

INTRODUCTION TO

# Pattern Making & Garment Construction

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SHORT COURSE  
CONTACT LEARNING

**DESIGN  
ACADEMY OF  
FASHION**

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Design Academy of Fashion (Pty) Ltd 2004/011388/07

Registered with the Department of Higher Education and Training as a private higher education institution under the Higher Education Act, 1997.  
Registration certificate No.2010/HE07/002.



## LEVEL ONE

# Introduction to Pattern Making & Garment Construction

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EIGHT WEEKS

SATURDAYS

9:00 - 13:00

32 HOURS

CAMPUS | THE OLD BISCUIT MILL, 375 ALBERT ROAD, WOODSTOCK, CAPE TOWN

## Course Description

Immerse yourself in the art of fashion with our Introduction to Pattern Making and Garment Construction course. Over 8 weeks, you'll learn the core concepts of patternmaking and garment construction, transforming your creative ideas into wearable designs.

## Course Outcomes

**By the end of this course, you will:**

- Interpret and respond to design briefs effectively.
  - Demonstrate a strong understanding of three-dimensional garment shapes and pattern-making tools.
  - Deconstruct and identify flat pattern pieces for technical interpretation.
  - Master the Metric Pattern Cutting book and follow step-by-step guides.
  - Showcase your creativity with freestyle pattern draping.
  - Gain basic sewing machine proficiency and techniques.
  - Establish clear communication with your instructor for design and technical problem-solving.
  - Develop the ability to source suitable fabric types for your designs.
  - Demonstrate excellent time management skills and meet deadlines.
- Present your work for final review and engage in one-on-one discussions with your instructor.

## On Completion

After completing this course, you will have the knowledge and skills to create basic pattern blocks, such as overgarments and easy-fitting pants, using patterns from the Metric Pattern Cutting book. You'll also be able to construct related patterns like pockets, facings, darts, and seams. Additionally, you will understand how to select appropriate fabrics for your designs and have the confidence to sew your garments, either using provided calico fabric or fabrics of your choice.

## Admission Requirements

This course is open to individuals, 16 and above, with a passion for fashion and no prior experience is required.

Enthusiasm and a commitment to learning are the only prerequisites. This is a non-credit bearing course.

## Course Kits & Requirements

### **Required stationery and supplies to complete the course:**

Pencil, Sharpener, Black marker / fine liner, Paper Scissors, Pritt, Eraser, L Square, Meter ruler, French curves, tracing wheel, Cotton thread, Fabric scissors, Pins, Tape Measure, Fabric marker/ tailor's chalk. A selection of fabric and trim (to be decided upon choice of design)

Domestic sewing machine & Domestic Overlocker (optional). DAF does have additional domestic machines and industrial machines on campus.

DAF provides pattern paper on campus with Pattern Cardboard and Calico (mock up fabric) available to purchase on campus.



# Course Content



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## WEEK ONE

1

### Introduction to Pattern Making Tools

Introduction to essential pattern-making tools and their uses.

Learn how to accurately measure a human figure according to pattern-making guidelines.

Engage in an exciting icebreaker activity where students will freestyle a pattern and create a paper garment from it.

## WEEK TWO

2

### Constructing the Overgarment Pattern

Dive into constructing the overgarment pattern.

Discuss key pattern details and labeling on the overgarment pattern block.

Examine the overgarment in relation to an actual garment on a mannequin, gaining valuable insights into the pattern-to-garment process.

## WEEK THREE

3

### Pockets and Dart Manipulation

Learn the art of pocket construction by creating a patch pocket and set-in pocket pattern.

Master dart manipulation, understanding how to pivot darts on a full-scale pattern block.

Construct the Easy Fitting Pants block, starting the pattern in class and completing the rest as homework.

## WEEK FOUR

4

### Pattern Layout and Fabric Selection

Discuss pattern layout and intricate details for both the Overgarment and Pants pattern.

Explore various fabric options and have a hands-on discussion in class.

Choose the most suitable fabric for your specific garment, considering texture, weight, and drape.

## WEEK FIVE

5

### Introduction to Sewing Machines and Stitch Techniques

Get acquainted with sewing machines and learn how to set them up.

Practice stitching exercises to master various stitch methods.

Understand the layout of fabrics and their grainlines in relation to patterns.

Prepare for sewing the Overgarment by cutting fabric pieces and sewing sample seams and darts.

## WEEK SIX

6

### Sewing the Overgarment

Begin sewing the Overgarment, following a step-by-step layout.

The majority of the Overgarment will be sewn in class, with students continuing their work at home during the week.

## WEEK SEVEN

7

### Pants: Fabric Cutting and Sewing Preparation

Layout fabrics and cut patch pocket, set-in pocket, and the Easy Fitting Pants.

Discuss grainlines and pattern details for the pants in relation to the selected fabric.

Sew the sample pockets in preparation for sewing the pants.

Start sewing the pants, checking progress at the end of the day..

## WEEK EIGHT

8


### Final Assessment and Certification

Check in on students' progress and address any outstanding work.


Students will present all their work for a final assessment, followed by a certification ceremony to celebrate their achievements.



## Contact Us

 The Old Biscuit Mill,  
375 Albert Road,  
Woodstock, Cape Town,  
7925

 [info@daf-academy.co.za](mailto:info@daf-academy.co.za)

 +27 21 448 9379

 +27 66 132 2385



## Terms of Acceptance

Any student who registers for a Short Course is liable for the entire course fee, irrespective of whether the student completes the course or not.

The payment of the registration fee secures your spot in the class.

The registration fee is non-refundable.

The short courses are not credit bearing and are not registered with the South African Qualifications Authority but it does create a solid base for anyone wanting to pursue studies in fashion.

On completion, students will receive a certificate of completion.

Short course students will receive their certificate of completion on condition that they attend all classes and submit all relevant class work and pass all assessments.

The person responsible for payment of fees shall be held liable to DAF for the cost of repairing any damage to its property caused by the student.

## Please Note

Design Academy of Fashion (Pty) Ltd reserves the right to make course adjustments which might affect the course modules or duration of the course.

Course start dates are subject to reaching minimum intake numbers and dates might be adjusted.

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