

## CORE COMPETENCIES (80 Hours)

| UNIT OF COMPETENCY                                | LEARNING OUTCOME                                                                                                                                               | METHODOLOGY                                                                                                                                           | ASSESSMENT APPROACH                                                                                                                           |
|---------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Plan the hilot wellness program of clients     | 1.1 Identify vital information to client<br>1.2 Explain hilot<br>1.3 Explain the hilot wellness services and products<br>1.4 Confirm hilot wellness program    | <ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Demo</li> <li>• Role Play</li> </ul>                                | <ul style="list-style-type: none"> <li>• Written examination</li> <li>• Interview</li> <li>• Return Demo</li> <li>• Practical Test</li> </ul> |
| 2. Provide pre-service to clients                 | 2.1 Schedule clients'<br>2.2 Conduct preliminary services to clients'                                                                                          | <ul style="list-style-type: none"> <li>• Lecture</li> <li>• Discussion</li> <li>• Demo</li> <li>• Role Play</li> </ul>                                | <ul style="list-style-type: none"> <li>• Written examination</li> <li>• Interview</li> <li>• Return Demo</li> <li>• Practical Test</li> </ul> |
| 3. Apply hilot wellness techniques                | 3.1 Prepare client and work area for hilot wellness massage<br>3.2 Perform self assessment for hilot wellness session<br>3.3 Perform hilot wellness techniques | <ul style="list-style-type: none"> <li>• Demonstration/ Practical Hands-on Exercises</li> <li>• Competency-Based Learning Materials Method</li> </ul> | <ul style="list-style-type: none"> <li>• Written examination</li> <li>• Observation</li> <li>• Questioning</li> </ul>                         |
| 4. Provide advice on post hilot wellness services | 4.1 Perform aftercare service<br>4.2 Identify and explain the products<br>4.3 Enumerate and explain other services                                             | <ul style="list-style-type: none"> <li>• Demonstration/ Practical Hands-on Exercises</li> <li>• Competency-Based Learning Materials Method</li> </ul> | <ul style="list-style-type: none"> <li>• Written examination</li> <li>• Observation</li> <li>• Questioning</li> </ul>                         |