

Basic Garment Construction

Abdominal Support refers to the strategic placement of seams, panels, and elastic components in activewear to provide compression and stability to the core area. In activewear pattern making, this concept is critical for garments like high-waisted leggings and compression shorts. The pattern must account for the natural curvature of the lower back and abdomen, ensuring that the garment hugs the body without digging in or rolling down. Related terms include waistband construction, compression fit, and core stability. When drafting patterns for abdominal support, designers must consider the stretch recovery of the fabric. If the fabric has poor recovery, the waistband may lose its shape after repeated wear. The pattern should incorporate a slightly curved waistline that follows the body's anatomy, often with a higher back rise than front rise to prevent gaping. Self-reflection on this term involves considering how different body shapes require adjustments to the abdominal panel width and depth. For instance, a longer torso may require a higher waistband to maintain support. Knowledge checks might ask learners to identify the correct seam placement for maximum abdominal compression. The challenge lies in balancing support with comfort, ensuring the garment does not restrict breathing or movement. Understanding abdominal support is essential for creating functional activewear that enhances performance and confidence.

Apex Point is the fullest point of the bust, also known as the nipple point or BP (Bust Point). In activewear pattern making, locating the apex accurately is crucial for proper fit, especially in sports bras and fitted tops. The apex determines the placement of seams, darts, and padding. If the apex is mislocated, the garment may ride up, gap, or provide inadequate support. Related terms include bust circumference, underbust, and cup size. Pattern makers use the apex point to calculate the bust depth and width. In activewear, darts are often replaced with curved seams or gathered panels to avoid bulk and provide a smoother silhouette. The apex point also influences the placement of the center front line. For high-impact activities, the apex must be securely anchored to prevent excessive movement. Self-reflection on the apex point involves analyzing how different fabric weights affect the visibility of the apex. Lightweight fabrics may require additional lining or double layers to maintain modesty and support. Knowledge checks may involve identifying the apex point on a flat pattern and adjusting it for different cup sizes. The challenge is to create a pattern that accommodates a range of bust shapes while maintaining a streamlined appearance. Mastery of apex point placement is fundamental to achieving a professional and functional activewear design.

Armhole Depth is the vertical measurement from the shoulder point to the underarm. In activewear, the armhole depth is typically deeper than in fashion garments to allow for a full range of motion. A shallow armhole can restrict movement and cause the garment to ride up during exercise. Related terms include sleeve cap, underarm seam, and shoulder slope. Pattern makers must balance armhole depth with the desired fit. Too deep an armhole can result in excess fabric and a sloppy appearance, while too shallow can cause discomfort. The armhole curve must be smooth and continuous to prevent chafing. In sports bras, the armhole depth is critical for support and stability. Self-reflection on armhole depth involves considering the specific activity the garment is designed for. For example, yoga pants may have a slightly shallower armhole than running tights to allow for greater freedom of movement. Knowledge checks might ask learners to

compare armhole depths for different activity levels. The challenge lies in creating a pattern that accommodates dynamic movements without compromising the garment's structure. Understanding armhole depth is essential for designing activewear that performs well under physical stress.

Back Rise is the measurement from the waistline to the crotch point along the back center line. In activewear, particularly leggings and compression shorts, the back rise is longer than the front rise to accommodate the curve of the buttocks. A proper back rise ensures that the garment sits comfortably on the hips and does not ride up during movement. Related terms include front rise, crotch curve, and hip measurement. Pattern makers must calculate the back rise based on the wearer's body proportions. An insufficient back rise can cause the garment to slip down, while an excessive back rise can create bulk and discomfort. The back rise also influences the placement of the waistband. Self-reflection on back rise involves analyzing how different body shapes require adjustments to the back rise length. For instance, individuals with a larger posterior may require a longer back rise for a secure fit. Knowledge checks may involve measuring the back rise on a sample garment and comparing it to standard measurements. The challenge is to create a pattern that provides a smooth silhouette without restricting movement. Mastery of back rise measurement is crucial for designing comfortable and functional activewear bottoms.

