and 1 double length	
11	Buttonholes – 3 buttons & buttonholes on each sample	22 top half of patt. & patt.1 cut x 2( knit)	
12	Shirt Collar With Stand	22 & 23 , 61&62	
13	Hand Hem Stitching -	1	
14	Narrow curved hem – 1.5cm seam allowance – hem trimmed back to 1cm	22 & 23 full patt.	
15	Shirt Yoke	49 & 50 & 50A	
16	Facings – Bias Binding – (cut the binding 5cm wide and required length)	22 & 23	
17	Top Stitching	65, 66, 69, 70	
18	Continuous bound plackets	39 & a 14cm X 3cm placket	
19	Attaching the Cuff	(Sample 18) & 42	
20	Pleat Placket	43	
21	Cuffs: Mock fold up – use a 2.5cm hem allowance	53	
22	Front Blouse Placket -	25a & 25b	
23	Mitred Corner -	Cut 16 X 16cm fabric	
24	Centre Back Covered Skirt Slit	15	
25	Lapped Zip	46 & 58	
26	Invisible Zip	46 & 58	
27	Fly Front	59	
28	In Seam Pocket - 1.5cm side seam allowance & 5mm on pocket curves	77 & 79	
29	Jeans Pocket	28, 29,30,31	
30	Unlined Patch Pockets	75	
31	Lined Patch Pocket	74	
32	Patch Pockets with separate Flap	74 + 6	
	<b>Total</b>		/100

**Assignment 2**

**Marking Sheet**

**Dressmaking Name** \_\_\_\_\_

**Garment Section**

**Skirt**

1 Zip	20		
2 Waistband or waist facing	20		
3 Darts	15		
4 4cm Hem	15		
Degree of difficulty	15		
Overall Execution	15		
	<b>100</b>	<b>0</b>	<b>0%</b>

**Shirt Blouse**

1 Shirt Collar	15		
2 Buttons in Front	15		
3 Yoke	10		
4 Sleeve Plackets	15		
5 Cuffs	15		
6 Long Sleeves			
Degree of difficulty	15		
Overall Execution	15		
	<b>100</b>	<b>0</b>	<b>0%</b>

**Trousers**

1 Pockets of your choice Flat felled seam on inside	15		
2 leg	10		
3 Fly Zip	20		
4 Mock turn up hem	10		
5 Waistband	15		
Degree of difficulty	15		
Overall Execution	15		
	<b>100</b>	<b>0</b>	<b>0%</b>



## Reading

Sewing Notes – Sample Construction, New Zealand Academy of Fashion Design, 2012