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The American  
University of Florence

SYLLABUS

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**FAST - SCHOOL OF FASHION AND ACCESSORY STUDIES AND TECHNOLOGY**

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**DEPARTMENT OF FASHION DESIGN AND TECHNOLOGY****COURSE TITLE: SEWING AND CONSTRUCTION TECHNIQUES I****COURSE CODE: FTFDSC315****3 semester credits****1. DESCRIPTION**

This hands-on course will develop the fundamental skills and techniques of sewing and garment construction. Course topics feature the approach to mechanized and manually-processed techniques involved in the creation of simple cotton garments. An understanding of the use of basic patterns, cutting techniques, seams and finishing will allow students to approach simple prototyping projects. This class includes experiential learning with CEMI.

**2. OBJECTIVES**

Upon successful completion of this course, students will:

- Be familiar with the basic techniques in sewing and the construction of garments.
- Identify different textile materials and learn their qualities and performances.
- Gain knowledge of prototyping in test-muslin with different basic garments, providing in depth construction guidelines to achieve the desired aesthetics.

**3. REQUIREMENTS**

There are no prerequisites for this course.

**4. METHOD**

An asset of the program is the opportunity to showcase student work at FLY, the non-profit retail store of FAST, alongside professional emerging designers based in Italy. All works produced by students will be featured with garment specifications, photographed, and published for promotion on school websites. Garments will undergo a selection process for in-store and classroom placement. Furthermore, FAST experiential learning and internship students will then utilize these items to create window displays and other special installations throughout the season. For this reason, it is not possible for students to take projects, garments, accessories, and the like home upon course completion. In the event that a garment is sold, all profits will go toward scholarship funds for future FAST students.

**5. TEXTBOOK - FURTHER READINGS - RESOURCES**

TEXTBOOK (Copy available at the university library):

- *New Complete Guide to Sewing, Step-by-step Techniques for Making Clothes and Home Accessories*, The Reader's Digest Ltd.

The textbook is mandatory for successful completion of the course.

Where applicable, additional materials, handouts and/or notes will be provided by the instructor.

**FURTHER READINGS**

- Fashion Incubator Tutorials. [Here](#).

- Utah Education Network. *Sewing Construction & Textiles 1*. [Here](#).

## **LIBRARIES IN FLORENCE**

Please consult the posted schedules for official opening times of the university library. Also note that the library is for consultation only and it is not possible to borrow materials. The library is equipped with a scanner and internet access so that you may save or email a digital copy of the pages needed.

Students may also utilize additional libraries and research centers within the local community:

### **BIBLIOTECA PALAGIO DI PARTE GUELFA**

Located in Piazzetta di Parte Guelfa between Piazza della Repubblica and Ponte Vecchio. Please consult the library website for hours of operation:

[http://www.biblioteche.comune.fi.it/biblioteca\\_palagio\\_di\\_parte\\_guelfa/](http://www.biblioteche.comune.fi.it/biblioteca_palagio_di_parte_guelfa/)

### **BIBLIOTECA DELLE OBLATE**

Located in via dell'Oriuolo 26. Please consult the library website for hours of operation:

[www.bibliotecadelleoblate.it](http://www.bibliotecadelleoblate.it)

### **THE HAROLD ACTON LIBRARY AT THE BRITISH INSTITUTE OF FLORENCE**

Located in Lungarno Guicciardini 9. Please consult the library website for hours of operation. This library requires a fee-based student membership. For information: [www.britishinstitute.it/en](http://www.britishinstitute.it/en)

## **6. FIELD LEARNING**

Please consult your Official Registration for any mandatory field learning dates. Field Learning Activities cited in Official Registrations are an integral part of the course and also include an assignment that counts towards your final grade, details will be provided on the first day of class.

## **7. COURSE MATERIALS**

No additional course materials are necessary.

## **8. COURSE FEES**

Course fees cover course-related field learning activities, visits, and support the instructor's teaching methodologies. Book costs are not included in the course fee. The exact amount will be communicated by the instructor on the first day of class.

