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**PALAZZI FLORENCE ASSOCIATION FOR INTERNATIONAL EDUCATION  
FLORENCE UNIVERSITY OF THE ARTS  
FAST - SCHOOL OF FASHION AND ACCESSORY STUDIES AND TECHNOLOGY (FT)**

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SCHOOL OF FASHION AND ACCESSORY STUDIES AND TECHNOLOGY  
DEPARTMENT OF FASHION DESIGN AND TECHNOLOGY  
**COURSE TITLE: SEWING AND CONSTRUCTION TECHNIQUES I**  
**COURSE CODE: FT FD SC 315**  
3 semester credits

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### **1. DESCRIPTION**

This hands-on course will take students from the rudimentary skills and techniques necessary both in terms of mechanized and hand techniques to allow for the creation of simple cotton garments. In the second level the focus will shift to complex design strategies and construction which are most frequently employed as industry standards. This class includes experiential learning with CEMI.

### **2. OBJECTIVE**

This course aims to provide students with basic tailoring skills and industrial sewing techniques, both manual and mechanical (sewing machine).

By the end of the course students should be able to:

- prepare different finishing (seams, darts, necklines, facings, zips, hems, etc.) and being able to use them properly.
- sew full basic garments such as a skirt, pants and bias dress.
- present a Sample Book that will display the sampling of work done.
- understand and use terms and words used commonly in sewing language.
- understand the complete process to make garments.

### **3. REQUIREMENTS**

There are no prerequisites for this course, although a background of pattern making and sewing techniques would be "preferable" for the better comprehension of the subject.

Lectures are held in English.

Individual study of the notes, the readings, the handouts etc. at home is required after every lecture, after each class. On your lecture schedule you will receive information on each meeting readings: a good pre-reading activity of the material is highly recommended to better follow in-class explanations.

Students will be asked to research, read and study often at the School Library. Please make sure you are familiar with it (know how it works, opening and closing times, facilities, etc.) from the very start of the course.

For the material you will need to type, please check the school computer facilities.

No eating and drinking are allowed in class. (only water!)

Is forbidden to drink alcohol at school.

No headphone is allowed in class: the instructor and students will decide together the music to

listen to.

A responsible and active class participation is expected at all times and activities

At all times cell phones must be turned off (both during lectures and visits).

Students will be provided with terms and words used commonly in sewing language.

Please also consider important notes on attendance, participation and assignments (as described in pertinent paragraphs).

#### **4. METHOD**

The course consists of lectures, technical/practical demonstrations and sewing exercises.

Lesson by lesson students will realize basic full garments with constant individual help to fully understand the rules of sewing.

Lesson by lesson students will go through the very basic elements of fabric choice, how to understand and use the pattern envelope and enclosed instructions, getting to know the sewing machine

Each lesson is divided in four parts:

- Part I: The instructor will check the course assignments to understand if the previous lesson has been understood, to answer any questions and to clarify any doubts.
- Part II: Theory: introduction to the practice part explaining the theory established for every lesson shown by the instructor with practice examples.
- Part III: Practice: students will imitate basic sewing techniques exercises shown by the instructor and continue practicing during available lab assignments time.
- Students will be requested to visit and take information on museums, exhibitions, fabric shops, ateliers and department stores in Florence.
- Part IV: Assignments for the successive lesson.

#### **5. TEXT BOOK – FURTHER READINGS – INTERNET RESOURCES**

***The complete book of sewing*** , Dorling Kindersley Limited, London, 2006. Available in the school library.

This textbook can be purchased in Florence at PAPERBACK EXCHANGE, in Via delle Oche 4/red, in the Duomo area.

*In case the book is not available it can be ordered. Please let the bookshop assistant know that you are a FUA student and the name of the professor of this course.*

Reserve as soon as possible your copy.

Each student must provide the text book for the successful completion of the course.

Further material, handouts and notes will be eventually available on line to the students during the semester.

The school library contains books and magazines that may be used for inspiration research.

#### **FURTHER READINGS**

(Books listed below are available at the school library, Corso Tintori, 21).

- *The dressmaker's technique bible, Lorna knight, D&C*
- *New complete guide to sewing, Reader's Digest.*

Plus infos from other sources

#### **LIBRARIES IN FLORENCE**

The school library is located in Corso Tintori 21.

Please consult the posted schedules for official opening times.  
Please note that the library is consultation only and thus it is not possible to remove texts.

Students are encouraged to take advantage of Florence's libraries and research centers:

### **Biblioteca Palagio di Parte Guelfa**

Located in Piazzetta di Parte Guelfa between Pza della Repubblica and Ponte Vecchio.  
Telephone: 055.261.6029. The library is open Monday thru Saturday. This library is open until 10:00pm during weekdays.

