



sst

School
of Stitched
Textiles

Knitting

SKILL STAGE 2 – ACCREDITED COURSE

City & 
Guilds

ACCREDITED

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Overview

This City & Guilds accredited Knitting course is perfect for beginners.

Our courses aim to develop individual creativity. Whether you're looking to learn the basics or develop existing skills, our courses allow you to express yourself, experiment and really push your own creative boundaries.

Our accredited courses are unique to the School of Stitched Textiles. They are comprehensive textile educational programmes that aim to not only teach essential techniques, but also enhance creativity and design skills.



Course Delivery

This course is supplied as a distance learning course where course materials and tutor assessments are delivered digitally and work is returned to your tutor via digital presentation.

You will work through written and illustrated course materials which are supplemented with 'how to' videos and online galleries.

Your coursework will be reviewed by your tutor and periodically by an Internal Quality Assessor. You will be provided with written feedback and, if needed, you will be able to re-submit altered work.

You can contact your tutor at any time to request your work to date be reviewed and suggestions for future progress be made.



Modules

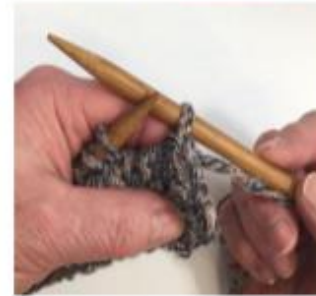
MODULE 1: THE BASICS

- Research of a chosen artist. You'll get the opportunity to explore different artists (across all mediums), to help you develop your own interest area and personal style
- Casting on and off
- Getting your tension right
- Garter stitch
- Other knit and purl stitches
- Presentation methods. We'll teach you how to compile a digital folio of work to be sent to your tutor for assessment.

Chain Cast Off

A simple knit stitch cast off is used frequently. Knit two stitches, then with the left needle, lift the first stitch over the second. Knit the next stitch. Repeat until one stitch remains. Break the yarn, take the end through the remaining stitch and tighten.

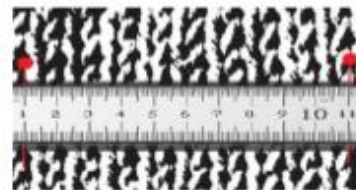
To cast off in pattern, simply work knit or purl stitches along the cast off row as they would normally occur in the stitch pattern.



Checking your tension

It is vital to check your tension before starting any project. Tension is the number of stitches and rows to a cm or inch and determines the size of whatever you are knitting. The size of stitch depends on the yarn, size of knitting needles and your control of the yarn.

You can check your tension by knitting a tension square at least 13cm (5.5") and placing a ruler vertically. Mark 10cm (4") with pins and count the number of stitches and rows and check this complies with your pattern's requirements.



Modules

MODULE 2: DEVELOPING A PORTFOLIO

This unit is all about developing your own designs. You'll be given the chance to really experiment with different ideas and image while using different principles of line, colour and texture. You will learn how to:

Create a collection of your own photos to a theme, research 3 elements of design, experiment with mediums and methods to produce a folio of 8-10 design work progressions.



Modules

MODULE 3: MORE ADVANCED TECHNIQUES

In this module you'll learn more advanced stitch techniques.

- How to increase and decrease stitches to form a perfect edge
- Lace stitches
- Cable and bobble stitches
- How to get a professional finish and create neat edges

This module also includes a study of different wool and cotton fibres to create different textures.



Modules

MODULE 4: PRESENTATION OF WORK

The final module at this beginner level takes you through how to compile all of the work that you have completed throughout the course which will be submitted for internal and external assessment.

At the end of the course you should have:

- A comprehensive design folio
- A sample folio containing samples of the different traditional and contemporary techniques
- One finished item/piece which can be either a 3D functional item, a panel, hanging, quilt or a wearable art item or garment
- The design work and planning for this item which demonstrates progression into hand knitting techniques
- Your artist/designer research.



Price Information

Completion.

At the end of the course we'll produce an online video showcasing the highlights of your learning journey. Since all of our courses are delivered via distance learning, you will not have to travel to the centre or transport physical work.

Pricing.

The cost of the course depends on how many modules you wish to pay for at once. For up-to-date pricing information, please visit the [price page on our website](#).

Students are allowed up to 1 year to complete this course.





"When I enrolled on the course I thought I would just be knitting. I quickly realised that I was going to learn many different skills. Skills such as photography, the study of artists, the story of wool, dyeing, beading, and computer skills such as PowerPoint and design applications, to mention but a few.

Having completed my two years, I think the most useful learning tool was the development of a structured approach to design. I learnt how to go from an idea in my head to a completed design and all the steps in between. This process approach gave me a structure to work with and confidence to produce a knitted design I could be proud of."

Patricia McCarthy Knitting, SS3

Enrolling

We open enrolment to new students 3-4 times throughout the year. This is your chance to secure a place on your chosen course and begin your creative journey.

As the UK's largest distance learning offering online accredited textile craft courses, demand for these courses is high. Therefore we only invite those who have previously 'expressed an interest' to enrol. If you'd like to be invited to enrol when it opens then please make sure you [register your interest](#).

Upon enrolment you will be asked to agree to and abide by [SST's terms & conditions](#) relating to this course.



Supporting you

Although our courses are taught via distance learning we encourage students to connect with each other to share their learning journeys.

When students enrol they are invited to join their own unique 'group' on Facebook. These groups include students who will be starting their course at the same time as you.

This is a great way of allowing students to really feel like they are part of a group where they are able to express any concerns and share their creative progress. We also hold regular 'live chat' sessions with tutors.





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