Bias Cut involves cutting fabric at a 45-degree angle to the grainline. In activewear, bias cuts are used to create fluid drape and stretch, enhancing the garment's fit and movement. Bias-cut panels are often used in skirts, dresses, and certain tops to provide a flattering silhouette. Related terms include grainline, warp, weft, and stretch recovery. Pattern makers must account for the increased stretch and distortion potential of bias-cut fabric. Bias cuts require careful handling during sewing to prevent stretching out of shape. In activewear, bias cuts can be used to create seamless transitions between panels, reducing bulk and improving comfort. Self-reflection on bias cut involves considering the stability of the fabric. Fabrics with high stretch may require stabilization tape on bias seams to maintain their shape. Knowledge checks might ask learners to identify the advantages and disadvantages of using bias cuts in activewear. The challenge lies in balancing the aesthetic appeal of bias cuts with the functional requirements of activewear. Understanding bias cut is essential for creating innovative and stylish activewear designs.

Bonding is the process of joining two or more layers of fabric using heat and pressure, often with a fusible interlining or adhesive. In activewear, bonding is used to create smooth edges, add stability, and reduce bulk. Bonded seams are common in performance wear to prevent chafing and improve durability. Related terms include fusing, interlining, and seam finishing. Pattern makers must specify bonding instructions in the pattern layout. Bonding requires precise temperature and pressure settings to avoid damaging the fabric. In activewear, bonding is often used for waistbands, leg openings, and hemlines. Self-reflection on bonding involves analyzing the compatibility of different fabrics with bonding agents. Some fabrics may not bond well, leading to peeling or cracking. Knowledge checks may involve identifying the appropriate bonding materials for different fabric types. The challenge is to achieve a clean and durable bond without compromising the fabric's stretch and breathability. Mastery of bonding techniques is essential for producing high-quality activewear with a professional finish.

Center Front Seam is the vertical seam running down the front center of the garment. In activewear, the center front seam is often used to shape the torso and provide a clean line. It can also be used to insert

zippers or other closures. Related terms include center back seam, placket, and closure. Pattern makers must ensure that the center front seam is straight and aligned. Misalignment can cause the garment to twist or look uneven. In sports bras, the center front seam may be reinforced to provide additional support. Self-reflection on center front seam involves considering the placement of logos or design elements. Placing logos on the center front seam can be challenging due to the seam's visibility. Knowledge checks might ask learners to identify the best placement for a center front seam in a fitted top. The challenge is to create a seamless look while maintaining structural integrity. Understanding center front seam construction is essential for creating polished and professional activewear.

Center Back Seam is the vertical seam running down the back center of the garment. In activewear, the center back seam is often used to shape the back and provide a clean line. Related terms include center front seam, placket, and closure. Pattern makers must ensure that the center back seam is straight and aligned. In sports bras, the center back seam may be reinforced to provide additional support. Self-reflection on center back seam involves considering the placement of logos or design elements. Placing logos on the center back seam can be challenging due to the seam's visibility. Knowledge checks might ask learners to identify the best placement for a center back seam in a fitted top. Understanding center back seam construction is essential for creating polished and professional activewear.

Chafing is the irritation or soreness caused by friction between skin and fabric or between skin folds. In activewear, preventing chafing is a primary design goal. Pattern makers use flatlock seams, bonded edges, and smooth fabrics to reduce friction. Related terms include flatlock seam, seam finishing, and moisture-wicking. Pattern makers must consider the placement of seams in high-friction areas such as the inner thigh and underarm. Seams in these areas should be flat and smooth to prevent irritation. Self-reflection on chafing involves analyzing the comfort of a garment during movement. Knowledge checks may involve identifying the best seam types for preventing chafing. The challenge is to balance durability with comfort. Mastery of chafing prevention techniques is essential for designing activewear that enhances performance and comfort.

Compression Fit is a tight-fitting style that applies pressure to the muscles and skin. In activewear, compression fit is used to improve circulation, reduce muscle fatigue, and enhance performance. Related terms include support, elasticity, and recovery. Pattern makers must calculate the negative ease to achieve the desired compression level. Negative ease is the amount by which the garment is smaller than the body. Too much compression can restrict movement and breathing, while too little may not provide the desired benefits. Self-reflection on compression fit involves considering the specific needs of the wearer. For example, runners may require more compression in the legs than cyclists. Knowledge checks might ask learners to calculate the negative ease for a compression garment. The challenge is to create a pattern that provides consistent compression without discomfort. Understanding compression fit is essential for designing functional and effective activewear.

