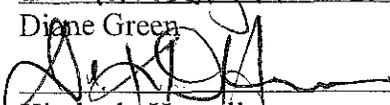


City College of San Francisco  
Course Outline of Record

I. GENERAL DESCRIPTION

A. Approval Date September 2014  
B. Department Fashion  
C. Course Number FASH 115  
D. Course Title Structured Foundations & Swimwear  
E. Course Outline Preparer(s) Wendy L. Miller  
F. Department Chairperson Dr. Kimberly Harvell signed for Diane Green  
Diane Green  
G. Dean   
Kimberly Harvell

II. COURSE SPECIFICS

A. Hours Lecture: 35 total  
Laboratory: 52.5 total  
B. Units 3  
C. Prerequisites FASH 15B, or demonstrated skills  
Corequisites None  
Advisories FASH 26  
D. Course Justification Women's contouring and foundation garments form a significant segment of the fashion industry. The shapes and styles of bras change along with current silhouettes and fashion trends, and have become fashion apparel in themselves. Foundation garments are made from high performance materials and findings (hardware), and require unique sewing and handling skills. These skills are also used in creating swimwear, another large market segment. Both swimwear and foundation garments need specialized measurements in order to achieve proper fit, since they rely on compression and structural elements to create the desired shape while retaining freedom of movement for the wearer.  
E. Field Trips No  
F. Method of Grading Letter, Pass/No Pass  
G. Repeatability 0

III. CATALOG DESCRIPTION

Construction of bras, corsets and women's swimwear. Techniques needed to sew with high-performance materials and findings used in bras, structured foundations, swimwear. Specialized measuring and sewing techniques needed for successful production of highly contoured garments.

IV. MAJOR LEARNING OUTCOMES

Upon completion of this course a student will be able to:

- A. Recognize and achieve proper fit for highly contoured and structured garments.
- B. Select appropriate materials and findings for women's structured foundations and swimwear.
- C. Use the qualities of compression and added structure to create women's garments that contour and achieve desired silhouettes.
- D. Construct women's structured contour garments using industry-standard techniques and materials.

## V. CONTENTS

- A. Industry standard vocabulary
  - 1. Findings terms
  - 2. Textiles terms
  - 3. Garment types and components
- B. Fit
  - 1. Measurements
  - 2. Ease
  - 3. Creating support
  - 4. Creating desired silhouettes
    - a. Bust shape
    - b. Added volume
    - c. Decreased volume
  - 5. Maintaining ease of movement
- C. Materials
  - 1. Textiles
    - a. Wovens and stable fabrics
    - b. Lace
      - 1. Yardage
      - 2. Stretch lace
      - 3. Stable lace
    - c. Knits
      - 1. Degree and direction of stretch
      - 2. Recovery
      - 3. Power knits and compression fabrics
      - 4. 4-way stretch knits
      - 5. 2-way stretch knits
    - d. Linings
    - e. Decorative trims
    - f. Threads
  - 2. Findings and notions
    - a. Elastic types for different applications
      - 1. Edging
      - 2. Straps
      - 3. Chlorine-resistant
    - b. Padding
    - c. Rings and sliders

- d. Underwires and casings
  - e. Boning and casings
  - f. Closures
  - g. Garter clips
- D. Bras
- 1. Styles
    - a. Full coverage
    - b. Demi
    - c. Balconette
    - d. Strapless
  - 2. Garment elements
    - a. Cups
    - b. Bridge
    - c. Band
    - d. Straps
  - 3. Sizing
    - a. Band size
    - b. Cup size
    - c. Underwire sizing
  - 4. Appropriate materials for different styles
  - 5. Construction techniques
- E. Corsets, corselettes, merry widows
- 1. Styles
    - a. Corset with cups
    - b. Waist cincher
    - c. Girdle
    - d. Corselette for gowns
    - e. Merry widow
  - 2. Garment elements
    - a. Compressed body pieces
    - b. Boning and casings
    - c. Closure style
    - d. Embellishment
  - 3. Sizing
    - a. Overbust
    - b. Bust
    - c. Underbust
    - d. Waist
    - e. High hip
    - f. Length
  - 4. Appropriate materials for different styles
  - 5. Construction techniques
- F. Swimwear
- 1. Styles
    - a. Maillot
    - b. Structured 2-piece

- c. Bikini
- 2. Freedom of movement for activewear
- 3. Chlorine and fade-resistant materials
- 4. Appropriate materials for different styles
- 5. Construction techniques and application of bra-making techniques to swimwear

## VI. INSTRUCTIONAL METHODOLOGY

### A. Assignments

- 1. In-class
  - a. Tests or experiments on various textile samples to determine direction and degree of stretch, and degree of recovery
  - b. Small group activities such as measuring the body for bras, corsets, or swimwear
  - c. Create a resource file of textile samples and findings used in structured contouring garments
  - d. Create a notebook of skills samples such as stitching on power stretch fabrics, elastic insertion, creating casings, proper closure application
  - e. Construction of a structured bra with sewn cups, underwire, and adjustable straps
  - f. Construction of a contouring corset or corselette
  - g. Final project consisting of design and construction of an item of swimwear that applies techniques from the bra and corset projects
- 2. Out of class
  - a. Readings from handouts, websites, or other reference materials on topics such as stretch and recovery, proper bra sizing techniques, or textile characteristics
  - b. Complete resource file of textile samples and findings begun in class
  - c. Complete notebook of skills samples begun in class
  - d. Research, source, and purchase materials for projects
  - e. Complete construction of garments begun in class, including final project

### B. Evaluation

- 1. Participation in class activities and discussions
- 2. Quizzes on topics such as underwire sizing system, degree and direction of stretch, determining recovery, industry standard terminology
- 3. Notebook of skills samples
- 4. Completeness, quality, and timeliness of sewn garments
- 5. Completeness, quality, timeliness of final swimwear project

### C. Textbooks and other instructional materials

- 1. Instructor-generated handouts on topics such as the underwire sizing system, measuring for proper fit, determining the degree of stretch and recovery of textiles
- 2. Websites such as [www.makebra.com](http://www.makebra.com), [www.bramakerssupply.com](http://www.bramakerssupply.com), and
- 3. "The Bra-Makers Manual," by Beverly Johnson, a self-published handbook by Bra Makers Supply, (book available as CD or print)

VII. TITLE 5 CLASSIFICATION

CREDIT/DEGREE APPLICABLE (meets all standards of Title 5. Section 55002(a)).