### **Biblioteca delle Oblate**

Located in via dell'Oriuolo 26 (across the street from SQUOLA Center for Contemporary Italian Studies) Telephone: 055 261 6512. Please consult the website [www.bibliotecadelleoblate.it](http://www.bibliotecadelleoblate.it) for current opening times under "orario".

### **The Harold Acton Library at the British Institute of Florence**

Address: Lungarno Guicciardini 9. For opening times and student membership information: [www.britishinstitute.it/en](http://www.britishinstitute.it/en). This is a fee-based membership library.

## **6. VISITS – TRIPS**

Please see Addendum

### Recommended visits:

- Galleria del Costume inside Pitti Palace
- Gucci museum

## **7. MATERIAL LIST**

Following shared materials will be provided by the school:

Scissors for paper and cloth  
Long rulers at least 50 cm  
Squares  
Curved rulers (hip rule and armhole rule)  
Pins  
Needles + tracking thread  
Pattern making paper  
Muslin (medium weight)  
Light cloth  
Black tape 5mm  
Sewing and overlock machines + threads  
Needles for machine  
Tracing wheels + tracing paper.  
Tape measure.

### **Extra Costs:**

Students need to bring to class for personal use:

3 markers, black, red, green  
2 pencils, 2H and 2B  
1 sharpen  
1 eraser  
1 file with metal rings to create your own sewing book  
1 USB pen

## **8. ADDITIONAL FEES:**

In addition to the textbooks, students will be responsible to pay for all **museum/site visit entries** and **reservation costs** as well as any **materials or supplies** necessary for the successful completion of the course.

Students will be informed on the **first day of class** of the exact amount for the above by the instructor.

Some mandatory fieldtrips or visits may be included at an extra cost (details paragraph #6)

In addition students may be required to leave a **deposit** for equipment (the Sewing Kit) that will be loaned to them during the semester. The deposit will be returned at the end of the course, provided the equipment has been returned in the same condition it was loaned.

## **9. EVALUATION – GRADING SYSTEM**

### **Final grade**

- 10% Attendance
- 20% Participation
- 25% Assignments and basic sewing projects
- 20% Sewing Book
- 25% Final Exam (Written and Hands-on)

### **Grading scale**

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 our academic policies. This is reflected in the attendance policy. Class attendance is mandatory and counts towards the final grade.

Two delays will be considered as one absence. It is always the student's responsibility to know how many absences they have in a course.

After the **first absence** your attendance and participation grade will be impacted. Please note that missing certain field trips may count for more than one absence.

After the **third absence** the instructor may lower the final grade by one letter grade. (Example: Final grade average 90% A - will become a B – on the grade report).

**After the fourth absence you will receive an automatic failure. Students with excessive absences will be asked to withdraw with a W (if before the deadline) or leave the course with a WF.**

It is the student's responsibility to know how many absences they have in a course. If you are in doubt, talk to your instructor!

### **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.**

**PARTICIPATION:** it counts for 20% of the final course grade.

A positive grade in participation will be the result of cooperation during group work, being responsible in class, taking care of sewing and overlocker machine and of working tools, respect of sewing laboratory rules.

Students are responsible for all work missed on the day of their absence and responsible to be ready for the next class meeting. Being excused does not excuse the students from any work that was due in the class missed or from completing assignments for the next class meeting.

## **11. EXAMS – PAPER**

The course includes assignments, a sample book that will display the sampling of work done , a some basic garments project and final exams. Students will work on practical exercises as well as creative interpretations. They will also take practice in drawing techniques and make written reports/researches.

Reports and researches will give the opportunity to the students:

- to relate more closely to the Florence area,
- to allow a better understanding of the Italian fashion style.

The instructor evaluation will consist in: sewing skills, personal creativity, trend research, aesthetics in work presentation, effort and attendance.

**Sewing Book** : counts for 20% of the final course grade.

By the end of the course students need to present:

- their book of sewing techniques sample well organized and explained.

**Assignments and basic sewing project:** counts for 25% of final course grade.

The basic sewing project consists in realizing basic garments to understand the construction of skirts, pants and bias dresses, using sewing and construction techniques learned during the course.

**Final Exam:** it counts for 25% of final course grade.

For exam time and date see the schedule below.

**The time and date of the exam cannot be changed for any reason.**

The final exam consists in multiple-choice and open answer questions.

