

SC 103: Intimate Garments Design

Course Duration: 17 Weeks (4 months)

Sessions per Week: 3 (3.5 hours each)

Total Hours: 180

Course Objectives:

This course aims to provide participants with a comprehensive understanding of intimate apparel design and construction techniques. By the end of the course, students will be able to design, pattern-make, and construct various types of intimate apparel, focusing on fit, fabric selection, and industry standards.

Week	Session No	Session Title	Detailed Topics	Key Learning Methods
1	1	Foundations of Intimate Apparel	<ul style="list-style-type: none"> Introduction to Intimate Apparel (history, categories, and trends) 	<ul style="list-style-type: none"> Lecture Discussion Q&A
	2		<ul style="list-style-type: none"> Overview of Materials (fabrics, elastics, laces, trims) 	
	3		<ul style="list-style-type: none"> Tools, Equipment, and Sewing Techniques 	
2	4	Fit and Design Principles	<ul style="list-style-type: none"> Anatomy and Measurement Techniques 	<ul style="list-style-type: none"> Lecture Discussion Q&A
	5		<ul style="list-style-type: none"> Basics of Pattern-Making for Intimates 	
	6		<ul style="list-style-type: none"> Design Development and Sketching 	
3	7	Drafting Basic Patterns	<ul style="list-style-type: none"> Bra Pattern Drafting 	<ul style="list-style-type: none"> Lecture Discussion Q&A
	8		<ul style="list-style-type: none"> Panty Pattern Drafting 	
	9		<ul style="list-style-type: none"> Introduction to Grading for Sizes 	
4	10	Modifying Patterns	<ul style="list-style-type: none"> Pattern Adjustments for Fit Issues 	<ul style="list-style-type: none"> Lecture Discussion Q&A Practical
	11		<ul style="list-style-type: none"> Creating Variations (e.g., different bra cups, boyshorts, briefs) 	
	12		<ul style="list-style-type: none"> Practical Exercise: Drafting and Adjusting Patterns 	

Week	Session No	Session Title	Detailed Topics	Key Learning Methods
5	13	Sewing Fundamentals for Intimates	<ul style="list-style-type: none"> • Stitch Types and Seam Finishes 	<ul style="list-style-type: none"> • Lecture • Discussion • Q&A • Practical
	14		<ul style="list-style-type: none"> • Handling Delicate Fabrics and Stretch Materials 	
	15		<ul style="list-style-type: none"> • Practice: Sewing Samples 	
6	16	Bra Construction Techniques	<ul style="list-style-type: none"> • Sewing the Bra Cup and Underband 	<ul style="list-style-type: none"> • Lecture • Discussion • Q&A • Practical
	17		<ul style="list-style-type: none"> • Attaching Elastics and Underwires 	
	18		<ul style="list-style-type: none"> • Adding Closures and Adjustments 	
7	19	Panty and Brief Construction	<ul style="list-style-type: none"> • Sewing the Panty Panels and Gusset 	<ul style="list-style-type: none"> • Lecture • Discussion • Q&A • Practical
	20		<ul style="list-style-type: none"> • Attaching Elastic and Trims 	
	21		<ul style="list-style-type: none"> • Quality Control and Finishing 	
8	22	Lingerie Design	<ul style="list-style-type: none"> • Slip and Camisole Construction 	<ul style="list-style-type: none"> • Lecture • Discussion • Q&A • Practical
	23		<ul style="list-style-type: none"> • Chemise and Babydoll Designs 	
	24		<ul style="list-style-type: none"> • Sewing Workshop 	
9	25	Shapewear Construction	<ul style="list-style-type: none"> • Design and Function of Shapewear 	<ul style="list-style-type: none"> • Lecture • Discussion • Q&A • Practical

Week	Session No	Session Title	Detailed Topics	Key Learning Methods
	26		<ul style="list-style-type: none"> Material and Structural Considerations 	
	27		<ul style="list-style-type: none"> Practical Exercise: Sewing Shapewear 	
10	28	Corset Construction	<ul style="list-style-type: none"> Corset Patterns and Boning Techniques 	<ul style="list-style-type: none"> Lecture Discussion Q&A Practical
	29		<ul style="list-style-type: none"> Constructing Panels and Adding Support 	
	30		<ul style="list-style-type: none"> Finishing Corsets (Binding and Lacing) 	
11	31	Lace and Appliqué Techniques	<ul style="list-style-type: none"> Placement and Application of Lace 	<ul style="list-style-type: none"> Lecture Discussion Q&A Practical
	32		<ul style="list-style-type: none"> Appliqué and Decorative Stitching 	
	33		<ul style="list-style-type: none"> Workshop: Lace-Overlay Projects 	
12	34	Dyeing and Embellishments	<ul style="list-style-type: none"> Fabric Dyeing Techniques for Intimates 	<ul style="list-style-type: none"> Lecture Discussion Q&A Practical
	35		<ul style="list-style-type: none"> Beading and Embroidery 	
	36		<ul style="list-style-type: none"> Adding Custom Embellishments 	
13	37	Advanced Fitting and Alterations	<ul style="list-style-type: none"> Perfecting Fit for Different Body Types 	<ul style="list-style-type: none"> Lecture Discussion Q&A Practical
	38		<ul style="list-style-type: none"> Alteration Techniques 	
	39		<ul style="list-style-type: none"> Workshop: Alterations on Sample Garments 	
14	40	Intimate Apparel Production Process	<ul style="list-style-type: none"> Mass Production vs. Bespoke Construction 	<ul style="list-style-type: none"> Lecture Discussion Q&A

Week	Session No	Session Title	Detailed Topics	Key Learning Methods
	41		<ul style="list-style-type: none"> Quality Control Standards 	<ul style="list-style-type: none"> Practical
	42		<ul style="list-style-type: none"> Sourcing Materials and Suppliers 	
15	43	Sustainable and Ethical Practices	<ul style="list-style-type: none"> Sustainability in Intimate Apparel 	<ul style="list-style-type: none"> Lecture Discussion Q&A
	44		<ul style="list-style-type: none"> Ethical Sourcing and Labor Practices 	
	45		<ul style="list-style-type: none"> Industry Case Studies 	
16	46	Project Development	<ul style="list-style-type: none"> Project Proposal and Design Plan 	<ul style="list-style-type: none"> Lecture Discussion Q&A
	47		<ul style="list-style-type: none"> Pattern Drafting and Material Selection 	
	48		<ul style="list-style-type: none"> Construction Workshop 	
17	49	Project Completion and Presentation	<ul style="list-style-type: none"> Finishing and Final Adjustments 	<ul style="list-style-type: none"> Lecture Discussion Q&A
	50		<ul style="list-style-type: none"> Project Presentation and Review 	
	51		<ul style="list-style-type: none"> Feedback 	

Assessment Components:

- Weekly Assignments: 30%
- Practical Exercises: 30%
- Final Capstone Project: 40%