



**THE REPUBLIC OF KENYA**

**COMPETENCY BASED CURRICULUM**

**FOR**

**FASHION DESIGN MANAGEMENT**

**KNQF LEVEL 6**

**ISCED PROGRAMME CODE:0212 554 B**



**TVET CDACC  
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NAIROBI**

## **DESIGN AND CONSTRUCTION OF SPORTS WEAR**

**UNIT CODE: FAS/CU/FD/CR/05/6/B**

### **Relationship to Occupational Standards**

This unit addresses the Unit of Competency: **Design and Construct Selected Sportswear**

**Duration of Unit:** 240 hours

### **Unit Description**

This unit covers the competencies required to design and construct sportswear. It involves planning for design and construction of various sportswear, designing, sketching and illustrating selected sportswear, constructing and cutting sportswear pattern pieces. It also entails laying and cutting sportswear pieces, constructing and finishing sportswear, accessorizing and displaying sportswear and developing a sportswear portfolio.

### **Summary of Learning Outcomes**

1. Plan for design and construction of sportswear
2. Sketch and illustrate selected sportswear
3. Design selected sportswear
4. Construct selected sportswear pattern pieces
5. Lay and cut selected sportswear pieces
6. Construct and finish selected sportswear
7. Accessorize selected sportswear
8. Display selected sportswear
9. Develop a sportswear portfolio

### **Learning Outcomes, Content and Suggested Assessment Methods**

<b>Learning Outcome</b>	<b>Content</b>	<b>Suggested Assessment Methods</b>
1. Plan for design and construction of sportswear	<ul style="list-style-type: none"><li>• Garment production standards</li><li>• Garment production tools and equipment</li><li>• Garment production materials and supplies</li><li>• Sportswear production tasks</li><li>• Allocation of duties to staff</li><li>• Orientation of new staff</li><li>• Setting production targets</li></ul>	<ul style="list-style-type: none"><li>• Written tests</li><li>• Observation</li><li>• Oral questioning</li><li>• Interviewing</li><li>• Third party report</li></ul>

	<ul style="list-style-type: none"> <li>• Development of production schedules</li> <li>• Safety and health in the garment production workshop</li> <li>• Development of garment production standard procedures</li> </ul>	
2. Sketch and illustrate selected sportswear	<ul style="list-style-type: none"> <li>• Sketching techniques</li> <li>• Tools used in sketching</li> <li>• Illustration methods</li> <li>• Choice of illustration media</li> <li>• Sketching and illustrating various sportswear <ul style="list-style-type: none"> <li>◦ Netball/Volleyball wear</li> <li>◦ Swimming costumes</li> <li>◦ Tennis/ Hockey wear</li> <li>◦ Football/Rugby wear</li> <li>◦ Athletics wear</li> <li>◦ Basketball wear</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Written tests</li> <li>• Observation</li> <li>• Oral questioning</li> <li>• Interviewing</li> <li>• Third party report</li> </ul>
3. Design various sportswear	<ul style="list-style-type: none"> <li>• Principles and elements of garment design</li> <li>• Types of sportswear <ul style="list-style-type: none"> <li>◦ Netball/Volleyball wear</li> <li>◦ Swimming costumes</li> <li>◦ Tennis/ Hockey wear</li> <li>◦ Football/Rugby wear</li> <li>◦ Athletics wear</li> <li>◦ Basketball wear</li> </ul> </li> <li>• Sportswear design details</li> <li>• Sportswear designs for different purposes</li> </ul>	<ul style="list-style-type: none"> <li>• Written tests</li> <li>• Observation</li> <li>• Oral questioning</li> <li>• Interviewing</li> <li>• Third party report</li> </ul>
4. Construct selected sportswear pattern pieces	<ul style="list-style-type: none"> <li>• Principles of pattern construction</li> <li>• Pattern instructions</li> <li>• Sportswear pattern adaptation techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Written tests</li> <li>• Observation</li> <li>• Oral questioning</li> </ul>

