

DYNAMICS OF CLOTHING I

(LEVEL I)

Grades: 9-12
One or Two Semesters

CIP CODE: 20.0113

This course prepares individuals to understand the psychological aspects of clothing and textiles, and introduces the students to: 1) basic clothing construction techniques, 2) clothing care and maintenance, 3) textiles information, and 4) consumer skills. Student leadership (FHA/HERO) may be an integral part of this course.

SCOPE AND SEQUENCE

I. PSYCHOLOGY OF CLOTHING AND APPEARANCE *Class Time: 2%*

A. Role of Clothing and Clothing Choices

1. Define the role clothing plays in creating images for self, school, peer groups, and families.
2. Review how images are projected through dress and the statements made through clothing choices.
3. Distinguish between fashion conformity, personal originality, and classic styles of dress.
4. Determine the impact of technology and media on clothing choices.

B. Personal Grooming * (Optional)

1. Examine personal appearance.
2. Discuss the impact of grooming on personal image.
3. Discuss the impact of personal grooming on self-esteem and self-concept.
4. Identify personal changes needed to improve or clarify personal image.
5. Develop a plan for achieving needed changes.

* If the materials in this unit have been covered elsewhere in the Family and Consumer Sciences program, such as the Exemplary School or Fashion Strategies courses, omit this topic from this course.

II. DESIGN PRINCIPLES *Class Time: 10%*

A. Line and Design

1. Examine the characteristics of line and its relationship to clothing choices.
2. Define *proportion*, *scale*, *balance*, *emphasis*, and *rhythm*.
3. Consider the impact of texture choices on the overall image.
4. Identify principles of design used in current fashion.
5. Assess personal body contour.
6. Identify lines and designs that best complement personal body contour.

**B. Color**

1. Explain how *hue*, *value*, and *intensity* affect color.
2. Identify the standard color schemes used in personal and home fashions.
3. Analyze the use of various color schemes in clothing and textiles.
4. Identify how colors enhance personality traits and create specific impressions.
5. Explain how color can be used to emphasize good features and/or de-emphasize less attractive features.
6. Analyze which colors work well with personal skin and hair coloring.
7. Identify color schemes and predominant colors in a personal wardrobe, and develop a color plan for future additions.

III. CONSTRUCTION PREPARATION**Class Time: 15%****A. Patterns, Fabrics, and Notions**

1. Determine the personal pattern type and size needed.
2. Read the pattern envelope for guidelines in choosing appropriate fabrics for the pattern design and skill level.
3. Identify basic types of fabric construction (e.g., woven vs. knit, natural vs. synthetic, etc.) and some advantages and disadvantages of each.
4. Discuss the importance of using interfacing and selecting appropriate types for various weights and types of fabrics.
5. Specify the reasons for, necessity of, and methods of fabric preparation.
6. List various types of sewing aids categorized as *notions* and their functions.
7. Select appropriate types of sewing thread for fabrics and their purposes.

B. Sewing Tools and Equipment

1. Identify standard sewing tools and equipment used in clothing construction.
2. Select the appropriate sizes and types of hand needles, machine needles, and sewing pins for fabric and their purposes.
3. Review safety procedures for machines, sergers, and other equipment.
4. Review sewing machine and serger parts and their functions.
5. Thread the machine and serger correctly.
6. Demonstrate adequate control of the sewing machine, serger, and other equipment.
7. Apply proper procedures for cleaning and maintaining sewing equipment.

**C. Construction Preliminaries**

1. Define and use standard sewing terms.
2. Assess the level of personal sewing skills.
3. Select pattern(s) for personal projects.
4. Utilize effective time-management techniques.
5. Adjust the pattern for an accurate fit.
6. Prepare the fabric for cutting and construction.
7. Identify and interpret pattern symbols.
8. Follow correct layout techniques (the use of grainline, matching plaids and or/stripes, one direction for napped fabrics, etc.).
9. Use established marking and cutting techniques.

IV. CONSTRUCTION PROJECTS***Class Time: 65%*****A. Construction and Projects**

1. Incorporate and complete the following suggested construction techniques in various projects:
 - a. seams and seam finishes
 - b. darts, tucks, and pleats
 - c. zippers
 - d. pockets
 - e. sleeves
 - f. facings
 - g. collars
 - h. waistbands and/or cuffs
 - i. sewing on knit fabrics
2. Follow pattern information, marking guides, and sewing guidelines.
3. Utilize appropriate pressing methods throughout constructions.
4. Demonstrate mastery of construction techniques on samples and/or sewing projects.
5. Utilize time-management skills to complete project(s).

B. Evaluation of Projects

1. Evaluate completed projects for workmanship, fit, compatibility of fabric to pattern, appearance, time management, etc.
2. Display completed projects via display cases, demonstrations, presentations, or fashion shows. (Optional)

**V. CLOTHING CARE AND MAINTENANCE****Class Time: 5%****A. Laundry**

1. Identify basic laundry procedures, such as reading care labels, sorting clothes, water temperature selection, and cycle selection.
2. Identify ways of saving energy during the laundry process.
3. Explain the purpose and correct use of laundry products.
4. Determine appropriate stain removal techniques for a variety of stains and fibers.
5. Explore appropriate methods of clothing storage.
6. Apply proper laundry and storage procedures.
7. Explore various laundry appliance options.

B. Dry Cleaning, Pressing, Repairs

1. Explain the necessity and benefits of dry cleaning for some fabrics.
2. Demonstrate the use of proper pressing techniques and commonly used pressing equipment.
3. Itemize common types of clothing repairs (replacing zippers, repairing pockets, replacing buttons, stitching broken seams, resewing hems, etc.)
4. Apply a variety of clothing repair techniques.

VI. CLOTHING CONSUMERISM**Class Time: 3%****A. Effective Consumer Skills**

1. Develop effective personal consumer skills by:
 - a. Identifying indicators of quality in garments.
 - b. analyzing the quality of workmanship, fabric, and design of clothing in relation to cost.
 - c. recognizing the importance of proper fit for maximum wardrobe value.
 - d. considering alteration and/or repair options when purchasing ready-made clothing.
 - e. comparing the costs of care in time and dollars.
 - f. assessing ways to save money on the costs of clothing.
 - g. familiarizing oneself with current labeling laws.
 - h. being aware of commonly used advertising gimmicks.
 - i. identifying various types of retail stores.
 - j. comparing costs, advantages, and disadvantages of cash purchases versus credit purchases.