

CORE COMPETENCY
(624 Hrs)

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
1. Develop Massage Practice (200 hrs.)	1.1 Establish principles of massage practice.	<ul style="list-style-type: none"> Read/Listen and understand definition of massage Participate in the discussion of massage Participate in applying the definition of massage <ul style="list-style-type: none"> Read/Listen and understand history of massage (Ancient, Modern, and Filipino) Participate in the discussion of understand history of massage (Ancient, Modern, and Filipino) Participate in the demonstration and application of the history of massage (Ancient, Modern, and Filipino) 	<ul style="list-style-type: none"> Lecture-discussion Use of visual aids Internet research Audio materials <ul style="list-style-type: none"> Lecture-discussion Use of visual aids Internet research Audio materials 	<ul style="list-style-type: none"> Written exam Oral question Oral evaluation Observation <ul style="list-style-type: none"> Written exam Oral question Oral evaluation Observation 	200 hrs
		<ul style="list-style-type: none"> Read/Listen and understand theories (gate control & endorphin) Participate in the discussion of theories (gate control & endorphin) Participate in demonstrating the application of theories (gate control & endorphin) 	<ul style="list-style-type: none"> Lecture-discussion Use of visual aids Internet research Audio materials 	<ul style="list-style-type: none"> Written exam Demonstration with Oral questioning Oral question Oral evaluation Observation 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Read/Listen and understand Code of Professional Ethics Participate in the discussion of Code of Professional Ethics Participate in demonstrating the application of theories of Code of Professional Ethics 	<ul style="list-style-type: none"> Lecture-discussion Use of visual aids Internet research Audio materials 	<ul style="list-style-type: none"> Written exam Demonstration with Oral questioning Oral question Oral evaluation Observation 	
		<ul style="list-style-type: none"> Read/Listen and familiarize Proper Body Mechanics Participate in the discussion of familiarize Proper Body Mechanics Participate in the demonstration of applying proper body mechanics 	<ul style="list-style-type: none"> Lecture-discussion Role Play Demonstration with return demo Audio materials 	<ul style="list-style-type: none"> Demonstration with oral questioning Written exam Oral questioning Oral evaluation Observation 	
		<ul style="list-style-type: none"> Read/Listen and Familiarize Proper Draping Participate in the discussion of proper draping Participate in demonstrating proper draping 	<ul style="list-style-type: none"> Lecture-discussion Role Play Demonstration with return demo Audio materials 	<ul style="list-style-type: none"> Demonstration with oral questioning Written exam Oral questioning Oral evaluation Observation 	
		<ul style="list-style-type: none"> Read/Listen and understand continuum of Wellness Participate in the discussion of the continuum of Wellness 	<ul style="list-style-type: none"> Lecture-discussion Use of visual aids 	<ul style="list-style-type: none"> Written exam Demonstration with Oral questioning 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Participate in demonstrating the application of theories of continuum of wellness 	<ul style="list-style-type: none"> Internet research Audio materials 	<ul style="list-style-type: none"> Oral question Oral evaluation Observation 	
		<ul style="list-style-type: none"> Read/Listen and understand continuing professional education Participate in the discussion of continuing professional education Participate in demonstrating the application of the conduct of continuing professional education 	<ul style="list-style-type: none"> Lecture Group discussion 	<ul style="list-style-type: none"> Written exam Demonstration with Oral questioning 	
		<ul style="list-style-type: none"> Read/Listen and understand Indications & Contraindications (Local & Absolute) Participate in the discussion of Indications & Contraindications (Local & Absolute) 	<ul style="list-style-type: none"> Use of visual aids Internet research Audio materials Lecture-discussion Use of visual aids 	<ul style="list-style-type: none"> Oral question Oral evaluation Observation Written exam Demonstration with Oral questioning 	
