



# SPORTS OUTDOOR SEWING 1

## COURSE DESCRIPTION

Students learn basic design and construction skills using technical fabrics to make projects for the outdoor/sports industry. The skills will introduce and prepare students for employment opportunities in the outdoor/sports industry.

## STRANDS

Identify careers and products in the sports and outdoor industry

Recognize basic sewing equipment used in sports and outdoor product development

Identify and analyze the characteristics and care of specific textiles used in sports and outdoor product industry

Use pattern envelope and guide sheet/instructions for pre-construction skills at the introductory level

Utilize basic construction skills

## SKILL CERTIFICATION PERFORMANCE OBJECTIVES: Test #350

Complete FCCLA Step One

Completion of a sports and outdoor product design, students will demonstrate competency in sewing machine use, care, and safety

Create a fabric file. Identify fiber content (two-way stretch, four-way stretch, canvas, flannel, leather, neoprene, polar fleece, rib knit, rip-stop nylon, sweatshirt fleece, vinyl), care, fabrication, and intended use

Construct a sports and outdoor apparel item (e.g. lounge pants, lounge/"joggers" pants, elastic or drawstring shorts, basic T-shirt, gators, hoodie, etc.) using the correct pattern size based on body measurements and finished garment measurements

Press as you go to complete a professional quality project

Complete all of the following skills—a minimum of 8 skills need to be included as part of an apparel or personal item project

- Zigzag seam finish
- Clean finish seam finish



## DAVIS ESSENTIAL SKILLS AND KNOWLEDGE

- **Construct seam allowance as indicated on the guide sheet casing (1/4" wider than elastic or draw cord)**
- **Patch pocket with mitered corners and reinforced top corners (triangle, horizontal, bar-tack, double row of topstitching)**
- **Buttonhole**
- **Attach a button with hand needle and thread**
- **Construct a machine stitched hem**
- **Hand stitching (examples: blind stitch, hemstitch, slipstitch, whipstitch, or ladder stitch)**