## **9. EVALUATION - GRADING SYSTEM**

10% Attendance

20% Participation and Assignments

20% Midterm Exam, Field Learning Project (if applicable), Special/Research Project (if applicable)

30% Final Exam

20% Final Project

A = 93-100 %, A- = 90-92%, B+= 87-89%, B = 83-86%, B-=80-82%, C+ = 77-79%, C=73-76%, C- =70-72%, D = 60-69%, F= 0-59%, W = Official Withdrawal, W/F = Failure to withdraw by the designated date.

## **10. ATTENDANCE - PARTICIPATION**

Academic integrity and mutual respect between instructor and student are central to the academic policy and reflected in the attendance regulations. Student presence is mandatory and counts toward the final grade.

**Absences** are based on academic hours: 1 absence equals 3 lecture hours.

Two absences: 6 lecture hours, attendance and participation grade will be impacted.

Three absences: 9 lecture hours, the final grade may be lowered by one letter grade.

Four absences: 12 lecture hours, constitutes automatic failure of the course regardless of when absences are incurred.

Please note:

- The above hours refer to lecture hours. Please note that the contact / credit hour policy in the academic catalog includes additional distribution ratios according to delivery category. Ex: 1 absence equals 6 FL/SL/Lab hours or 9 EL hours.
- Hours may be distributed in different formats according to the academic course schedules.

#### LATE ARRIVAL AND EARLY DEPARTURE

Arriving late or departing early from class is not acceptable. Two late arrivals or early departures or a combination will result in an unexcused absence. Travel is not an exceptional circumstance.

#### TRAVEL (OR DELAYS DUE TO TRAVEL) IS NEVER AN EXCUSE FOR ABSENCE FROM CLASS.

It is the student's responsibility to know how many absences are incurred. If in doubt, speak with your instructor!

**Participation:** Satisfactory participation will be the result of contributing to class discussions by putting forth insightful and constructive questions, comments and observations. Overall effort, cooperation during group work, proper care of work space and tools, responsible behavior, and completion of assignments will be assessed. All of the above criteria also apply to Field Learning and site visits.

## 11. EXAMS - PAPERS - PROJECTS

The **Midterm Exam** and the **Final Exam** account for 20% and 30% of the final course grade respectively. **The time and date of the exam cannot be changed for any reason.**

Format: exams are divided into three sections:

- Part I: Multiple choice questions.
- Part II: Short-answer questions.
- Part III: Essay questions.

The **Final Project** is worth 20% of the final course grade. This comprises all the works carried out in class and at home in a portfolio to be submitted digitally.

## 12. LESSONS

Lesson 1	
<b>Meet</b>	In class
<b>Lecture</b>	Construction knowledge in fashion design. Sewing tools and equipment.
<b>Objectives</b>	Understand the nature of the construction process, from concept to production. Understand the use of the different tools available.
<b>Readings/ Assignments</b>	Read: Textbook, pp. 10-15 Explore: Fashion Incubator Tutorials.

<b>Lesson 2</b>	
<b>Meet</b>	In class
<b>Lecture</b>	The sewing machine: anatomy of a sewing machine and overlock machine.
<b>Objectives</b>	Gain knowledge of different seams and seam finishes. Identify the various elements of the sewing machine.
<b>In-Class Activity</b>	Practice using the sewing machine.
<b>Readings/ Assignments</b>	Read: Textbook, pp. 83-91

<b>Lesson 3</b>	
<b>Meet</b>	In class
<b>Lecture</b>	Stitching methods: hand stitching.
<b>Objectives</b>	Identify different types of temporary and permanent stitches, their functional and decorative uses. Gain knowledge about different stitches in order to get confidence with the technique, in the process of approaching construction.
<b>In-Class Activity</b>	Practice hand stitching.
<b>Readings/ Assignments</b>	Read: Textbook, pp. 68-82

<b>Lesson 4</b>	
<b>Meet</b>	In class
<b>Lecture</b>	Different types of fabric and threads.
<b>Objectives</b>	Identify the characteristics of different types of fabric, namely warp, weft, nap, right vs. wrong side. Identify basic notions on threads and materials available to the fashion designer and their performances.
<b>In-Class Activity</b>	Practice working with different types of materials.
<b>Readings/ Assignments</b>	Read: Textbook, pp. 16-25 Assignment: Visit a Florentine textile shop and analyze 3 selected pieces.