		<ul style="list-style-type: none"> Participate in demonstrating the application of theories of indications and contraindications (local and absolute) Read/Listen and Understand endangerment sites Participate in the discussion of endangerment sites 	<ul style="list-style-type: none"> Internet research Audio materials Lecture-discussion Use of visual aids 	<ul style="list-style-type: none"> Oral evaluation Observation Demonstration with oral questioning Written exam 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Participate in demonstrating the identification and location of Endangerment Sites 	<ul style="list-style-type: none"> Internet research Demonstration with return demo Audio materials 	<ul style="list-style-type: none"> Oral evaluation Observation 	
		<ul style="list-style-type: none"> Read/Listen and Understand Effects (Physiological & Psychological) Participate in the discussion of Effects (Physiological & Psychological) Participate in demonstrating the enumeration & explanation of effects (Physiological & Psychological) 	<ul style="list-style-type: none"> Lecture-discussion Use of visual aids Audio materials 	<ul style="list-style-type: none"> Written exam Oral evaluation Observation 	
		<ul style="list-style-type: none"> Read/Listen and memorize manipulations/strokes Participate in the discussion of manipulations/strokes Participate in demonstrating the application of manipulations/strokes 	<ul style="list-style-type: none"> Lecture-discussion Demonstration with return demo Audio materials 	<ul style="list-style-type: none"> Demonstration with oral questioning Written exam Oral evaluation Observation 	
		<ul style="list-style-type: none"> Read/Listen and recognize massage modalities <ul style="list-style-type: none"> Swedish Massage Reflexology Shiatsu Thai Massage Medical Massage Orthopedic Massage 	<ul style="list-style-type: none"> Lecture-discussion Use of visual aids Internet research 	<ul style="list-style-type: none"> Written exam Oral evaluation Observation 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> ○ Obstetric Massage ○ Pediatric Massage ○ Geriatric Massage ○ Tui – Na ○ Sports Massage ○ Hilot • Participate in the discussion of the different massage modalities <ul style="list-style-type: none"> ○ Swedish Massage ○ Reflexology ○ Shiatsu ○ Thai Massage ○ Medical Massage ○ Orthopedic Massage ○ Obstetric Massage ○ Pediatric Massage ○ Geriatric Massage ○ Tui – Na ○ Sports Massage ○ Hilot 	<ul style="list-style-type: none"> • Audio materials 		
		<ul style="list-style-type: none"> • Participate in the demonstration in recognizing massage modalities <ul style="list-style-type: none"> ○ Swedish Massage ○ Reflexology ○ Shiatsu ○ Thai Massage ○ Medical Massage ○ Orthopedic Massage ○ Obstetric Massage ○ Pediatric Massage 			

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> ○ Geriatric Massage ○ Tui – Na ○ Sports Massage ○ Hilot 			
		<ul style="list-style-type: none"> • Read/listen and understand principles of massage • Participate in the discussion of principles of massage • Participate in the demonstration of identifying and interpreting the principles of massage practice • Participate in the demonstration of identifying and interpreting the principles of massage practice 	<ul style="list-style-type: none"> • Lecture-discussion • Use of visual aids • Audio materials <ul style="list-style-type: none"> • Lecture-discussion • Use of visual aids 	<ul style="list-style-type: none"> • Written exam • Oral evaluation • Observation <ul style="list-style-type: none"> • Written exam • Oral evaluation • Reporting • Observation 	
		<ul style="list-style-type: none"> • Read/listen and understand integrating massage therapy to other health science subjects 	<ul style="list-style-type: none"> • Internet research • Audio materials <ul style="list-style-type: none"> • Lecture-discussion • Use of visual aids 	<ul style="list-style-type: none"> • Written exam • Oral evaluation • Observation 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Participate in the discussion of integrating massage therapy to other health science subjects Participate in the demonstrating the Integration of massage therapy to other health sciences subjects 	<ul style="list-style-type: none"> Internet research Audio materials 		
		<ul style="list-style-type: none"> Read/listen and understand principles and ethical values of massage therapy Participate in the discussion of principles and ethical values of massage therapy Participate in the demonstration of developing goals that internalize the principles and ethical values of massage therapy Read/listen and understand proper body mechanics Participate in the discussion of proper body mechanics Participate in demonstrating proper body mechanics Participate in demonstrating proper draping 	<ul style="list-style-type: none"> Lecture-discussion Use of visual aids Audio materials Role Play Demonstration Audio materials Hands on practical Role Play Demonstration Hands on practical 	<ul style="list-style-type: none"> Written exam Demonstration with oral questioning Demonstration with oral questioning Return demonstration 	
