LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Pattern Making and Garment Construction

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LAPT — London Academy of Professional Training

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Reference FAS-C02 • Fashion Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

4	71	488	400	60%	Lifetime
SUBJECTS	CHAPTERS	CLASSES	TOTAL MARKS	PASS MARK	VALIDITY

AT A GLANCE

REFERENCE	**FAS-C02**
AWARD	**Certificate**
ASSESSMENT	**400 marks — 240 to pass (60%)**
PREREQUISITES	**None**
VALIDITY	**Lifetime**
AWARDING BODY	**LAPT — London Academy of Professional Training**

CURRICULUM

1

Pattern Making and Cutting

16 chapters · 120 classes **100 marks**

- **1 Fundamentals of Pattern Making for Draping** — 6 classes
  - 1.1 Understanding Fabric Characteristics for Draping
  - 1.2 Exploring Basic Draping Techniques
  - 1.3 Translating Drapes into Paper Patterns
  - 1.4 Creating a Dress Form for Precision Draping
  - 1.5 Adjusting Patterns for Fit and Design Variability
  - 1.6 Analyzing Draped Garments through Pattern Evaluation
- **2 Advanced Dart Manipulation and Shaping** — 6 classes
  - 2.1 Understanding Dart Fundamentals in Pattern Cutting
  - 2.2 Analyzing Body Contour and Dart Placement
  - 2.3 Exploring Creative Dart Manipulation Techniques
  - 2.4 Integrating Complex Dart Structures in Designs
  - 2.5 Transforming Darts into Seams and Pleats
  - 2.6 Mastering Dart Shaping for Custom Silhouettes
- **3 Exploring Draping on the Stand** — 6 classes
  - 3.1 Understanding Fabric Behavior on the Stand
  - 3.2 Mastering Basic Draping Techniques
  - 3.3 Sculpting Garment Shapes Through Draping
  - 3.4 Creating Complex Silhouettes with Draping
  - 3.5 Exploring Creative Draping Variations
  - 3.6 Refining and Finalizing Draped Designs
- **4 Creative Pattern Cutting for Modern Silhouettes** — 6 classes
  - 4.1 Exploring Modern Silhouette Design Principles
  - 4.2 Analyzing Contemporary Fashion Influences on Silhouettes
  - 4.3 Mastering Dart Manipulation for Unique Silhouette Creation
  - 4.4 Developing Advanced Draping Techniques for Innovative Shapes
  - 4.5 Integrating Geometric Cuts to Transform Silhouettes
  - 4.6 Constructing and Refining Complex Silhouette Mockups
- **5 Integrating Pattern Cutting with Textile Design** — 6 classes
  - 5.1 Exploring Synergies Between Textile Design and Pattern Cutting
  - 5.2 Analyzing Fabric Properties for Innovative Pattern Cutting
  - 5.3 Designing Patterns to Enhance Textile Print Features
  - 5.4 Adapting Pattern Cutting Techniques for Textured Fabrics
  - 5.5 Implementing Textile Design Elements in Draping Techniques
  - 5.6 Evaluating Pattern and Textile Design Integration in Garment Construction
- **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
- **10 Body Measurement and Size Charts** — 10 classes
  - 10.1 Tools for Taking Measurements
  - 10.2 Standing and Posture Checks
  - 10.3 Taking Bust, Waist and Hip Measures
  - 10.4 Length and Width Measurements
  - 10.5 Measuring Men and Children
  - 10.6 Recording Measurements Accurately
  - 10.7 Standard Size Charts
  - 10.8 Ease Allowances Explained
  - 10.9 Dress Forms and Their Sizes
  - 10.10 Measurement Practice with a Partner
- **11 Pattern Making Tools and Preparation** — 10 classes
  - 11.1 Pattern Paper and Marking Tools
  - 11.2 Rulers, Curves and Squares
  - 11.3 Pattern Notches and Symbols
  - 11.4 Grainline and Fabric Direction
  - 11.5 Seam Types and Seam Allowance Rules
  - 11.6 Pattern Labelling Standards
  - 11.7 Identifying and Agreeing Product Construction
  - 11.8 Working Safely with Shears and Knives
  - 11.9 Setting Up a Pattern Table
  - 11.10 Reading a Style Sheet Before Drafting
- **12 Drafting Basic Blocks** — 10 classes
  - 12.1 Bodice Block Drafting Steps
  - 12.2 Checking Bodice Block Balance
  - 12.3 Skirt Block Drafting
  - 12.4 Trouser Block Drafting
  - 12.5 Sleeve Block Drafting
  - 12.6 Collar Block Foundations
  - 12.7 Kids Basic Block Drafting
  - 12.8 Men's Shirt Block Drafting
  - 12.9 Truing and Blending Seam Lines
  - 12.10 Making a Toile from a Block
- **13 Adapting Blocks into Style Patterns** — 10 classes
  - 13.1 Adding Style Lines to Bodice
  - 13.2 Princess Seam Patterns
  - 13.3 Yoke and Panel Patterns
  - 13.4 Gathered and Pleated Skirts
  - 13.5 Flared and Circular Skirts
  - 13.6 Collars and Necklines Patterns
  - 13.7 Sleeve Pattern Variations from Blocks
  - 13.8 Pocket and Placket Patterns
  - 13.9 Constructing Patterns for Bespoke Tailoring
  - 13.10 Creating Complete Pattern Sets
- **14 Cutting Fabric and Marker Planning** — 10 classes
  - 14.1 Preparing Fabric for Cutting
  - 14.2 Laying Fabric on the Table
  - 14.3 Matching Stripes, Checks and Prints
  - 14.4 Marker Making by Hand
  - 14.5 Fabric Utilisation Calculation
  - 14.6 Cutting with Shears Accurately
  - 14.7 Working with Rotary Cutters
  - 14.8 Notching and Marking Pieces
  - 14.9 Bundling and Labelling Cut Parts
  - 14.10 Cutting Waste Reduction Tips
- **15 Sample Making and Pattern Corrections** — 10 classes
  - 15.1 Making the First Sample
  - 15.2 Checking Fit on a Form
  - 15.3 Marking Corrections on Toile
  - 15.4 Transferring Corrections to Paper

