

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Garment Construction & Textiles

Foundation Level



LAPT — London Academy of Professional Training

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Reference FS-FTP-F • Fashion Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	FS-FTP-F
AWARD	Certificate
ASSESSMENT	440 marks — 264 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Fundamentals of Garment Construction 4 chapters · 20 classes 90 marks	• 1 Understanding Sewing Basics and Tools — 5 classes › 1.1 Identifying Essential Sewing Tools › 1.2 Understanding Fabric Types and Uses › 1.3 Mastering Basic Stitches › 1.4 Operating a Sewing Machine Safely › 1.5 Assembling Simple Garment Components • 2 Fabric Selection and Preparation — 5 classes › 2.1 Understanding Fabric Types and Their Properties › 2.2 Evaluating Fabrics for Garment Construction › 2.3 Identifying Suitable Fabric Pairings for Design › 2.4 Preparing Fabrics for Cutting and Sewing › 2.5 Implementing Fabric Care and Maintenance Techniques • 3 Techniques for Assembling Garments — 5 classes › 3.1 Understanding Garment Assembly Basics › 3.2 Identifying and Preparing Fabric Components › 3.3 Practicing Basic Seam Techniques › 3.4 Exploring Darts, Gathers, and Pleats › 3.5 Implementing Fastening Methods and Finishing Touches • 4 Basic Garment Fitting and Alteration — 5 classes › 4.1 Understanding Basic Garment Fit Principles › 4.2 Identifying and Measuring Key Fit Points › 4.3 Analyzing Common Fit Issues in Garments › 4.4 Applying Basic Alteration Techniques › 4.5 Evaluating Fit Improvements and Final Adjustments
2 Introduction to Textile Science 4 chapters · 20 classes 65 marks	• 1 Understanding Textile Fibres and Properties — 5 classes › 1.1 Explore Natural and Synthetic Fibres › 1.2 Compare Physical Properties of Fibres › 1.3 Investigate Chemical Properties and Reactivity of Fibres › 1.4 Analyze Fibre Durability and Environmental Impact › 1.5 Apply Knowledge of Fibre Properties to Textile Selection • 2 Yarns and Fabric Construction Techniques — 5 classes › 2.1 Understanding Yarns: Types and Properties › 2.2 Exploring Fiber Sources and Their Impact on Yarns › 2.3 Examining Basic Yarn Spinning Techniques › 2.4 Analyzing Weaving and Knitting: Core Fabric Construction Methods › 2.5 Evaluating Advanced Fabric Construction Techniques • 3 Chemical and Mechanical Finishing Processes — 5 classes › 3.1 Understanding Chemical Finishing Processes: An Introduction › 3.2 Exploring Mechanical Finishing Techniques in Textiles › 3.3 Comparing Chemical and Mechanical Finishing: Key Differences and Applications › 3.4 Evaluating the Environmental Impact of Textile Finishing Processes › 3.5 Applying Finishing Techniques: Practical Considerations and Innovations • 4 Textile Testing and Quality Control — 5 classes › 4.1 Understanding Textile Testing Fundamentals › 4.2 Identifying Common Textile Defects › 4.3 Exploring Physical and Chemical Testing Methods › 4.4 Evaluating Results for Textile Quality Control › 4.5 Implementing Quality Standards in Textile Production

3

Pattern Making and Design

4 chapters · 20 classes

65 marks

• 1 Understanding Basic Pattern Making Principles — 5 classes

- › 1.1 Exploring Basic Tools and Materials for Pattern Making
- › 1.2 Understanding Measurements and Sizing Concepts
- › 1.3 Interpreting and Drafting Basic Pattern Blocks
- › 1.4 Modifying and Adapting Patterns for Custom Designs
- › 1.5 Constructing a Simple Garment Using Basic Patterns

• 2 Developing and Modifying Basic Patterns — 5 classes

- › 2.1 Understanding Basic Pattern Blocks
- › 2.2 Analyzing and Identifying Pattern Elements
- › 2.3 Modifying Patterns for Fit Adjustments
- › 2.4 Creating Variations through Pattern Manipulation
- › 2.5 Applying Pattern Modifications in Garment Design

• 3 Advanced Pattern Construction Techniques — 5 classes

- › 3.1 Exploring Advanced Dart Manipulation Techniques
- › 3.2 Mastering Complex Seam Configurations
- › 3.3 Implementing Innovative Draping Methods
- › 3.4 Utilizing Advanced Fabric Cutting Strategies
- › 3.5 Translating Sketches into Precision Patterns

• 4 Innovative Design and Customization in Pattern Making — 5 classes

- › 4.1 Exploring Modern Techniques in Pattern Design
- › 4.2 Adapting Classic Patterns for Contemporary Looks
- › 4.3 Experimenting with Custom Fit Adjustments
- › 4.4 Integrating Textiles into Innovative Pattern Designs
- › 4.5 Creating Personalized Patterns with Digital Tools