		<ul style="list-style-type: none"> Read and understand manipulations/strokes Participate in the discussion of manipulations/strokes 	<ul style="list-style-type: none"> Role Play Demonstration Hands on practical 	<ul style="list-style-type: none"> Demonstration with oral questioning 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Participate in demonstrating Manipulations/strokes 		<ul style="list-style-type: none"> Return demonstration 	
		<ul style="list-style-type: none"> Participate in explaining and discussing the physical assessment in massage. <ul style="list-style-type: none"> Vital signs visual assessment palpation range of motion sensory assessment Read and understand the different physical assessment in massage. Participate in the discussion of the different physical assessment in massage. Participate in the demonstration on how to differentiate procedures in physical assessment Read and understand the documentation in massage. <ul style="list-style-type: none"> Client intake form SOAP form Summary form Participate in the discussion of the documentation in massage. <ul style="list-style-type: none"> Client intake form SOAP form Summary form 	<ul style="list-style-type: none"> Role Play Demonstration Hands on practical Lecture-Discussion Audio material Lecture-Discussion Audio material Lecture-Discussion Audio material 	<ul style="list-style-type: none"> Demonstration with oral questioning Return demo Written exam Oral questioning Written exam Oral questioning Written exam Oral questioning 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Participate in the demonstration of documentation in massage. <ul style="list-style-type: none"> Client intake form SOAP form Summary form 			
		<ul style="list-style-type: none"> Read and understand the differentiate types of form used in documentation. Participate in the discussion of different types of form used in documentation. Read and understand regarding the different manipulations in massage. <ul style="list-style-type: none"> Effleurage/gliding/stroking Pterissage/kneading Friction /rubbing Tapotement/percussion Vibration /shaking Participate in the discussion of the different manipulations in massage. <ul style="list-style-type: none"> Effleurage/gliding/stroking Pterissage/kneading Friction /rubbing Tapotement/percussion Vibration /shaking Participate in the demonstration of Identifying and analyzing the manipulations in massage. <ul style="list-style-type: none"> Effleurage/gliding/stroking Pterissage/kneading Friction /rubbing 	<ul style="list-style-type: none"> Lecture-Discussion Audio material Demonstration Hands on practical Audio materials 	<ul style="list-style-type: none"> Written exam Oral questioning Demonstration with oral questioning Return demo Oral questioning 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> ○ Tapotement/percussion ○ Vibration /shaking 			
		<ul style="list-style-type: none"> • Read and understand regarding the different modalities in massage. • Participate in the discussion of the different modalities in massage. • Participate in the demonstration of identifying and interpreting the different modalities in massage. • Read and understand health sciences subjects relevant to massage • Participate in the discussion of identifying health sciences subjects relevant to massage • Participate in the demonstration of identifying health sciences subjects relevant to massage 	<ul style="list-style-type: none"> • Demonstration • Hands on practical • Audio materials • Lecture • Group Discussion • Audio materials 	<ul style="list-style-type: none"> • Demonstration with oral questioning • Observation • Return demo • Oral questioning • Written exam • Oral questioning • Observation 	
		<ul style="list-style-type: none"> • Read and understand Integrating massage to other health sciences subjects. • Participate in the discussion of integrating massage to other health sciences subjects. 	<ul style="list-style-type: none"> • Lecture • Group Discussion • Audio materials 	<ul style="list-style-type: none"> • Written exam • Oral questioning • Observation 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Participate in the demonstration of Integrating massage to other health sciences subjects. 			
