

Bergen Community College
Division of Humanities
Department of Visual and Performing Arts
Course Syllabus

FAB 110
Sewing Techniques 1

Basic Information About Course and Instructor:

Semester and Year:

Section Number:

Meeting Times:

Location:

Instructor:

Office Location:

Phone:

Departmental Secretary: Pam Coles

Office Hours:

Email Address:

Course Description:

This course teaches the fundamentals of professional sewing and apparel construction techniques. Students learn basic cutting, sewing and finishing by hand and by machine.

Credits: 3 (2 lecture, 2 Lab)

Pre-requisites: FAB-101

Co-requisites: None

Student Learning Outcomes:

After successfully completing all course activities, students will be able to:

1. Identify sewing and apparel construction terminologies and tools.
 - o **Means of Assessment:** Written Tests, Skill Tests
2. Apply basic techniques of measuring, cutting, handling, and pressing fabric.
 - o **Means of Assessment:** Sample Book, Assignments

3. Utilize proper sewing techniques on a variety of fabrications, with a focus on handling and finishing.

- o **Means of Assessment:** Assignments, Skill Tests

4. Apply appropriate hem and seam techniques on various fabrics.

- o **Means of Assessment:** Final Project & Presentation

Course Content:

The course will cover the following topics:

UNIT 1: Students will learn basic cut and sew techniques, with a focus on using an industrial sewing machine.

UNIT 2: Students will learn basting, seaming, and finishing on a variety of fabrics.

UNIT 3: Students will learn hemming and closure techniques on a variety of fabrics.

UNIT 4: Students will learn to construct and finish simple necklines and armholes, and use the correct choice of interlinings for the fabric.

UNIT 5: Students will learn simple decorative techniques including pin tucks, gatherings and pleats.

Course Texts and Study Materials:

Required Textbook:

Reader's Digest, New Complete Guide to Sewing: Step-By-Step Techniques for Making Clothes and Home Accessories, 2010, ISBN (10/13): 9781606522080

Student Supplies:

- Bobbins SA156 11.5 mm 7/16-inch width for students using home machines
- Fabric and paper scissors, hand sewing needles
- Measuring tape, white tailor's chalk, seam ripper, dress transfer paper, tracing wheel
- Various zippers, bias tape, buttons, and interfacing as required for projects – to be announced each week.
- 2" X 18" Sewing Ruler

- Pattern and fabric for assigned projects (to be approved before purchase)
- Students wishing to sew on an Industrial machine are required to purchase the Industrial Machine Sewing kit from the bookstore.

Suggested Resources:

- Amaden-Crawford, Connie. *A Guide to Fashion Sewing*. Fairchild, 2010. ISBN-13: 97801609010010
- University of Fashion (Online Resource available through the Sidney Silverman Library)
- WWD (Women's Wear Daily)
- Bergen Community College Sidney Silverman Library Research Guide – Fashion

Research, Writing, and Examination Requirements:

Students will be assessed through a variety of methods, including:

- **Tests and Quizzes (20%)** – Covering sewing terminology, techniques, and skills.
- **Assignments (40%)** – Sewing practicums including measuring, cutting, and stitching. Project 1 masks, project 2 skirt, project 3 knit top.
- **Journal – Sample Book (20%)** – A digital portfolio of sewing samples.
- **Class Participation (20%)** – Active involvement in demonstrations and critiques.

Grading Policy:

- **Tests and Quizzes** – 20%
- **Assignments** – 40%
- **Journal (Sample Book)** – 20%
- **Class Participation** – 20%

Grading Scale:

- A: 90-100%
- B+: 85-89%
- B: 80-84%
- C+: 75-79%
- C: 70-74%
- D: 60-69%
- F: 0-59%

Attendance Policy:**BCC Attendance Policy:**

All students are expected to attend punctually every scheduled meeting of each course. Attendance and lateness policies and sanctions are determined by the instructor and will be outlined in the course syllabus.

FAB Attendance Policy:

Class participation and in-class work are key to succeeding in fashion apparel design. Three or more absences will result in a full letter grade drop. Six or more absences will result in an automatic failing grade.

Other College, Divisional, and/or Departmental Policy Statements:**FAB Design Studio Policies**

- No eating or drinking in the classroom.
- Please clean up your workstation and sewing machine prior to the end of each class.
- No loud music or excessive conversation.

