



sst

School  
of Stitched  
Textiles

# Knitting

SKILL STAGE 3 – ACCREDITED COURSE

City &   
Guilds

ACCREDITED

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# Overview

**This City & Guilds accredited Knitting course is perfect for knitters with a little more experience.**

This course consists of 12 modules which focus on getting students to develop their own style and designs, while giving students valuable professional practice.

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.



**City & Guilds**

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# 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: INTRODUCTION TO THE THE BASICS

- Research chosen artists
- Knitting basics
- Line
- Tension
- Casting on and off
- Stocking
- Garter and other basic stitches
- Presentation methods.

## 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.

### *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.

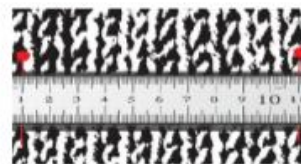
To cast off in pattern, simply work knit or purl stitches along the cast off row as they would normally occur in the stitch pattern.



### **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 3: ADVANCED STITCHES

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

- Increase and decrease stitches
- Lace stitch
- Cable stitch
- Bobble samples.

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

## MODULE 4: ADVANCED TECHNIQUES

- Knitting on round needles
- Knitting on four needles
- Creating stripes
- Developing colour combinations
- Creating pockets
- Buttonholes
- Collars
- Joining yarn



# Modules

## MODULE 5: DEVELOPING DIFFERENT STYLES

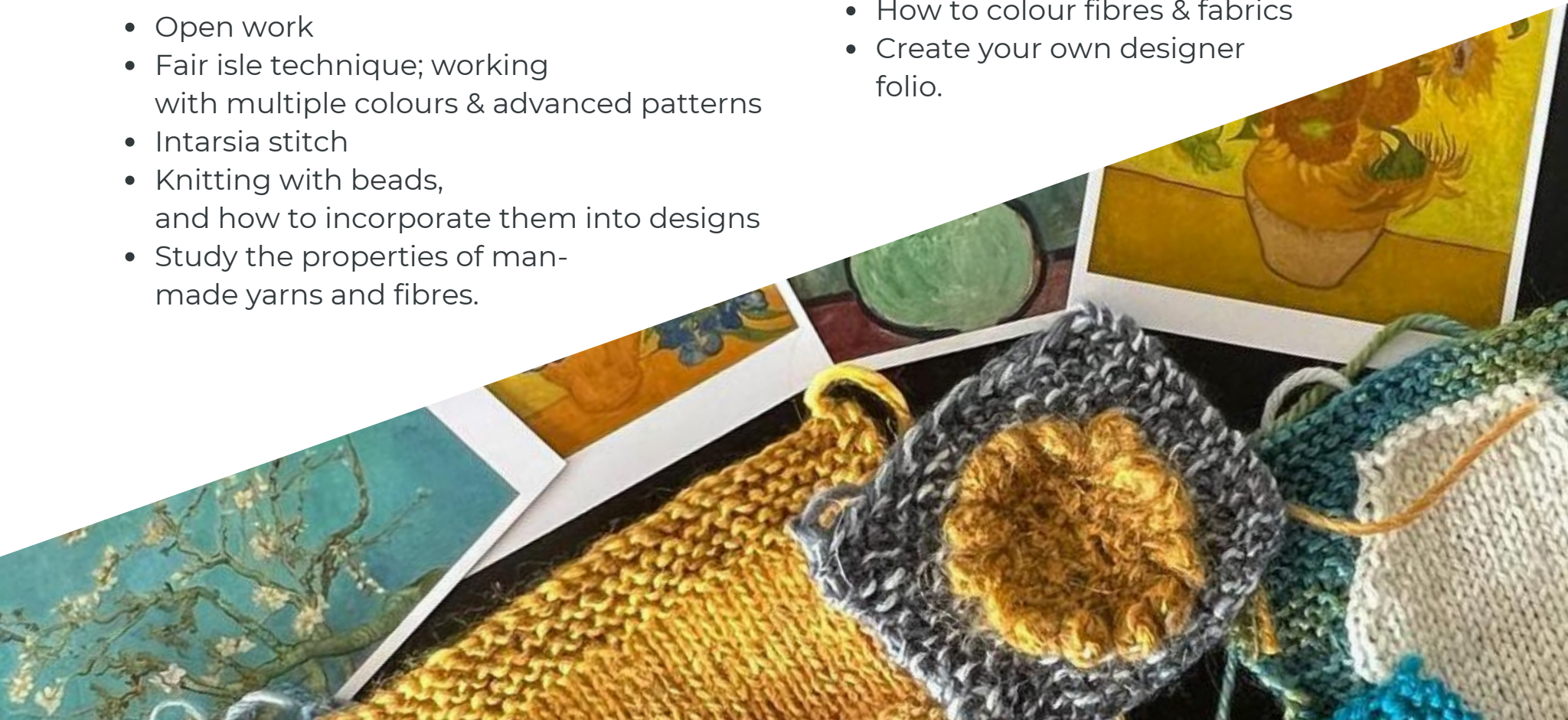
In this module you will study different approaches to knitting, such as:

- Open work
- Fair isle technique; working with multiple colours & advanced patterns
- Intarsia stitch
- Knitting with beads, and how to incorporate them into designs
- Study the properties of man-made yarns and fibres.

