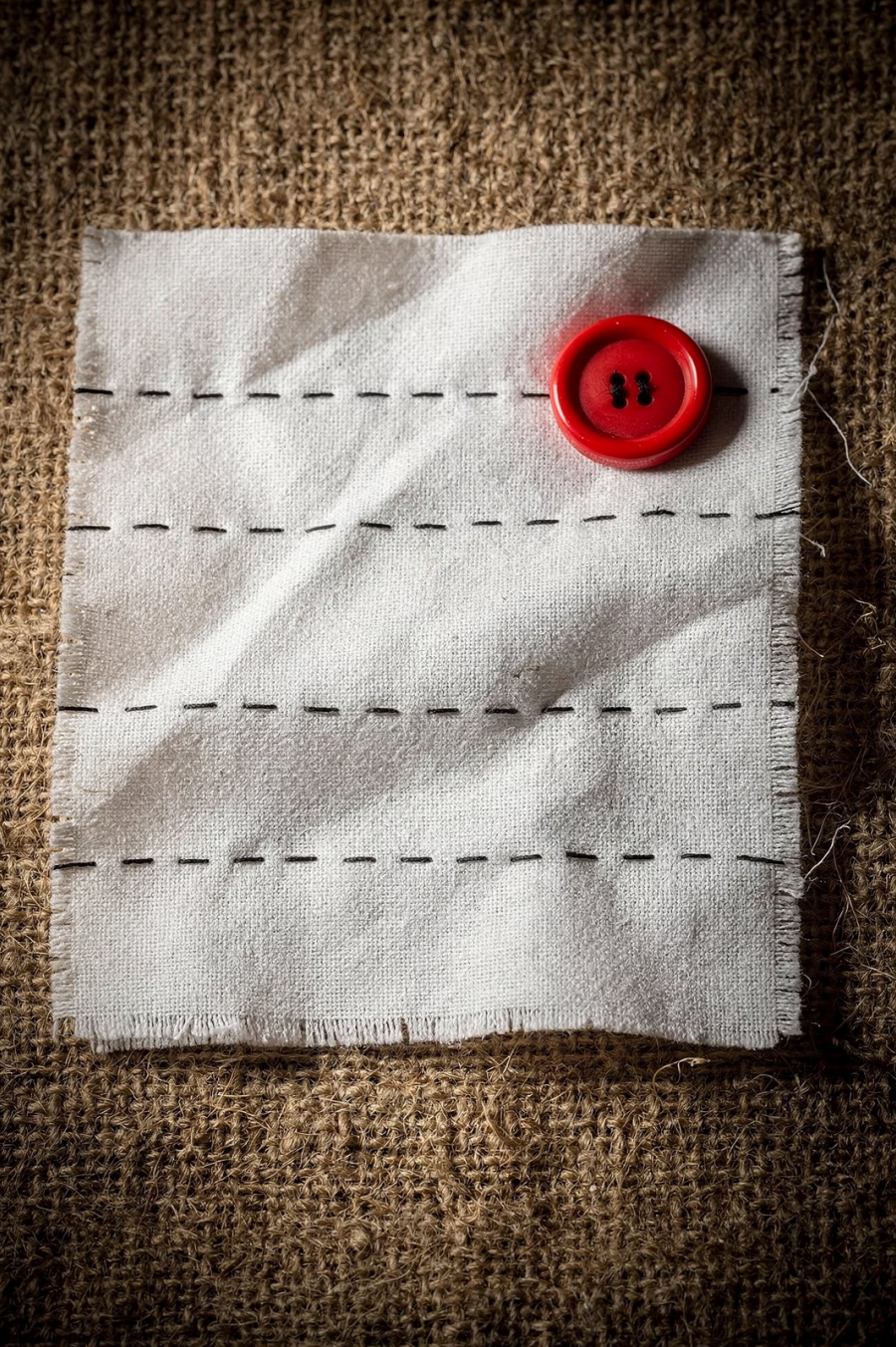




FAS1203 Foundation Sewing

A comprehensive introduction to the fundamentals of sewing and pattern making — from essential tools and materials to constructing garments from scratch.

[COURSE OVERVIEW](#)

Chapter 1: Materials & Equipment



Pins & Needles

Sewing pins with coloured heads and hand-sewing needles for fabric assembly and detail work.



Cutting Equipment

Fabric scissors and rotary cutters for precise, clean cuts along pattern lines.



Marking Tools

Chalk, markers, and tracing wheels used to transfer pattern markings onto fabric.



Measuring & Pressing

Measuring tapes, rulers, and pressing equipment for accurate sizing and professional finishing.



Chapter 2: Fasteners

Fasteners are essential components that close and secure garments. Understanding each type ensures the right choice for every application.

Buttons & Buttonholes

Classic closures in a wide range of sizes, shapes, and hole configurations.