		<ul style="list-style-type: none"> Read and understand sanitation and hygiene in massage practice. Participate in the discussion of sanitation and hygiene in massage practice. Participate in the demonstration of applying sanitation and hygiene in massage practice. 	<ul style="list-style-type: none"> Lecture Group Discussion Audio materials <ul style="list-style-type: none"> Lecture Group Discussion Audio materials 	<ul style="list-style-type: none"> Written exam Oral questioning <ul style="list-style-type: none"> Written exam Oral questioning 	
	1.2 Determine the laws, policies, guidelines & procedures of massage practice.	<ul style="list-style-type: none"> Read and understand the determination and identification of the qualifications and requirements in massage. Participate in the discussion of determining and identifying the qualifications and requirements in massage. Participate in the demonstration of determining and identifying the qualifications and requirements in massage. 	<ul style="list-style-type: none"> Lecture Group Discussion Audio materials OJT/SIT 	<ul style="list-style-type: none"> Written exam Oral questioning 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
	1.3 Design and recommend massage program	<ul style="list-style-type: none"> Read and understand the determination of laws, policies, guidelines & procedures in massage practice. Participate in the discussion of the determination of laws, policies, guidelines & procedures in massage practice. Participate in the demonstration of application and determination of laws, policies, guidelines & procedures in massage practice. 	<ul style="list-style-type: none"> Lecture Group Discussion Audio materials 	<ul style="list-style-type: none"> Written exam Oral questioning 	
		<ul style="list-style-type: none"> Read and understand the identification of Non-government agencies in massage. Participate in the discussion of identifying the different Non-government agencies in massage. Identify the Non-government agencies in massage. 	<ul style="list-style-type: none"> Lecture Group Discussion Audio materials 	<ul style="list-style-type: none"> Written exam Oral questioning 	
		<ul style="list-style-type: none"> Read and understand regarding the benefits and potential effects of massage. Participate in the discussion of the benefits and potential effects of massage. Participate in the demonstration of applying the benefits and potential effects of massage. 	<ul style="list-style-type: none"> Lecture Group Discussion Audio materials OJT/SIT 	<ul style="list-style-type: none"> Written exam Oral questioning 	
		<ul style="list-style-type: none"> Read and understand design & recommend massage. 	<ul style="list-style-type: none"> Demonstration 	<ul style="list-style-type: none"> Practical exam 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Participate in the discussion of design & recommendation of massage. Participate in the demonstration of designing & recommending massage. 	<ul style="list-style-type: none"> Hands on practical Audio materials 	<ul style="list-style-type: none"> Return Demonstration oral questioning 	
		<ul style="list-style-type: none"> Read and understand regarding the duration, frequency and cost of body massage. Participate in the discussion of the duration, frequency and cost of body massage. Explain the duration, frequency and cost of body massage. 	<ul style="list-style-type: none"> Lecture Group Discussion Audio materials 	<ul style="list-style-type: none"> Written exam Oral questioning 	
		<ul style="list-style-type: none"> Read and understand the massage plan. Participate in the discussion of the massage plan. Explain and discuss the massage plan. 	<ul style="list-style-type: none"> Lecture Group Discussion Audio materials 	<ul style="list-style-type: none"> Written exam Oral questioning 	
2. Perform client consultation (103 hrs)	2.1 Obtain client information	<ul style="list-style-type: none"> Read and understand Code of Ethics for Massage Therapists Participate in the discussion Code of Ethics for Massage Therapists Read and understand required information Participate in the discussion of required information Identify required information <ul style="list-style-type: none"> Client personal information Current condition Medical history 	<ul style="list-style-type: none"> Lecture Group Discussion <ul style="list-style-type: none"> Lecture Group Discussion OJT/SIT 	<ul style="list-style-type: none"> Written examination <ul style="list-style-type: none"> Written examination 	103 hours

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
	2.2 Perform client assessment	<ul style="list-style-type: none"> • Demonstrate client interview procedures • Use assessment forms <ul style="list-style-type: none"> ○ Client Intake Form • Read and understand relevant sciences <ul style="list-style-type: none"> ○ Human Anatomy and Physiology ○ Microbiology and Pathology ○ Contraindications and Precautions of massage ○ Endangerment Sites ○ Physiology of Pain • Read and understand applicable laws <ul style="list-style-type: none"> ○ Chapter XIII of PD 856 ○ DOH AO 2010-0034 	<ul style="list-style-type: none"> • Demonstration • Role play • Demonstration Role play • Lecture • Discussion • Table research • Use of visual aids • Relevant health forms • OJT/SIT • Lecture • Table Research 	<ul style="list-style-type: none"> • Return demo • Oral exam • Return demo • Written examination • Reporting • Written examination 	
