

Interior Design 101 — Beginner Level

Course Duration: 5 Weeks

Classes per Week: 3

Class Duration: 4 Hours

Total Hours: 60

Level: Beginner

Next Level: Interior Design 102 (Intermediate)

Dive into the fundamentals of interior design, exploring how spaces can influence mood, productivity, and lifestyle. This course introduces the key elements of design — color theory, spatial planning, furniture layout, lighting design, and materials — with a focus on practical application in residential and small commercial spaces. Students will learn to translate design concepts into visuals through mood boards, sketches, and space plans, developing a solid foundation for creative and technical decision-making. By the end of the course, each student will complete and present a basic interior project, showcasing their ability to plan and design a cohesive interior space.

Week 1 — Introduction to Interior Design & Design Principles

Focus: Understanding the foundation of design

Students will learn:

- What interior design is and the designer's role
- The design process — from concept to completion
- Key design principles: balance, harmony, rhythm, emphasis, and proportion
- Introduction to color theory — color psychology, schemes, and combinations
- Basic space planning concepts

Activity: Students create their first mood board using colors, materials, and inspiration images.

Week 2 — Color Theory & Spatial Planning

Focus: Building strong conceptual and spatial skills

Students will learn:

- In-depth exploration of color relationships and lighting influence
- Understanding visual weight and balance in space
- How to analyze a client's needs and space requirements
- Drawing simple floor plans and layouts

Activity: Students design and present a color-coordinated living room layout.

Week 3 — Furniture Layout & Materials

Focus: Functionality and material expression

Students will learn:

- Furniture arrangement for comfort, balance, and flow
- Understanding circulation space and scale
- Types of materials and finishes (wood, metal, fabric, glass, etc.)
- Choosing materials based on function, aesthetics, and sustainability

Activity: Students develop a furniture layout and material selection board.

Week 4 — Lighting Design & Project Development

Focus: Creating atmosphere and refining design ideas

Students will learn:

- Lighting types — ambient, task, and accent lighting
- How lighting affects color and mood
- Combining color, furniture, and materials into cohesive concepts
- Starting the final project (concept statement, sketches, and layout)

Activity: Students prepare a lighting plan and integrate it into their ongoing project.

Week 5 — Presentation & Critique

Focus: Finalizing and communicating design ideas

Students will learn:

- Visual presentation techniques (mood boards, 2D sketches, and basic digital visuals)
- Verbal presentation and storytelling skills
- How to receive and give constructive design feedback

Activity: Final project presentation and critique session.