2

Garment Construction and Sewing

21 chapters · 122 classes **100 marks**

- **1 Understanding Fabrics and Textile Basics** — 5 classes
  - 1.1 Identifying Common Textiles: Properties and Uses
  - 1.2 Exploring Fabric Fibers: Natural vs. Synthetic
  - 1.3 Understanding Fabric Weaves: Basics and Techniques
  - 1.4 Analyzing Fabric Stretch and Recovery: Significance in Garment Fit
  - 1.5 Assessing Fabric Quality: Tests and Evaluations
- **2 Mastering Basic Sewing Techniques** — 5 classes
  - 2.1 Understanding Essential Sewing Tools
  - 2.2 Mastering Basic Stitches by Hand
  - 2.3 Operating a Sewing Machine Effectively
  - 2.4 Creating Seams and Finishing Edges
  - 2.5 Applying Basic Sewing Techniques in Project Work
- **3 Pattern Making and Garment Assembly** — 5 classes
  - 3.1 Understanding Basic Pattern Blocks
  - 3.2 Drafting Accurate Body Measurements
  - 3.3 Creating Custom Patterns from Basic Blocks
  - 3.4 Assembling Garments: Sewing Techniques and Tips
  - 3.5 Adjusting Patterns for Perfect Fit and Finish
- **4 Fitting and Alterations** — 5 classes
  - 4.1 Understanding Body Measurements for Accurate Fitting
  - 4.2 Identifying Common Fitting Issues and Solutions
  - 4.3 Techniques for Altering Seams and Hems
  - 4.4 Adjusting Patterns for Personalized Fit
  - 4.5 Finalizing Garment Fit through Professional Alterations
- **5 Pattern Grading Techniques** — 5 classes
  - 5.1 Introduction to Pattern Making
  - 5.2 Understanding Pattern Measurements
  - 5.3 Manual Pattern Grading Techniques
  - 5.4 Adjusting Patterns for Size Variations
  - 5.5 Finalizing and Testing Graded Patterns
- **1 Essential Sewing Tools and Terminology** — 4 classes
  - 1.1 Understanding Essential Sewing Tools
  - 1.2 Identifying Key Sewing Equipment Features
  - 1.3 Mastering Basic Sewing Terminology
  - 1.4 Applying Sewing Knowledge: Tools and Terms in Practice
- **2 Fundamental Sewing Techniques** — 4 classes
  - 2.1 Understanding Sewing Machine Components
  - 2.2 Practicing Straight Stitching
  - 2.3 Mastering Seam Finishing Techniques
  - 2.4 Applying Basic Hemming Methods
- **3 Introduction to Machine Operation and Safety** — 4 classes
  - 3.1 Understanding Sewing Machine Components
  - 3.2 Setting Up Your Sewing Machine for Safe Operation
  - 3.3 Mastering Basic Machine Control and Stitching Techniques
  - 3.4 Implementing Safe Sewing Practices in the Workshop
- **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
- **5 Warp Preparation Techniques** — 5 classes
  - 5.1 Introduction to Warp Preparation
  - 5.2 Understanding Yarn Types and Properties
  - 5.3 Warp Production Techniques
  - 5.4 Knotting Techniques for Warp
  - 5.5 Headling Process in Weaving
- **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
- **18 Seams, Hems and Edge Finishes** — 10 classes
  - 18.1 Plain Seams and Stitch Type Codes
  - 18.2 French Seam Construction
  - 18.3 Flat Fell Seam Method
  - 18.4 Overlocked and Serged Seams
  - 18.5 Bound Seam Finishes
  - 18.6 Clean Finished Hems
  - 18.7 Rolled and Narrow Hems
  - 18.8 Hand Stitches and Basting for Hems
  - 18.9 Facings and Bias Binding Edges
  - 18.10 Seam and Hem Quality Check
- **19 Constructing Garment Components** — 10 classes
  - 19.1 Darts and Tucks
  - 19.2 Gathers and Pleats
  - 19.3 Pockets Patch and Inseam
  - 19.4 Waistbands and Belt Loops
  - 19.5 Collars and Collar Stands
  - 19.6 Cuffs and Plackets
  - 19.7 Sleeves Set In and Raglan
  - 19.8 Zips Concealed and Invisible
  - 19.9 Buttonholes and Button Attachment
  - 19.10 Hooks, Snaps and Other Fastenings
- **20 Constructing Complete Garments** — 10 classes
  - 20.1 Preparing Cut Pieces and Samples for Make Up
  - 20.2 Constructing a Simple Skirt
  - 20.3 Constructing a Basic Blouse
  - 20.4 Constructing Basic Trousers Step by Step
  - 20.5 Constructing a Lined Dress
  - 20.6 Constructing a Shirt for Men