Crotch Curve is the curved seam line that forms the crotch area of pants and shorts. In activewear, the crotch curve must be carefully drafted to allow for a full range of motion and prevent discomfort. Related terms include back rise, front rise, and inseam. Pattern makers must ensure that the crotch curve is smooth and continuous. A poorly drafted crotch curve can cause binding, gaping, or riding up. The crotch curve also

influences the fit of the garment around the hips and thighs. Self-reflection on crotch curve involves analyzing the movement of the garment during exercise. Knowledge checks may involve identifying the correct crotch curve depth for different activities. The challenge is to create a pattern that accommodates dynamic movements without compromising the garment's structure. Mastery of crotch curve drafting is crucial for designing comfortable and functional activewear bottoms.

Crotch Point is the lowest point of the crotch curve, where the front and back crotch seams meet. In activewear, the crotch point must be positioned correctly to ensure a comfortable fit and allow for movement. Related terms include crotch curve, back rise, and front rise. Pattern makers must calculate the crotch point based on the wearer's body proportions. An incorrectly positioned crotch point can cause discomfort and restrict movement. The crotch point also influences the length of the inseam. Self-reflection on crotch point involves considering the placement of the crotch point in relation to the body's anatomy. Knowledge checks might ask learners to identify the correct crotch point depth for different body types. The challenge is to create a pattern that provides a secure fit without restricting movement. Understanding crotch point placement is essential for designing comfortable and functional activewear bottoms.

Dart is a folded and sewn pleat in fabric used to shape a flat piece of fabric to fit the contours of the body. Related terms include bust point, waistline, and shaping. Pattern makers must decide whether to use darts or alternative shaping methods based on the fabric and design. Darts can create bulk and discomfort in activewear, especially in high-stretch fabrics. Self-reflection on dart usage involves considering the aesthetic and functional implications of darts. Knowledge checks may involve identifying the best shaping method for a specific activewear design. The challenge is to create a smooth and flattering silhouette without using traditional darts. Mastery of alternative shaping techniques is essential for designing modern and functional activewear.

Elastic Waistband is a waistband made of elastic material that provides stretch and recovery. In activewear, elastic waistbands are common in leggings, shorts, and skirts. Related terms include casing, channel, and recovery. Pattern makers must calculate the length of the elastic based on the desired fit and the stretch properties of the fabric. An elastic waistband must be durable and maintain its shape over time. Self-reflection on elastic waistband involves considering the comfort and functionality of the waistband. Knowledge checks might ask learners to identify the best type of elastic for different activewear designs. The challenge is to create a waistband that provides a secure fit without digging into the skin. Understanding elastic waistband construction is essential for designing comfortable and functional activewear.

Flatlock Seam is a seam construction technique that creates a flat, smooth finish by overlapping two layers of fabric and stitching them together. In activewear, flatlock seams are used to reduce bulk and prevent chafing. Related terms include overlock, serger, and seam finishing. Pattern makers must specify flatlock seams in areas where comfort and smoothness are critical. Flatlock seams require specialized equipment and skills to construct. Self-reflection on flatlock seam involves analyzing the durability and appearance of the seam. Knowledge checks may involve identifying the best seam type for different activewear applications. The challenge is to create a seam that is both durable and comfortable. Mastery of flatlock seam construction is essential for producing high-quality activewear.

Front Rise is the measurement from the waistline to the crotch point along the front center line. In activewear, the front rise is shorter than the back rise to accommodate the body's anatomy. A proper front rise ensures that the garment sits comfortably on the hips and does not ride up during movement. Related terms include back rise, crotch curve, and hip measurement. Pattern makers must calculate the front rise based on the wearer's body proportions. An insufficient front rise can cause the garment to slip down, while an excessive front rise can create bulk and discomfort. The front rise also influences the placement of the waistband. Self-reflection on front rise involves analyzing how different body shapes require adjustments to the front rise length. Knowledge checks may involve measuring the front rise on a sample garment and comparing it to standard measurements. Mastery of front rise measurement is crucial for designing comfortable and functional activewear bottoms.

Grainline is the direction of the fabric threads, including the warp (lengthwise), weft (crosswise), and bias (diagonal). In activewear, the grainline determines the stretch and stability of the garment. Related terms include bias cut, warp, and weft. Pattern makers must align the pattern pieces with the correct grainline to ensure proper fit and performance. Misalignment can cause the garment to twist or stretch out of shape. Self-reflection on grainline involves considering the stretch properties of the fabric. Knowledge checks might ask learners to identify the correct grainline for different pattern pieces. The challenge is to balance stretch and stability for optimal performance. Understanding grainline is essential for creating durable and functional activewear.

