



Course:	A Professional Certificate in Sewing 101- A Practical Approach
Guided Learning Hours:	30
Pre-requisite:	There are no entry requirements; however, participants should have access to a sewing machine for home practice. The fabric required for projects will be communicated at the beginning of the course.
For class, please bring the following tools:	Fabric scissors, measuring tape, Dressmaking pins, Seam ripper, Fabric marker or chalk, Hand sewing needles, thread, Notebook. Sewing machines and measuring tools will be available during practical sessions.

Abstract:

If you dream of creating your own clothing, making home décor, starting a small sewing business, or simply learning a valuable life skill, this practical course is the perfect place to begin.

This highly interactive course emphasises hands-on learning. Under the guidance of an experienced industry professional and passionate instructor, participants will gain confidence in using sewing equipment while working on a variety of practical projects throughout the program.

By the end of the course, students will have the knowledge and practical skills needed to undertake basic sewing projects independently and with confidence.

Target Audience:

- Individuals with little to no prior sewing experience
- Hobbyists seeking a new creative outlet
- Fashion enthusiasts interested in creating or altering their own clothing
- DIY and craft lovers who enjoy making handmade items
- Entrepreneurs exploring opportunities to start a small sewing or alterations business
- Individuals wishing to learn basic garment repairs and alterations

Learning Outcomes

On the completion of this programme, participants should: -

- Identify and safely operate a domestic sewing machine.
- Understand the functions of common sewing tools and equipment.
- Select appropriate fabrics, threads and notions.
- Take simple body measurements.
- Read and interpret basic commercial sewing patterns.

- Cut fabric accurately.
- Perform essential hand and machine stitches.
- Construct simple garments and household items.
- Apply appropriate finishing techniques.
- Complete practical sewing projects to an acceptable standard.

Course Content

Session 1: Introduction to Sewing

Topics:

- Introduction to sewing
- Health and safety
- Sewing room etiquette
- Types of sewing tools and machinery
- Measuring, Marking, Cutting, Pressing, Sewing
- Parts of the sewing machine
- Basic maintenance
- Winding and inserting the bobbin
- Threading the machine
- Stitching Patterns

Practical:

- Machine familiarisation
- Threading exercises
- Straight stitching practice

SESSION 2: Essential Sewing Skills

Topics:

- Pressing
- Marking
- Hand Stitches – Temporary & Permanent
- Seams
 - Seam allowances
 - Seam finishes
- Machine Stitch selections and use

Practical:

- Basting Stitches, Hemming stitches
- Machine Stitching straight lines, curves and corners

SESSION 3: Fabrics and Materials

Topics:

- Types of fabrics
- Fabric grain
- Fabric care
- Fabric selection
- Interfacing
- Notions

Practical:

- Fabric identification
- Preparing fabric
- Ironing

SESSION 4: Patterns and Measurements

Topics:

- Taking measurements
- Reading commercial patterns
- Pattern Drafting
- Pattern markings
- Layout plans
- Fabric cutting

Practical:

- Take accurate Measurements
- Draft a Pattern
- Lay out and cut a pattern
- Accurate cutting

SESSION 5: Garment Construction

Topics:

- Garment assembly
- Interfacing
- Seam Finishing
- Pressing techniques
- Troubleshooting

Practical:

- Construct patterns pieces
- Apply interfacing
- Sewing curve seams

SESSION 6: Fastenings, Finishing & Fitting**Topics:**

- Buttons
- Buttonholes

Practical:

- Button holing
- Attaching Buttons
- Garment Fitting & Troubleshooting
- Garment Finishes

SESSION 7: Garment Construction**Topics:**

- Pockets
- Waistband

Practical Project: Drawstring Trouser.

Practical:

- Pattern Layout and Cutting
- Trouser Assembly

SESSION 8: Garment Finishing**Topics:**

- Elastic Band
- Draw String
- Hemming

Practical:

- Drawing Elastic, String
- Fitting

SESSION 9: Final Project & Assessment

Topics:

- Quality control
- Caring for finished garments
- Assessment

Participants complete and present their final sewing projects.

SESSION 10: Review and Evaluations. Entrepreneurship

Topics:

- Quality Control
- Caring for Finished garments
- Pricing handmade products
- Starting a home-based sewing business
- Marketing through social media
- Building a portfolio