<b>Lesson 5</b>	
<b>Meet</b>	In class
<b>Lecture</b>	Measurements and the pattern: basic notions to work with a pattern.
<b>Objectives</b>	Gain knowledge on how to cut fabrics using the pattern. Gain a foundation on how to measure a human body and its importance in the prototyping and fitting phases. Identify the basic steps needed to prepare a pattern for sewing and construction.
<b>In-Class Activity</b>	Practice taking measures and working with patterns.
<b>Readings/ Assignments</b>	Read: Textbook, pp. 28-31, 56-65

<b>Lesson 6</b>	
<b>Meet</b>	In class
<b>Lecture</b>	Test-fit muslin. Construction of a A-Line skirt.
<b>Objectives</b>	Understand and perform the method to cut and construct a simple skirt. Identify how to realize a good fit. Understand how to cut and sew a waistline.
<b>In-Class Activity</b>	Construction of a simple skirt in a test-fit muslin, from cutting to fitting on the dress form.
<b>Readings/ Assignments</b>	Read: Textbook, pp. 184-191

<b>Lesson 7</b>	
<b>Meet</b>	In class
<b>Lecture</b>	<b>MIDTERM EXAM</b>

<b>Lesson 8</b>	
	<b>BREAK</b>

<b>Lesson 9</b>	
<b>Meet</b>	In class
<b>Lecture</b>	Finalize the construction of the test-muslin skirt. Fastenings: types of zippers and buttons.
<b>Objectives</b>	Further strengthen skills related to the construction of the test-muslin skirt. Understand how to place closures on garments and how this impacts functionality, aesthetics, and production.
<b>In-Class Activity</b>	Practice adding fastenings.
<b>Readings/ Assignments</b>	Read: Textbook, pp. 284-288 Explore: Zippers on Fashion Incubator Tutorials.

<b>Lesson 10</b>	
<b>Meet</b>	In class
<b>Lecture</b>	Construction of a simple dress.
<b>Objectives</b>	Be able to construct in a test-fit muslin, from cutting to fitting on the dress form. Understand and perform the method to cut and construct a simple dress.
<b>In-Class Activity</b>	Perform cutting and constructing a simple dress.
<b>Readings/ Assignments</b>	Read: Textbook, pp. 34-45

<b>Lesson 11</b>	
<b>Meet</b>	In class
<b>Lecture</b>	Adding sleeves to a simple dress.
<b>Objectives</b>	Identify the main types of sleeves. Be able to recognize the challenges of sleeves and the solutions to ensure their efficacy.
<b>In-Class Activity</b>	Practice creating sleeves.
<b>Readings/ Assignments</b>	Read: Textbook, pp. 214-219

<b>Lesson 12</b>	
<b>Meet</b>	In class
<b>Lecture</b>	Trousers and pockets.
<b>Objectives</b>	Identify how to construct trousers. Identify basic styles of pockets. Understand how to make and apply pockets.
<b>In-Class Activity</b>	Construct a pair of trousers and introduce new alterations.
<b>Readings/ Assignments</b>	Read: Textbook, pp. 234-236 Assignment: Visit a Florentine shop and analyze trousers with particular pockets.

<b>Lesson 13</b>	
<b>Meet</b>	In class
<b>Lecture</b>	Finalize the trousers test-muslin: hems and edges finishes.
<b>Objectives</b>	Identify various types of hems and edges. Understand how to use different hems and finishing techniques used when sewing trousers.
<b>In-Class Activity</b>	Finalize the trousers.
<b>Readings/ Assignments</b>	Read: Textbook, pp. 254-259

<b>Lesson 14</b>	
<b>Meet</b>	In class
<b>Lecture</b>	Recap for final exam, based on the observation and following round table about the different techniques studied in class on the test muslins.
<b>Objectives</b>	Maximize the retention of information by observing the techniques and works done in class throughout the course.
<b>In-Class Activity</b>	Finalize the test muslins produced in class.
<b>Readings/ Assignments</b>	Submit Final Project.

<b>Lesson 15</b>	
<b>Meet</b>	In class
<b>Lecture</b>	<b>FINAL EXAM</b>