Statement on plagiarism and/or academic dishonesty:

[Academic Matters - Bergen Community College - Acalog ACMS™](#)

Statement on the appropriate use of AI (see the following link for guidance):

[AI-Guidance-Resource-Page.pdf \(bergen.edu\)](#)

ADA statement:

[Disability Services \(Office of Specialized Services\) | Bergen Community College](#)

Sexual Harassment statement:

[HR-003-001.2018-Policy-Prohibiting-Sexual-Harassment.pdf \(bergen.edu\)](#)

Statement on acceptable use of BCC technology:

[Acceptable-Use-Policy.pdf \(bergen.edu\)](#)

Recommended Syllabus Statements from the Office of Specialized Services:

[Syllabus Statements | Bergen Community College](#)

Statement on the purpose and value of faculty office hours.

Accessibility Statement

Bergen Community College is committed to ensuring the full participation of all students in its programs. If you have a documented disability (or think you may have a disability) and, as a result, need a reasonable accommodation to participate in this class, complete course requirements, or benefit from the College's programs or services, contact the Office of Special Services (OSS) as soon as possible at 201-612-5270 or www.bergen.edu/oss. To receive any academic accommodation, you must be appropriately registered with OSS. The OSS works with students confidentially and does not disclose any disability-related information without their permission. The OSS serves as a clearinghouse on disability issues and works in partnership with faculty and all other student service offices.

Student Support Services

Bergen Community College provides exemplary support to its students and offers a broad variety of opportunities and services. A comprehensive array of student support services including advising, tutoring, academic coaching, and more are available online at <https://bergen.edu/currentstudents/>.



Sidney Silverman Library Online Resources:

[Guides BY SUBJECT - LibGuides at Bergen Community College](#)

General Search and Databases: [Library | Bergen Community College](#)

Course Outline and Calendar:

Week	Topic	Assignments/Activities
1	Introduction to Sewing Tools & Equipment. Basic hand stitches.	Hand-sewing samples, even basting, uneven basting, thread tracing, slip stitch basting, even backstitch, uneven backstitch, diagonal basting, cross stitch, hand overcast stitch, whip stitch, Thread chain, Chain stitch, catch stitch, Grain line sample. Reading: Ch. 1-3.
2	Basic Cutting, Measuring, and Marking	Pattern selection & fabric approval, for Project 1 Complete Hand Stitches
3	Machine Basics Seam finishes	Introduction to the sewing machine and lab equipment. Practice seams, complete all basic finishes. Complete overcast finish, turn and stitch finish, pinked finish, Stitch and pinked finish, bias tape finish, serger finish, zig zag finish and Hong Kong finish.

4	Seams and Project 1	Complete: French seam, Mock French seam, flat fell seam, ribbon finish, baby hem finish, seam tape finish and hem finish. Cut project 1 mask Discuss fabric for skirt and materials required to complete skirt.
	Project 1: Mask Construction	Submission of completed mask
5	How to read a pattern and determine size.	Measure and determine size for skirt. Prepare fabric and pattern for skirt project 2. Layout and cutting and marking of skirt.
6	Project 2: Skirt Construction	How to cut, mark, sew darts and apply interfacing to facings of skirt. Complete- Dart sample and regular zipper sample
7	Project 2: Skirt Construction	Sewing of skirt- how to sew facings, CB seam, skirt vent and regular zipper. Sew facings into waistline of skirt. Discuss- Project 3 Knit top- swatch knit top fabrics for approval. Midterm Exam.
8	Midterm Exam & Garment Assembly	Complete Skirt Assembly- hem, hook and eye Zippers & Fastenings Complete: Button sample, Invisible Zipper sample
9	Project 3 Introduction	Sewing with knits, basic handling, materials needed and how to determine sizing and cut.
10	Project 3: Knit Top Construction	How to cut and mark. How to use the serger machine, how to sew collar, shoulder seams and prepare the sleeves.
11	Project 4: Final Garment	Approval of final project fabric & pattern. Complete the knit top, how to sew the side seams and set in sleeves.

12	Final Project Work Session	In-class construction and studio critique.
13	Final Project Work Session	Progress check-in & troubleshooting
14	Final Project Work Session	Garment finishing
15	Final Project Presentations	Submission & presentation of final garment

Note to Students: This Course Outline and Calendar is tentative and subject to change based on the progress of the class.