

FASH 107 Course Outline as of Fall 2009

CATALOG INFORMATION

Dept and Nbr: FASH 107

Title: STRETCH APPAREL CONSTR

Full Title: Stretch Apparel Construction

Last Reviewed: 5/9/2005

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	1.50	Lab Scheduled	2.00	6	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 87.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: FASH 73

**Catalog Description:**  
An in-depth study of stretch fabrics and their characteristics. Students will learn when and how these specialty fabrics are used in apparel. Emphasis will be given to special construction techniques necessary for completion of garments made of stretch fabrics. Professional and updated methods are utilized in addition to creative styling techniques.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: An in-depth study of stretch fabrics and their characteristics. Students will learn when and how these specialty fabrics are used in apparel. Emphasis will be given to special construction techniques necessary for completion of garments made of stretch fabrics. Professional and updated methods are utilized in addition to creative styling techniques. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>		Effective:	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, students will be able to:

1. Identify different stretch fabrics and learn the characteristics of each.
2. Select patterns suitable for the various types of fabrics.
3. Demonstrate appropriate construction techniques for patterns and fabrics.
4. Identify the various types of laces, elastics and trims suitable for stretch apparel.
5. Use of both serger and conventional sewing machines in constructing stretch apparel.
6. Compare ready-made garments to hand-made, considering quality of fabric, fit and construction.

### **Topics and Scope:**

1. Selection of patterns and suitable knit fabrics for pattern styles
2. Knit fabrics
  - A. Types - jersey, interlock, double knit, single knit, sweatshirt fleece, sweater knits, knit terries, velours, mesh knits, novelty knits, and ribbings
  - B. Uses
  - C. Specific characteristics for individual print fabrics
  - D. Specific sewing techniques for individual knit fabrics
3. Preparing the pattern
4. Layout and cutting of knit fabrics
5. Notions needed for sewing with knits
  - A. Interfacings
  - B. Elastics
  - C. Needle selection
  - D. Thread selection
6. Seams and seam finishes used for knits

- A. Conventional seams
- B. Overlock seams
- C. Stabilized seams
- 7. Hems
  - A. Catch stitched
  - B. Blind stitched
  - C. Topstitched
- 8. Ribbed edges
  - A. Calculate ribbing needed for individual projects
  - B. Types of ribbing and uses
    - 1. Flat method
    - 2. "In the round" method
    - 3. Double ribbing
    - 4. Lapped ribbing
- 9. Bound Edges
  - A. Circular edges
  - B. Inside corners
  - C. Finished ends
- 10. Construction technique uses
  - A. Tank tops
  - B. T-shirts
  - C. Skirts
  - D. Pants: application of knee interfacing
- 11. Necklines
  - A. V-necks
  - B. Ribbed
  - C. Bound
  - D. Crew
- 12. Plackets
  - A. Styles
  - B. Buttons/buttonholes
- 13. Pockets
  - A. Patch
  - B. Patch pocket with ribbing
  - C. Inseam pocket
  - D. Welt pocket (optional)
- 14. Waistbands
  - A. Elastic
  - B. Separate waistband
  - C. Shirred waistband
- 15. Swimsuit
  - A. Pattern adjustments and fit
  - B. Fabric choices
  - C. Elastics, linings, thread, needles
  - D. Elasticized edges and application of elastic
  - E. Elastic bindings and straps
  - F. Application of lining:
    - 1. Crotch
    - 2. Front lining
  - G. Application of bra cups
- 16. Lingerie
  - A. Pattern selection for panties/slips

**B. Fabric, lace, elastic selection:**

1. Tricot
2. Chiffon

**C. Layout and cutting**

**D. Basic seam finishes**

1. French
2. 3-thread overlock
3. Flatlock

**E. Basic edge finishes**

1. Edge finishes
2. Bound edges
3. Lace trimmed edges
4. Picot edge finishes

**F. Applying lace**

1. Basic method
2. Overlay method
3. Flat construction
4. "In the round" construction
5. Reinforced method
6. Overlock method
7. Calculate amount of lace
8. Joining/miter lace
9. Lace appliques

**G. Applying elastic**

1. Waist
2. Legs

**Assignment:**

1. Construct two shirts, one with a collar and one crew neck.
2. Construct a swimsuit, exercise garment, skirt or pants.
3. Construct one lingerie item.
4. Construct one additional item, which will be of student's choice.
5. Make a cost and quality comparison of ready-to-wear retail versus designed and tailored.
6. One or two quizzes; final exam.
7. Reading: 5-20 pages per week.

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because problem solving assessments and skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Cost comparison.

Problem solving  
10 - 15%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Sewing projects.

Skill Demonstrations  
40 - 75%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, true/false, matching items, completion

Exams  
10 - 30%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation.

Other Category  
5 - 20%

### **Representative Textbooks and Materials:**

Sewing with Knits, by Connie Long, Taunton Press, 2000.

Sewing Lingerie, by Singer, Cy De Cosse Incorporated, 1991.  
(Texts are classics in the field.)