Zippers & Velcro

Functional closures for structured garments, bags, and sportswear applications.

Snap, Hooks & Press Buttons

Discreet fasteners ideal for waistbands, cuffs, and concealed closures.



Chapter 3: Sewing Machines

From vintage mechanical models to modern computerised units, sewing machines are the heart of garment construction. This chapter covers the meaning, history, fabric types, components, and maintenance of industrial sewing machines.



Vintage Models

Ornate cast-iron machines with large hand wheels — the origins of industrial sewing.



Mid-Century Industrial

Robust branded machines like the NECCHI, built for high-volume production environments.



Modern Machines

Compact, computerised industrial machines with control panels for precision and speed.

Chapter 4: Hand Sewing

01

Batting

Preparing and layering fabric with batting for structure, warmth, or padding.

02

Stitching

Fundamental hand stitches including running stitch, backstitch, and slip stitch.

03

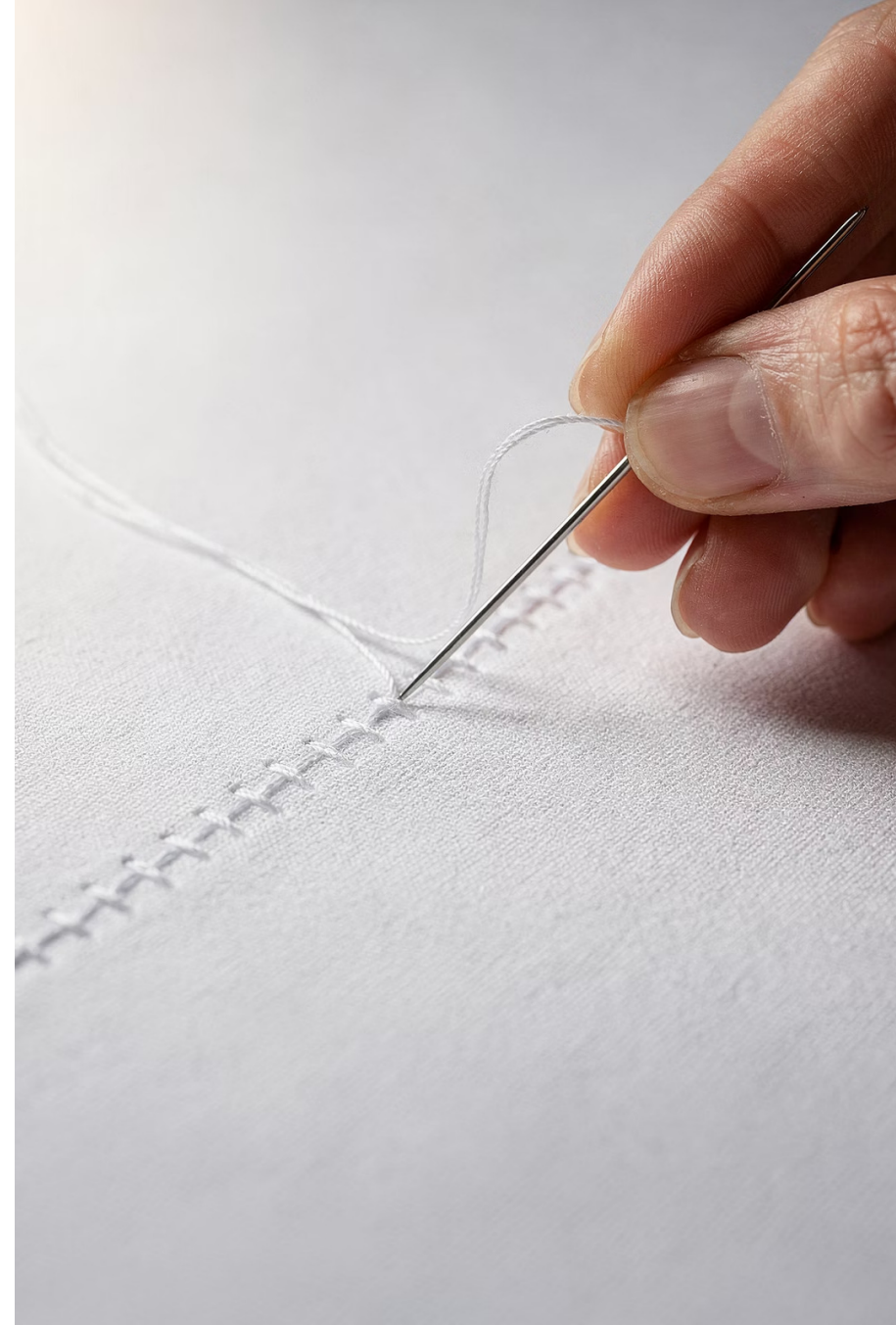
Hemming

Finishing raw edges with neat, secure hems for a professional appearance.