3 **Draping and Garment Fitting** 16 chapters · 120 classes **100 marks**

- **1 Understanding Fabrics and Their Behaviors in Draping** — 6 classes
  - 1.1 Exploring Fabric Textures: From Smooth to Textured
  - 1.2 Analyzing Fabric Weight and Drapability
  - 1.3 Understanding Fabric Grain and Its Impact on Draping
  - 1.4 Experimenting with Knit and Woven Fabrics
  - 1.5 Investigating Stretch and Non-Stretch Fabric Behaviors
  - 1.6 Applying Fabric Knowledge to Enhance Draping Designs
- **2 Basic Draping Techniques for Pattern Development** — 6 classes
  - 2.1 Understanding Fabric Characteristics
  - 2.2 Preparing and Setting Up the Dress Form
  - 2.3 Exploring Draping Techniques
  - 2.4 Creating Basic Silhouettes through Draping
  - 2.5 Translating Drapes to Paper Patterns
  - 2.6 Refining and Finalizing Draped Patterns
- **3 Creative Draping Concepts: Asymmetry and Structural Design** — 6 classes
  - 3.1 Understanding Asymmetry in Draping
  - 3.2 Identifying Structural Design Elements
  - 3.3 Exploring Creative Techniques for Asymmetry
  - 3.4 Experimenting with Structural Balance and Tension
  - 3.5 Developing an Asymmetric Draping Project
  - 3.6 Evaluating and Refining Structural Draping Designs
- **4 Refining Draped Creations for Final Patterns** — 6 classes
  - 4.1 Understanding Garment Drape Dynamics
  - 4.2 Analyzing Fabric Behavior and Weight
  - 4.3 Refining Silhouettes through Draping Techniques
  - 4.4 Translating Draped Forms into Flat Patterns
  - 4.5 Adjusting Symmetry and Balance in Draped Designs
  - 4.6 Ensuring Fit and Functionality in Final Patterns
- **5 Innovative Draping for Avant-garde Fashion** — 6 classes
  - 5.1 Understanding Avant-garde Fashion Concepts
  - 5.2 Exploring Fabric Choices for Innovative Draping
  - 5.3 Mastering Fundamental Draping Techniques
  - 5.4 Experimenting with Asymmetrical Draping Designs
  - 5.5 Creating Voluminous Silhouettes through Draping
  - 5.6 Crafting Dramatic Draped Garments for Runway
- **1 Understanding Body Measurements and Fit Analysis** — 6 classes
  - 1.1 Exploring Key Body Measurements for Garment Fit
  - 1.2 Analyzing Proportions and Silhouette in Fit
  - 1.3 Comparing Standard Sizes with Individual Body Shapes
  - 1.4 Assessing Fit Issues Through Measurement Discrepancies
  - 1.5 Utilizing Measurement Tools for Accurate Fit
  - 1.6 Applying Fit Analysis to Pattern Adjustments
- **2 Techniques for Adjusting Patterns** — 6 classes
  - 2.1 Understanding Pattern Basics for Alteration
  - 2.2 Identifying Fit Issues in Garment Patterns
  - 2.3 Techniques for Adjusting Seam Lines
  - 2.4 Modifying Darts and Tucks for Better Fit
  - 2.5 Adjusting Pattern Blocks for Proportional Changes
  - 2.6 Applying Pattern Adjustments to Fabric Draping
- **3 Mastering Draping for Fit Adjustments** — 6 classes
  - 3.1 Understanding Fabric Behavior in Draping
  - 3.2 Analyzing Body Forms for Precise Draping
  - 3.3 Implementing Basic Draping Techniques
  - 3.4 Adjusting Draped Patterns for Individual Measurements
  - 3.5 Solving Common Draping Challenges
  - 3.6 Applying Advanced Draping for Complex Garment Fit
