

Fundamentals of Plus Sizes

Online course



Introduction

Plus women are a long overlooked and misunderstood target customer, and recent research shows that the plus size women's apparel market value will raise to US\$243 million by 2026. This course will help learners plan for and develop an effective plus apparel sizing strategy. It covers the technical aspects of garment balance and shape for the plus size body as well as correct aesthetic proportions for the creation of flattering, well proportioned garments.

Key learning outcomes

By the end of the course, participants will be able to:

- Understand how the body grows across a size range, and about different body types
- Create clean fitting and balanced plus size patterns and garments
- Learn best practices for adapting a straight size or inspiration sample to Plus
- Master the best practices in using the fit form and the fit model

Who this course is for

This online course is perfect for any company that is thinking about or has a plus size category strategy. This beginning to intermediate level course is aimed at merchants, designers, patternmakers, product developers and sourcing team members in all types of organisations: brand, sourcing office, trading company or vendor. Basic understanding of patterns and grading is needed.

Format

The online course is self-paced and includes a **pre-assessment test, 4 modules of interactive instruction** and a final assessment. All participants who successfully complete the course will receive an Alvanon Certificate of Completion.

The recommended commitment for the course is a minimum of 1.5 hour per week over a 4 week period.

Course outline

Introduction

Module 1: Plus Body Types

Shape matters to fit

Basic body types

How shape and proportions change with size

Body changes as size increases

Contact us

Please contact your Alvanon sales representative or reach us at hello@motif.org for further information.

The instructor



Alice Rodrigues brings over 35 years of expertise in garment construction, patternmaking and fit development, in addition to product development and technical design. Having held both line and management positions in global manufacturing operations, she brings proven strategies and solutions to the complex tasks of garment standardisation, fit and manufacturing processes. She joined Alvanon in 2011 as a Senior Consultant.

Module 2: Fit and Balance

Pattern engineering for Plus

How does size affect pattern balance for tops?

How does size affect pattern balance for bottoms?

Construction considerations

Body growth and garment grading

Module 3: Aesthetics

Aesthetic fit challenges

Tops

Bottoms

Jackets: What would you do?

Jackets: A mathematical approach

Module 4: Fit Evaluation: Form vs Body

Fit form vs live model

Using fit forms

Conclusion



**Alvanon Certificate of Completion
for successful course participants**

About Alvanon

When Alvanon was founded in 2001 it was focused on solving the sizing and fit challenges inherent in the apparel industry. It has since evolved into a global company, shaping the future of fit through modern technology and an innovative data-driven approach.

Today, Alvanon operates as advisor to many of the world's leading apparel organizations – helping them improve their fit for and engage more intimately with the modern-day consumer.

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MOTIF

This course is available on MOTIF, the apparel knowledge hub. To learn more about MOTIF, please visit motif.org.