04

Ribbed Hem & Stretching

Techniques for working with stretch fabrics, including ribbed hem application.



Chapter 5: Body Measurements

Accurate body measurements are the foundation of well-fitting garments. This chapter covers:

→ Meaning & Preparation

Understanding why measurements matter and how to prepare the subject before measuring.

→ Pattern Profile Method

Using measurements to build an accurate personal pattern profile.

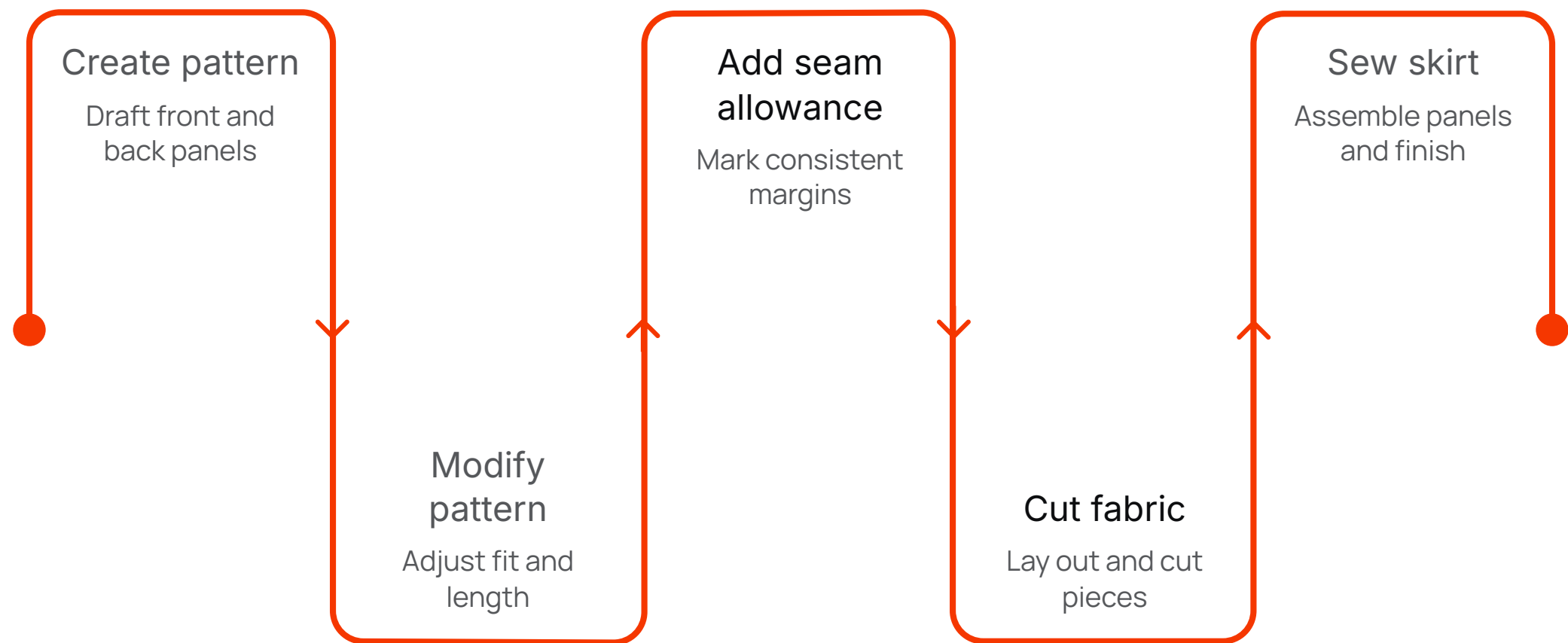
→ Standard Size Charts

Proportions required for creating skirt and trouser patterns from standard sizing.



Chapter 6: Basic Skirt Sewing

This chapter guides students through the complete process of creating and sewing a basic skirt — from drafting the initial pattern to the finished garment.



Key pattern pieces include the front and back panels, waistband, side seams, and hem. Students learn both pattern layout on fabric and the step-by-step construction sequence.

Pattern Drafting

Draft the front and back skirt pieces using body measurements, marking waistband, side seam, and hem lines accurately on pattern paper.

Pattern Modification

Adapt the basic block to achieve desired silhouettes — A-line, pencil, or flared — by adjusting seam lines and adding ease.

Seam Allowance & Cutting

Add the correct seam allowance around all pattern edges before laying out pieces on fabric and cutting precisely.

Assembly

Sew side seams, attach the waistband, and finish the hem to complete the skirt construction.



Accurate seam allowance is critical — always mark and measure before cutting fabric.

Chapter 7: Sewing Basic Pants

Creating the Pattern

Draft front and back trouser pieces using waist, hip, inseam, and crotch measurements.