- **4 Assessing and Improving Garment Balance** — 6 classes
  - 4.1 Understanding Garment Balance: Concepts and Importance
  - 4.2 Identifying Balance Issues in Different Garment Types
  - 4.3 Analyzing Fit Problems: Tools and Techniques for Assessment
  - 4.4 Diagnosing and Correcting Common Balance Discrepancies
  - 4.5 Implementing Simple Alteration Techniques for Improved Balance
  - 4.6 Evaluating Alterations: Ensuring Proper Fit and Balance
- **5 Advanced Alterations for Specialty Fabrics** — 6 classes
  - 5.1 Understanding the Characteristics of Specialty Fabrics
  - 5.2 Analyzing Fit Challenges in Specialty Fabrics
  - 5.3 Choosing the Right Tools for Alterations
  - 5.4 Techniques for Altering Stretch and Knit Fabrics
  - 5.5 Strategies for Modifying Delicate and Sheer Materials
  - 5.6 Applying Advanced Alteration Techniques to Specialty Fabrics
- **11 Draping Tools and Dress Form Preparation** — 10 classes
  - 11.1 Dress Form Types and Sizes
  - 11.2 Muslin Grades and Selection
  - 11.3 Pins, Tapes and Marking Tools
  - 11.4 Padding a Dress Form to Match a Client
  - 11.5 Taping Style Lines on the Form
  - 11.6 Preparing Muslin Grain and Blocks
  - 11.7 Handling Muslin Without Distortion
  - 11.8 Trueing Marked Draped Pieces
  - 11.9 Taking Measurements and Assessing Figuration
  - 11.10 Setting Up a Draping Studio
- **12 Draping Skirts and Trousers** — 10 classes
  - 12.1 Draping a Straight Skirt
  - 12.2 Draping Darts in a Skirt
  - 12.3 Draping a Flared Skirt
  - 12.4 Draping a Gathered Skirt
  - 12.5 Draping a Pleated Skirt
  - 12.6 Draping a Yoke Skirt
  - 12.7 Draping Basic Trouser Front
  - 12.8 Draping Trouser Back and Crotch
  - 12.9 Transferring Drape to Paper Pattern
  - 12.10 Evaluating Skirt and Trouser Drapes
- **13 Draping Sleeves, Collars and Necklines** — 10 classes
  - 13.1 Draping a Basic Sleeve
  - 13.2 Draping Cap and Puff Sleeves
  - 13.3 Draping Kimono and Raglan Sleeves
  - 13.4 Draping a Flat Collar
  - 13.5 Draping a Shirt Collar
  - 13.6 Draping Cowl Necklines
  - 13.7 Draping Halter and Strap Styles
  - 13.8 Draping Facings and Edge Finishes
  - 13.9 Matching Draped Parts to Armhole
  - 13.10 Checking Neckline and Sleeve Fit
- **14 Draping Dresses and Gowns** — 10 classes
  - 14.1 Planning a Draped Dress Design
  - 14.2 Draping a Princess Line Dress
  - 14.3 Draping a Bias Cut Dress
  - 14.4 Draping a Wrap Dress
  - 14.5 Draping Pleats and Folds on Bodice
  - 14.6 Draping Gathered and Ruched Bodices
  - 14.7 Draping Skirts of Evening Gowns
  - 14.8 Adding Structure with Boning and Lining
  - 14.9 Finishing Draped Garment Edges
  - 14.10 Creating a Pattern from a Draped Toile
- **15 Fit Assessment on Live Models** — 10 classes
  - 15.1 Preparing a Fit Session
  - 15.2 Greeting and Handling Fit Models Respectfully
  - 15.3 Checking Garment Balance and Grain
  - 15.4 Identifying Pulling and Wrinkle Lines
  - 15.5 Checking Length, Ease and Movement
  - 15.6 Fit Issues for Bodices
  - 15.7 Fit Issues for Skirts and Trousers
  - 15.8 Fit Issues for Sleeves and Shoulders