## MODULE 6: COLOUR

This module focuses on creating your own coloured yarn and fabrics. More specifically you will explore:

- How to colour fibres & fabrics
- Create your own designer folio.



# Modules

## MODULE 7: FINISHES

This module focuses on professional finishing techniques, including:

- Samples of buttons
- Braids
- Cords
- Tassels
- Decorative edging and finishing techniques.

## MODULE 8: EXPERIMENTAL SAMPLES

- Experiment with different samples and develop ideas
- Design and create your first final piece.

## MODULE 9: SECOND FINAL PIECE

- Design and create your second final piece.





# Modules

## MODULE 10: FINAL PIECE

- Design and create your third & final piece.

## MODULE 11: PROFESSIONAL PRACTICE

- Produce a professional CV and profile
- How to price the items that you will go on to produce
- Compile a business plan and assess the competition
- How to present work for promotional purposes online.

## MODULE 12: PRESENTATION

Full presentation compiled of all work for submission.





“The course gave me the opportunity to try out some new skills which I would not have touched otherwise, such as dyeing yarn and cotton material, making clay and fabric buttons, creating tassels, and intricate knitting such as lace knitting with very fine lace yarn. Exposure to so many different techniques opened my eyes to the potential to incorporate some of them in my own projects.”

**[Jan Lidgley - Knitting Skill Stage 3](#)**





# 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 2 year to complete this course.



# 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.

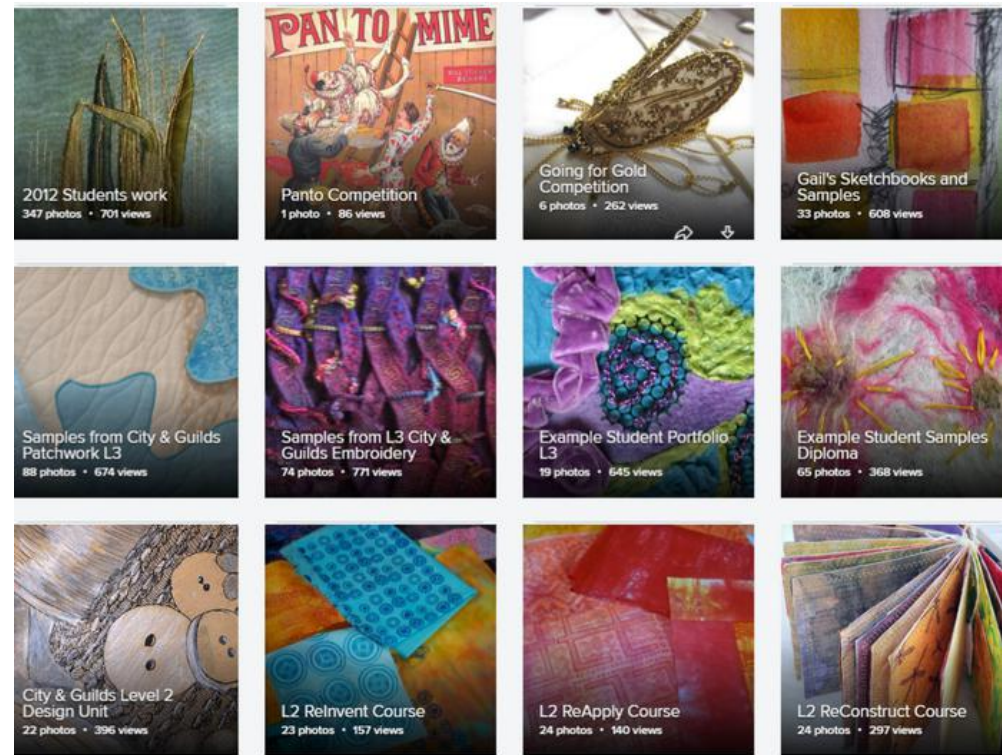


# Supporting you

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.



The logo consists of the lowercase letters 'sst' in a white, sans-serif font, centered within a light grey square.The text 'School of Stitched Textiles' is written in a white, sans-serif font, stacked in three lines, centered within a dark grey square.

## **School of Stitched Textiles (SST) Limited**

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