

# SEWING AND GARMENT DESIGN CURRICULUM FOR 8-WEEK PHYSICAL TRAINING PROGRAM

**Vision:** To help women steward their God-given creativity and fashion business ideas, equipping them with sewing and garment design skills to build global solutions that fund kingdom advancement, while creating pieces that combine precise modern lines with natural materials to bring warmth, softness, style, and timeless fashion.

**Duration:** 8 Weeks

**Training mode:** Physical Classes

## GENERAL OBJECTIVES OF THE CURRICULUM

By the end of this 8-week training, participants should be able to:

- Understand the fundamentals of tailoring and garment construction.
- Take accurate body measurements and calculate pattern dimensions.
- Identify different fabric types and their uses.
- Cut and stitch basic garments such as blouses, skirts, gowns, and trousers.
- Apply interfacing and underlining techniques professionally.
- Draft and sew different necklines and sleeve styles.
- Construct princess dart, princess cup, and regular bustier styles.
- Cut and stitch different trouser designs.
- Understand the basics of corset construction.
- Complete garments neatly using proper finishing methods.
- Build confidence for fashion entrepreneurship or personal tailoring projects.

## SUMMARY OF PLANNED ACTIVITIES

Week 1: Introduction to Tailoring

Week 2: Cut and Stitch Basic Bodice

Week 3: Interfacing and Underlining Techniques

Week 4: Mastering Different Necklines and Sleeves

Week 5: Princess Dart, Princess Cup & Regular Bustier

Week 6: Cut and Stitch Different Types of Trousers

Week 7: Introduction to Corset Making

Week 8: Final Practical Project & Evaluation

**DETAILED WEEKLY TRAINING SCHEDULE**

Week	Date	Session Title	Session Focus	Session Outcome	Location	Presenter
1	TBD	Introduction to Tailoring	Understanding - How to take body measurements accurately - How to calculate measurements for cutting -Types of fabrics and fabric behaviour - Introduction to tailoring tools and equipment - Basic sewing terminology	Gain confidence in measurements and understanding materials	Google Meet	Idowu Blessing (Facilitator)
2	TBD	Basic Bodice Construction	Practical garment (blouse, skirt, gown) making using bodice foundations; - Basic bodice drafting - Cutting on fabric	Students understand and have practical knowledge of garment construction	Physical	Idowu Blessing (Facilitator)

			<ul style="list-style-type: none"> <li>- Seam allowance understanding</li> <li>- Simple stitching techniques</li> </ul>			
3	TBD	Interfacing & Underlining	<p>Understanding</p> <ul style="list-style-type: none"> <li>- Interfacing placement</li> <li>- Underlining methods</li> <li>- Basting</li> <li>- Dart placement</li> <li>- Garment assembly</li> <li>- Hemming techniques</li> </ul>	Students understand how to improve garment structure professionally.	Physical	Idowu Blessing (Facilitator)
4	TBD	Necklines & Sleeves	<p>Understanding neckline and sleeves</p> <ul style="list-style-type: none"> <li>- styles</li> <li>- drafting</li> <li>- dimensions marking</li> <li>- shaping</li> <li>- facing and more</li> </ul>	Students can confidently create stylish necklines and sleeves.	Physical	Idowu Blessing (Facilitator)
5	TBD	Bustier Techniques	<ul style="list-style-type: none"> <li>- Princess dart shaping</li> <li>- Princess cup cutting</li> <li>- Bustier fitting methods</li> <li>- Boning</li> </ul>	Students can produce fitted upper-body garments professionally.	Physical	Idowu Blessing (Facilitator)

			channels basics - Structured bodice finishing			
6	TBD	Trouser Construction	Different trouser styles and sewing methods - Straight trousers - Palazzo pants - Fitted pants - Waistband construction - Zipper placement - Trouser hemming	Students understand multiple trouser styles	Physical	Idowu Blessing (Facilitator)
7	TBD	Corset Making	Understanding - Corset measurement system - Panel drafting - Boning basics - Lining methods - Closure methods - Finishing techniques	Students complete a beginner corset sample	Physical	Idowu Blessing (Facilitator)

8	TBD	Final Project	<ul style="list-style-type: none"><li>- Final garment project submission</li><li>- Practical assessment</li><li>- Class review session</li><li>- Feedback and improvement insights</li></ul>		Physical	Idowu Blessing (Facilitator )
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