	<ul style="list-style-type: none"> <li>○ Netball/Volleyball wear</li> <li>○ Swimming costumes</li> <li>○ Tennis/ Hockey wear</li> <li>○ Football/Rugby wear</li> <li>○ Athletics wear</li> <li>○ Basketball wear</li> </ul>	<ul style="list-style-type: none"> <li>● Interviewing</li> <li>● Third party report</li> </ul>
5. Lay and cut sportswear pieces	<ul style="list-style-type: none"> <li>● Laying techniques</li> <li>● Laying selected sportswear pattern pieces</li> <li>● Fabric cutting procedure</li> <li>● Cutting selected sportswear pattern pieces <ul style="list-style-type: none"> <li>○ Netball/Volleyball wear</li> <li>○ Swimming costumes</li> <li>○ Tennis/ Hockey wear</li> <li>○ Football/Rugby wear</li> <li>○ Athletics wear</li> <li>○ Basketball wear</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Written tests</li> <li>● Observation</li> <li>● Oral questioning</li> <li>● Interviewing</li> <li>● Third party report</li> </ul>
6. Construct and finish selected sportswear	<ul style="list-style-type: none"> <li>● Garment assembling procedure</li> <li>● Assembling selected sportswear <ul style="list-style-type: none"> <li>○ Netball/Volleyball wear</li> <li>○ Swimming costumes</li> <li>○ Tennis/ Hockey wear</li> <li>○ Football/Rugby wear</li> <li>○ Athletics wear</li> <li>○ Basketball wear</li> </ul> </li> <li>● Garment finishing methods</li> <li>● Finishing constructed sportswear</li> </ul>	<ul style="list-style-type: none"> <li>● Written tests</li> <li>● Observation</li> <li>● Oral questioning</li> <li>● Interviewing</li> <li>● Third party report</li> </ul>
7. Accessorize sportswear	<ul style="list-style-type: none"> <li>● Methods of accessorizing sportswear</li> <li>● Accessorising constructed sportswear <ul style="list-style-type: none"> <li>○ Netball/Volleyball wear</li> <li>○ Swimming costumes</li> <li>○ Tennis/ Hockey wear</li> <li>○ Football/Rugby wear</li> <li>○ Athletics wear</li> <li>○ Basketball wear</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Written tests</li> <li>● Observation</li> <li>● Oral questioning</li> <li>● Interviewing</li> <li>● Third party report</li> </ul>

8. Display constructed sportswear	<ul style="list-style-type: none"> <li>• Garment display methods</li> <li>• Displaying constructed sportswear</li> <li>• Packaging of sportswear <ul style="list-style-type: none"> <li>○ Netball/Volleyball wear</li> <li>○ Swimming costumes</li> <li>○ Tennis/Hockey wear</li> <li>○ Football/Rugby wear</li> <li>○ Athletics wear</li> <li>○ Basketball wear</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Written tests</li> <li>• Observation</li> <li>• Oral questioning</li> <li>• Interviewing</li> <li>• Third party report</li> </ul>
9. Develop a sportswear portfolio	<ul style="list-style-type: none"> <li>• Types of portfolio</li> <li>• Portfolio development</li> <li>• Principles of photography</li> <li>• Methods of photography</li> <li>• Video shooting and storage</li> </ul>	<ul style="list-style-type: none"> <li>• Written tests</li> <li>• Observation</li> <li>• Oral questioning</li> <li>• Interviewing</li> <li>• Third party report</li> </ul>

### **Suggested Methods of Instruction**

- Direct instruction
- Project
- Case studies
- Field trips
- Discussions
- Demonstration by trainer
- Practice by the trainee

### **List of Recommended Resources:**

#### **Institutional resources**

Computers, Stationery, Cutting tables, Assorted sewing machines, Assorted scissors, Tracing wheel, Tape measure, Seam ripper, Meter rule, 30 cm ruler, Measuring scale, Set square, Thimble, French curve, Hip curve, T-Square, Ironing board, Cutting table, Assorted Irons, Sleeve board, Press magic, Mirror, Assorted mannequins, Embroidery hoops, Brown paper, Plain paper, Assorted stitching threads, Assorted embroidery threads, Assorted pins, Tailors chalk, Assorted needles, Hangers, Assorted fabric, Assorted interfacing, Twin thread, Water

**Trainee requirements**

Stationery, Assorted scissors, Tracing wheel, Tape measure, Seam ripper, Meter rule, 30 cm ruler, Measuring scale, Set square, Thimble, French curve, Hip curve, T-Square, Assorted threads, Assorted pins, Tailors chalk, Assorted needles,