4

Practical Projects in Garment and Textile

4 chapters · 20 classes

90 marks

• 1 Getting Started with Basic Sewing Techniques — 5 classes

- › 1.1 Understanding Sewing Tools and Materials
- › 1.2 Mastering Basic Hand Stitches
- › 1.3 Operating a Sewing Machine Safely
- › 1.4 Sewing Basic Seams and Hemlines
- › 1.5 Applying Finishing Techniques to Garments

• 2 Understanding Fabrics and Material Selection — 5 classes

- › 2.1 Recognizing Fabric Types: Characteristics and Uses
- › 2.2 Exploring Natural vs. Synthetic Fibres: Pros and Cons
- › 2.3 Analyzing Fabric Weight and Drape: Impact on Design
- › 2.4 Selecting Suitable Materials for Various Projects: A Practical Guide
- › 2.5 Conducting Fabric Tests: Evaluating Durability and Comfort

• 3 Implementing Core Construction Methods — 5 classes

- › 3.1 Understanding Fabric Properties and Their Impact on Construction
- › 3.2 Mastering Basic Seams and Seam Finishes
- › 3.3 Executing Darts, Pleats, and Gathering Techniques
- › 3.4 Installing Zippers, Buttons, and Fasteners
- › 3.5 Applying Pressing Techniques for Professional Finish

• 4 Advanced Garment Assembly and Finishing Techniques — 5 classes

- › 4.1 Mastering Seams and Stitching Techniques
- › 4.2 Implementing Fastenings and Closures Effectively
- › 4.3 Applying Professional Hemming and Edge Finishes
- › 4.4 Perfecting the Art of Lining and Interfacing
- › 4.5 Evaluating and Refining Garment Fit and Finish

5

Quality Control in Fashion Production

4 chapters · 20 classes

65 marks

• 1 Understanding Quality Standards in Fashion — 5 classes

- › 1.1 Defining Quality Standards in Fashion
- › 1.2 Identifying Key Quality Metrics in Garment Production
- › 1.3 Exploring Quality Control Tools and Techniques
- › 1.4 Evaluating Garment Quality Against Industry Standards
- › 1.5 Implementing Continuous Quality Improvement in Fashion Production

• 2 Materials and Component Quality Inspection — 5 classes

- › 2.1 Understanding Material Quality Standards
- › 2.2 Identifying Common Material Flaws
- › 2.3 Evaluating Component Quality in Fashion Items
- › 2.4 Techniques for Inspecting Material Consistency
- › 2.5 Implementing Quality Control Measures

• 3 Quality Control in Garment Production Process — 5 classes

- › 3.1 Understanding the Role of Quality Control in Garment Production
- › 3.2 Identifying Common Defects in Textile Materials
- › 3.3 Implementing Quality Control Techniques in Sewing Processes
- › 3.4 Evaluating Garment Quality through Inspection Protocols
- › 3.5 Utilizing Quality Management Systems for Continuous Improvement

• 4 Quality Assurance and Final Inspection Techniques — 5 classes

- › 4.1 Understanding Quality Assurance in Fashion Production
- › 4.2 Identifying Common Defects in Garment Production
- › 4.3 Implementing Quality Control Measures Effectively
- › 4.4 Conducting Final Inspections with Precision
- › 4.5 Utilizing Feedback to Improve Production Quality

• 1 Introduction to Sewing Tools and Equipment — 5 classes

- › 1.1 Identifying Essential Sewing Tools
- › 1.2 Exploring Different Types of Sewing Machines
- › 1.3 Understanding Sewing Machine Functions and Features
- › 1.4 Practising Basic Hand Sewing Techniques
- › 1.5 Selecting the Right Tools for Fabric Types

• 2 Basic Sewing Techniques and Stitches — 5 classes

- › 2.1 Understanding Basic Sewing Tools and Their Uses
- › 2.2 Identifying and Using Essential Hand Stitches
- › 2.3 Mastering Machine Stitching for Straight Lines
- › 2.4 Exploring Seam Types and Their Applications
- › 2.5 Practising Hemming Techniques for Clean Finishes

• 3 Textile Selection and Fabric Handling — 5 classes

- › 3.1 Understanding Fabric Types and Their Uses
- › 3.2 Exploring Fabric Properties and Their Impact on Sewing
- › 3.3 Selecting the Right Fabric for Your Project
- › 3.4 Mastering Techniques for Cutting and Preparing Fabrics
- › 3.5 Implementing Best Practices for Fabric Maintenance and Handling

• 4 Advanced Sewing Techniques and Applications — 5 classes

- › 4.1 Mastering Precision Stitching Techniques
- › 4.2 Exploring Decorative Sewing Methods
- › 4.3 Implementing Advanced Seam Finishes
- › 4.4 Applying Tailoring Techniques for Fit
- › 4.5 Innovating with Fabric Manipulation