4 **Sewing Machines, Equipment and Safety** 18 chapters · 126 classes **100 marks**

- **1 Foundations of Sewing Machine Components and Settings** — 4 classes
  - 1.1 Identifying Key Sewing Machine Components
  - 1.2 Understanding Machine Settings and Their Functions
  - 1.3 Setting Up Your Sewing Machine for Operation
  - 1.4 Contributing to Outsourced Product Production
- **2 Mastering Basic Stitches and Their Applications** — 4 classes
  - 2.1 Understanding Basic Stitch Types and Their Functions
  - 2.2 Practicing Straight and Zigzag Stitches
  - 2.3 Exploring Decorative Stitches and Their Uses
  - 2.4 Applying Stitches to Fabric for Practical Outcomes
- **3 Troubleshooting and Maintaining Sewing Machine Performance** — 4 classes
  - 3.1 Identifying Common Sewing Machine Issues
  - 3.2 Understanding Sewing Machine Parts and Functions
  - 3.3 Conducting Routine Maintenance for Optimal Performance
  - 3.4 Applying Troubleshooting Techniques to Resolve Issues
- **1 Understanding Industrial Sewing Equipment and Safety Protocols** — 4 classes
  - 1.1 Identifying Key Parts of Industrial Sewing Machines
  - 1.2 Supporting Footwear and Leathergoods Manufacturing
  - 1.3 Demonstrating Proper Equipment Handling Techniques
  - 1.4 Implementing Routine Maintenance for Optimal Machine Performance
- **2 Routine Maintenance and Troubleshooting Techniques** — 4 classes
  - 2.1 Understanding Sewing Machine Components for Effective Maintenance
  - 2.2 Identifying Common Sewing Machine Issues and Their Solutions
  - 2.3 Performing Routine Cleaning and Lubrication for Optimal Performance
  - 2.4 Assisting Production Flow in Footwear Operations
- **3 Advanced Safety Procedures and Machine Upkeep Strategies** — 4 classes
  - 3.1 Understanding Advanced Sewing Machine Safety Features
  - 3.2 Implementing Best Practices for Sewing Machine Safety
  - 3.3 Conducting Regular Sewing Machine Maintenance Checks
  - 3.4 Troubleshooting and Resolving Common Machine Issues
- **1 Understanding Industrial Sewing Machines** — 4 classes
  - 1.1 Identifying Key Components of Industrial Sewing Machines
  - 1.2 Understanding the Functions of Machine Controls
  - 1.3 Operating the Machine Safely and Efficiently
  - 1.4 Troubleshooting Common Sewing Machine Issues
- **2 Machine Sewing Techniques and Applications** — 4 classes
  - 2.1 Identifying Essential Sewing Machine Components
  - 2.2 Mastering Basic Stitching Techniques
  - 2.3 Applying Seam Finishing Methods
  - 2.4 Troubleshooting Common Sewing Machine Issues
- **3 Advanced Machine Adjustments and Maintenance** — 4 classes
  - 3.1 Understanding Advanced Sewing Machine Components and Their Functions
  - 3.2 Performing Precision Tension Adjustments
  - 3.3 Calibrating Stitch Length and Width for Optimal Performance
  - 3.4 Conducting Routine Maintenance and Troubleshooting Common Issues