Hemline is the bottom edge of a garment. In activewear, hemlines are often finished with elastic, bonding, or flatlock seams to prevent fraying and ensure a clean finish. Related terms include casing, channel, and seam finishing. Pattern makers must calculate the hem allowance based on the finishing method. A poorly finished hem can unravel or cause discomfort. Self-reflection on hemline involves considering the durability and appearance of the hem. Knowledge checks may involve identifying the best hem finishing method for different activewear designs. The challenge is to create a hem that is both durable and comfortable. Mastery of hemline construction is essential for producing high-quality activewear.

Hip Measurement is the circumference of the body at the fullest part of the hips. In activewear, the hip measurement is critical for determining the fit of pants, shorts, and skirts. Related terms include waist measurement, hip width, and ease. Pattern makers must calculate the hip measurement based on the desired fit and the stretch properties of the fabric. An incorrect hip measurement can cause the garment to be too tight or too loose. Self-reflection on hip measurement involves analyzing the fit of the garment around the hips. Knowledge checks might ask learners to calculate the hip measurement for a specific pattern. The challenge is to create a pattern that provides a comfortable and flattering fit. Understanding hip measurement is essential for designing functional and stylish activewear.

Inseam is the measurement from the crotch point to the bottom of the leg opening. In activewear, the inseam determines the length of the garment. Related terms include outseam, crotch point, and hemline. Pattern makers must calculate the inseam based on the desired length and the wearer's height. An incorrect inseam can cause the garment to be too long or too short. Self-reflection on inseam involves considering the intended use of the garment. Knowledge checks may involve measuring the inseam on a sample garment and comparing it to standard measurements. The challenge is to create a pattern that provides the

correct length for different body types. Mastery of inseam measurement is crucial for designing comfortable and functional activewear bottoms.

Knit Fabric is a type of fabric made by interlocking loops of yarn, providing stretch and flexibility. In activewear, knit fabrics are commonly used for their comfort and movement. Related terms include woven fabric, stretch recovery, and moisture-wicking. Pattern makers must account for the stretch and recovery of knit fabrics when drafting patterns. Knit fabrics can stretch out of shape if not handled correctly. Self-reflection on knit fabric involves analyzing the quality and performance of the fabric. Knowledge checks might ask learners to identify the best knit fabric for different activewear designs. The challenge is to create a pattern that maximizes the benefits of knit fabric. Understanding knit fabric is essential for designing comfortable and functional activewear.

Moisture-Wicking is the ability of a fabric to pull sweat away from the skin to the outer surface where it can evaporate. In activewear, moisture-wicking fabrics are essential for keeping the wearer dry and comfortable. Related terms include breathability, quick-dry, and thermal regulation. Pattern makers must consider the moisture-wicking properties of the fabric when selecting materials. Moisture-wicking fabrics require specific care instructions to maintain their performance. Self-reflection on moisture-wicking involves analyzing the comfort of the garment during exercise. Knowledge checks may involve identifying the best moisture-wicking fabrics for different activities. The challenge is to balance moisture-wicking with other performance features. Mastery of moisture-wicking fabric selection is essential for designing high-performance activewear.

Negative Ease is the amount by which a garment is smaller than the body measurements. In activewear, negative ease is used to create a compression fit. Related terms include positive ease, compression fit, and stretch recovery. Pattern makers must calculate negative ease based on the fabric's stretch properties and the desired fit. Too much negative ease can restrict movement, while too little may not provide the desired compression. Self-reflection on negative ease involves considering the comfort and functionality of the garment. Knowledge checks might ask learners to calculate the negative ease for a specific pattern. The challenge is to create a pattern that provides a secure fit without discomfort. Understanding negative ease is essential for designing functional and effective activewear.

Outseam is the measurement from the shoulder or waist to the bottom of the leg opening along the side seam. In activewear, the outseam determines the overall length of the garment. Related terms include inseam, side seam, and hemline. Pattern makers must calculate the outseam based on the desired length and the wearer's height. An incorrect outseam can cause the garment to be too long or too short. Self-reflection on outseam involves considering the intended use of the garment. Knowledge checks may involve measuring the outseam on a sample garment and comparing it to standard measurements. Mastery of outseam measurement is crucial for designing comfortable and functional activewear bottoms.