Adapting the Pattern

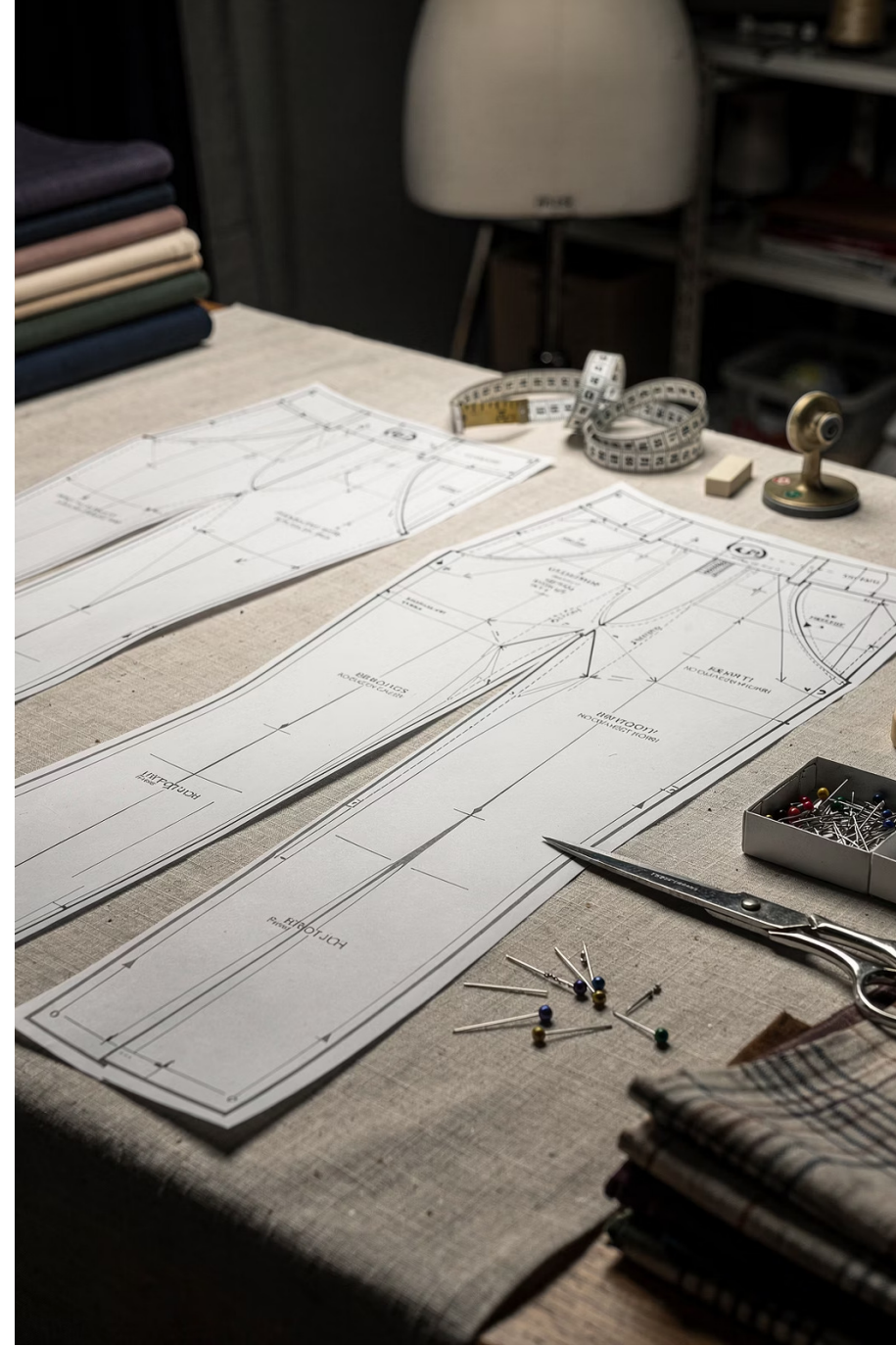
Modify the basic block for different fits — slim, wide-leg, or tapered — adjusting the crotch curve and leg width.

Seam Allowance & Cutting

Apply seam allowances to all edges, lay out pattern pieces on fabric, and cut accurately.

Sewing Steps

Assemble inseams, outseams, crotch seam, and waistband in the correct sequence for a well-constructed pair of trousers.



Course Summary

FAS1203 Foundation Sewing provides a complete grounding in garment construction — from tools and fasteners to machine operation, hand sewing, body measurements, and pattern making for skirts and trousers.

Ch. 1–2

Materials, equipment, and fasteners

Ch. 3–4

Sewing machines and hand sewing techniques

Ch. 5

Body measurements and size charts

Ch. 6–7

Basic skirt and trouser construction