- **10 Types of Sewing Machines and Their Uses** — 10 classes
  - 10.1 Domestic Machines Versus Industrial Machines
  - 10.2 Lockstitch Machine Features
  - 10.3 Overlock and Serger Machines
  - 10.4 Flatlock and Coverstitch Machines
  - 10.5 Buttonhole and Button Attach Machines
  - 10.6 Bartack and Specialty Machines
  - 10.7 Embroidery Machines and Their Uses
  - 10.8 Cutting Machines and Band Knives
  - 10.9 Pressing Equipment and Steam Irons
  - 10.10 Choosing Machines for a Product
- **11 Needles, Threads and Machine Settings** — 10 classes
  - 11.1 Needle Parts and Sizes
  - 11.2 Needle Types for Different Fabrics
  - 11.3 Thread Types and Counts
  - 11.4 Matching Needle and Thread to Fabric
  - 11.5 Stitch Length and Width Settings
  - 11.6 Tension Adjustment Principles
  - 11.7 Presser Foot Pressure
  - 11.8 Feed Dog Adjustment
  - 11.9 Threading Paths Step by Step
  - 11.10 Test Stitching Against Stitch and Seam Standards
- **12 Attachments, Feet and Folders** — 10 classes
  - 12.1 Common Presser Feet and Uses
  - 12.2 Zipper and Piping Feet
  - 12.3 Walking Foot and Teflon Foot
  - 12.4 Hemming Foot and Folders
  - 12.5 Binder Attachments for Edge Finishing
  - 12.6 Guides and Edge Stitchers
  - 12.7 Elastic and Cording Attachments
  - 12.8 Fitting Attachments Correctly
  - 12.9 Care of Attachments
  - 12.10 Selecting Attachments for a Garment
- **13 Daily Care, Cleaning and Lubrication** — 10 classes
  - 13.1 Pre Use Machine Checks
  - 13.2 Cleaning Lint and Dust
  - 13.3 Oiling Points and Oil Types
  - 13.4 Changing Needles on Schedule
  - 13.5 Bobbin Case Care
  - 13.6 Belt and Motor Inspection
  - 13.7 Daily and Weekly Maintenance Routine
  - 13.8 Calibrating and Checking Machine Settings
  - 13.9 Keeping Machine Maintenance Logbooks
  - 13.10 Care Routine Practice Session
- **14 Fault Finding and Minor Repairs** — 10 classes
  - 14.1 Skipped Stitch Causes
  - 14.2 Thread Breakage Causes
  - 14.3 Needle Breakage Causes
  - 14.4 Causes of Puckered Seams
  - 14.5 Uneven Stitch Problems
  - 14.6 Causes of Machine Jamming
  - 14.7 Noise and Vibration Faults
  - 14.8 Timing Problems Awareness
  - 14.9 When to Call a Mechanic
  - 14.10 Fault Diagnosis Practice Chart
- **15 Workplace Health and Safety in Sewing Rooms** — 10 classes
  - 15.1 Identifying Hazards in Garment Workplaces
  - 15.2 Safe Machine Use and Guards
  - 15.3 Electrical Safety in Sewing Rooms
  - 15.4 Safe Handling of Needles and Blades
  - 15.5 Safe Use of Irons and Steam Equipment
  - 15.6 Fire Prevention and Emergency Exits
  - 15.7 Manual Handling of Bundles
  - 15.8 Noise, Dust and Lighting Control
  - 15.9 Reporting Accidents and Hazards
  - 15.10 Safety Inspection Walk Round
- **16 Ergonomics, Posture and Worker Wellbeing** — 10 classes

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