Pattern Grainline is the line on a pattern piece that indicates the direction of the fabric's grain. In activewear, the pattern grainline must be aligned with the fabric's grainline to ensure proper fit and performance. Related terms include grainline, bias cut, and stretch recovery. Pattern makers must mark the pattern grainline clearly to guide cutting. Self-reflection on pattern grainline involves considering the stretch properties of the fabric. Knowledge checks might ask learners to identify the correct pattern grainline for

different pattern pieces. Understanding pattern grainline is essential for creating durable and functional activewear.

Positive Ease is the amount by which a garment is larger than the body measurements. In activewear, positive ease is used to create a relaxed fit. Related terms include negative ease, compression fit, and stretch recovery. Pattern makers must calculate positive ease based on the desired fit and the fabric's stretch properties. Too much positive ease can result in a sloppy appearance, while too little may restrict movement. Self-reflection on positive ease involves considering the comfort and functionality of the garment. Knowledge checks might ask learners to calculate the positive ease for a specific pattern. The challenge is to create a pattern that provides a comfortable fit without excess fabric. Understanding positive ease is essential for designing functional and stylish activewear.

Recovery is the ability of a fabric to return to its original shape after being stretched. In activewear, recovery is critical for maintaining the garment's fit and performance over time. Related terms include stretch, elasticity, and durability. Pattern makers must select fabrics with high recovery for activewear. Fabrics with poor recovery may lose their shape and become baggy. Self-reflection on recovery involves analyzing the longevity of the garment. Knowledge checks may involve identifying the best fabrics with high recovery for different activewear designs. The challenge is to balance recovery with other performance features. Mastery of recovery fabric selection is essential for designing high-quality activewear.

Seam Allowance is the extra fabric included in the pattern piece beyond the stitching line. In activewear, seam allowances are often narrower to reduce bulk. Related terms include stitching line, seam finishing, and pattern drafting. Pattern makers must specify the seam allowance for each pattern piece. Incorrect seam allowances can cause fitting issues and construction errors. Self-reflection on seam allowance involves considering the durability and appearance of the seam. Knowledge checks might ask learners to identify the correct seam allowance for different activewear designs. The challenge is to balance durability with a clean finish. Understanding seam allowance is essential for producing high-quality activewear.

Side Seam is the vertical seam running along the side of the garment. In activewear, the side seam is often used to shape the torso and legs. Related terms include center front seam, center back seam, and outseam. Pattern makers must ensure that the side seam is straight and aligned. Self-reflection on side seam involves considering the placement of logos or design elements. Placing logos on the side seam can be challenging due to the seam's visibility. Knowledge checks might ask learners to identify the best placement for a side seam in a fitted top. Understanding side seam construction is essential for creating polished and professional activewear.

Stretch Recovery is the ability of a fabric to return to its original shape after being stretched. In activewear, stretch recovery is critical for maintaining the garment's fit and performance over time. Related terms include recovery, elasticity, and durability. Pattern makers must select fabrics with high stretch recovery for activewear. Fabrics with poor stretch recovery may lose their shape and become baggy. Self-reflection on stretch recovery involves analyzing the longevity of the garment. Knowledge checks may involve identifying the best fabrics with high stretch recovery for different activewear designs. The challenge is to balance stretch recovery with other performance features. Mastery of stretch recovery fabric selection is essential for designing high-quality activewear.

Waistband is the band of fabric that encircles the waist of a garment. In activewear, waistbands are often made of elastic or bonded fabric for comfort and support. Related terms include elastic waistband, casing, and channel. Pattern makers must calculate the waistband width and length based on the desired fit. An incorrectly sized waistband can cause discomfort or gaping. Self-reflection on waistband involves considering the comfort and functionality of the waistband. Knowledge checks might ask learners to identify the best waistband construction method for different activewear designs. Understanding waistband construction is essential for designing comfortable and functional activewear.

Waist Measurement is the circumference of the body at the natural waistline. In activewear, the waist measurement is critical for determining the fit of pants, shorts, and skirts. Related terms include hip measurement, waistband, and ease. Pattern makers must calculate the waist measurement based on the desired fit and the stretch properties of the fabric. An incorrect waist measurement can cause the garment to be too tight or too loose. Self-reflection on waist measurement involves analyzing the fit of the garment around the waist. Knowledge checks might ask learners to calculate the waist measurement for a specific pattern. Understanding waist measurement is essential for designing functional and stylish activewear.