**The Final Exam is cumulative**

## **12. LESSONS**

### **Lesson 1**

Lecture	Presentation of the course: introduction to the class syllabus. Information on exams. Introduction to the Sample Book work and the basic garments. Introduction at the sewing dictionary. Introduction on fashion drawing, geometrical drawing.  Technical demonstration of Fashion drawing and technical drawing: from 2D to 3D
Lab. assign -	Exercise on Fashion drawing and technical drawing: from 2D to 3D

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## Lesson 2

Lecture	Instructor will show students the tools they need in sewing techniques. The sewing machine: anatomy of a Sewing Machine. Bobbin Problems – The Perfect Stitch. How to make the sewing machine ready to work. The overlock machine: how to make the overlock machine ready to work.
Lab. Assign - ments	Exercise on how to make the sewing and the overlock machine ready to work. Straight and curved lines.

## Lesson 3

Lecture	The instructor will review students' assignments and clarify any doubts. The Fabric: types of Fabric. Warp, weft, nap, right vs. wrong side. Tricky Fabrics to sew.
Lab. Assign - ments	Sewing exercise with different kind of fabrics.

## Lesson 4

Lecture	The instructor will review students' assignments and clarify any doubts. The Pattern: Choosing a Pattern. Deciphering the Pattern Envelope. Fabric plus the extras: the seam allowance. Laying out a pattern. How to cut using the pattern.
Lab. Assign - ments	Exercise with laying out a pattern and how to cut using the pattern.

## Lesson 5

Lecture	The instructor will review students' assignments and clarify any doubts. Different types of seams and seams finished. How to sew gathers and elastic bands.
Lab. Assign - ments	Exercise with seams and seams finished.

## Lesson 6

Lecture	The instructor will review students' assignments and clarify any doubts. Different types of hand stitches.
Lab. Assign - ments	Exercise with hand stitches.

## Lesson 7

Lecture	The instructor will review students' assignments and clarify any doubts. How to sew the full skirt: the basic skirt with waistband and split. <ul style="list-style-type: none"> <li>• How to copy the pattern onto fabric.</li> <li>• How to set the skirt to be fitted on dress form.</li> <li>• How to sew darts.</li> <li>• How to sew split.</li> <li>• How to fuse the fabric with adhesive.</li> <li>• How to sew waistband to the skirt.</li> <li>• How to make buttonhole.</li> <li>• How to sew button and zip.</li> <li>• How to sew the hem.</li> </ul>
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Lab. Assign - ments	Continue sewing the skirt project.
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### Lesson 8

Lecture	The instructor will review students' assignments and clarify any doubts. Continue sewing the skirt project.
Lab. Assignments	Continue sewing the skirt project.

### Lesson 9

Lecture	The instructor will review students' assignments and clarify any doubts. Continue sewing the skirt project.
Lab. Assignments	Continue sewing the skirt project and finish it.

### Lesson 10

Lecture	<b>Museum Visit.</b> Meet at Fast School, Borgo Pinti 20/R at 2.45. <b>Please, be punctual!</b>
Lab. Assignments	Make a report on the Musuem Visit

### Lesson 11

Lecture	The instructor will review students' assignments and clarify any doubts. How to sew the full pajamas pants: pajamas pants with fold-down casing to the waistline and in-seam pockets. <ul style="list-style-type: none"> <li>• How to cut the pants pattern.</li> <li>• How to sew the in-seam pockets.</li> <li>• How to sew the crotch.</li> <li>• How to sew the fold-down casing.</li> </ul>
Lab. Assignments	Continue sewing the pajamas project.

### Lesson 12

Lecture	The instructor will review students' assignments and clarify any doubts. Continue sewing the pajamas project
Lab. Assignments	Continue sewing the pajamas project and finish it.

### Lesson 13

Lecture	The instructor will review students' assignments and clarify any doubts. How to sew the full bias dress: bias dress with facing on the neckline and armhole and zip on the center back. <ul style="list-style-type: none"> <li>• How to lay out pattern on bias.</li> <li>• How to sew facing to the necklines and armholes.</li> <li>• How to make little hem working with overlock machine.</li> <li>• How to put invisible zip.</li> </ul>
Lab. Assignments	Continue sewing the bias dress project.

### Lesson 14

Lecture	The instructor will review students' assignments and clarify any doubts.
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	Continue sewing the bias dress project.
Lab. Assignments	Continue sewing the bias dress project and finish it.

### Lesson 15

	<b>Final Exam Test</b>
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**ALTERNATIVE LESSON:** : In the case of the instructor's absence there will be an alternative lesson consisting in watching the movie "*Signe Chanel – Haute Couture Collection*" and make a 2 pages report on it.