		<ul style="list-style-type: none"> • Read and understand referral options • Read and understand documentation requirements 	<ul style="list-style-type: none"> • Lecture • Group Discussion • Lecture • Discussion 	<ul style="list-style-type: none"> • Written examination • Written examination 	
		<ul style="list-style-type: none"> • Read and understand physical assessment procedures 	<ul style="list-style-type: none"> • Lecture • Discussion 	<ul style="list-style-type: none"> • Written examination 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> ○ Vital signs: BP, HR, RR, Temperature ○ Range of Motion ○ Sensory/Pain Assessment ○ Palpation ○ Visual Assessment 	<ul style="list-style-type: none"> • Demonstration • 	<ul style="list-style-type: none"> • Return demo 	
		<ul style="list-style-type: none"> • Use assessment tools or special devices for therapists with disabilities <ul style="list-style-type: none"> ○ BP apparatus ○ Thermometer ○ Analog wristwatch • Perform physical assessment procedures <ul style="list-style-type: none"> ○ Vital signs: BP, HR, RR, Temperature ○ Range of Motion ○ Sensory/Pain Assessment ○ Palpation ○ Visual Assessment 	<p>Demonstration Role play</p> <p>Demonstration Role play</p>	<p>Observation Return demo</p> <p>Observation Return demo</p>	
		<ul style="list-style-type: none"> • Use assessment forms <ul style="list-style-type: none"> ○ SOAP Form 	<ul style="list-style-type: none"> • Demonstration • Role play 	<ul style="list-style-type: none"> • Observation • Return demo 	
	2.3 Conduct client analysis	<ul style="list-style-type: none"> • Read and understand gathering client information • Read and understand contraindications and massage precautions • Read and understand allied professionals when referral is necessary • Read and understand referral procedures • Participate in the discussion of gathering client information 	<ul style="list-style-type: none"> • Lecture • Group Discussion • OJT/SIT 	<ul style="list-style-type: none"> • Written examination 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> • Participate in the discussion of contraindications and massage precautions • Participate in the discussion of allied professionals when referral is necessary • Participate in the discussion referral procedures • Gather client information <ul style="list-style-type: none"> ○ Personal information ○ Medical History ○ Physical Assessment Results 			
		<ul style="list-style-type: none"> • Identify contraindications and massage precautions • Identify allied professional when referral is necessary 	<ul style="list-style-type: none"> • Lecture • Group Discussion • Lecture • Discussion 	<ul style="list-style-type: none"> • Written examination • Written examination 	
	2.4 Discuss assessment results with client	<ul style="list-style-type: none"> • Perform referral procedures • Read and understand effects and benefits of massage • Participate in the discussion of effects and benefits of massage • Explain massage rationale 	<ul style="list-style-type: none"> • Lecture • Discussion • Demonstration • Lecture • Discussion • Table Research • Demonstration 	<ul style="list-style-type: none"> • Observation • Oral examination • Return demo • Written examination • Oral examination • Return demo 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
3. Perform Body Massage (219 hrs.)	3.1 Perform pre-massage phase	<ul style="list-style-type: none"> • Read and understand different forms being filled-up before performing the massage • Participate in the discussion of different forms being filled-up before performing the massage • Explain the different forms being filled-up before performing the massage • Filling up with the different Forms <ul style="list-style-type: none"> ○ Client intake form ○ SOAP form ○ Summary form • Read and understand regarding workplace area • Read and understand basic mensuration for physical assessment • Participate in the discussion regarding workplace area • Participate in the discussion of basic mensuration for physical assessment • Familiarize and orient the trainees in the workplace area 	<ul style="list-style-type: none"> • Lecture • Group discussion • Use of audio-visual aids • Use of audio materials • OJT/SIT • Plant tour • Lecture • Group discussion • OJT/SIT 	<ul style="list-style-type: none"> • Written exam • Practical examination • Observation • Observation • Practical exam • Written exam 	219 hrs
		<ul style="list-style-type: none"> • Explain basic mensuration for physical assessment • Using Basic mensuration for physical assessment 	<ul style="list-style-type: none"> • Use of audio-visual aids • Use of audio materials • Lecture • Group discussion 	<ul style="list-style-type: none"> • Written exam • Oral questioning 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
			<ul style="list-style-type: none"> • Demonstration • Use of audio-visual aides • Use of audio materials 	<ul style="list-style-type: none"> • Return Demo 	
		<ul style="list-style-type: none"> • Read and understand client interview • Read and understand how to conduct client interview • Participate in the discussion in client interview • Participate in the discussion on how to conduct client interview • Explain client interview • Demonstrate how to conduct client interview 	<ul style="list-style-type: none"> • Role playing • Use of audio/visual aides • OJT/SIT • Demonstration 	<ul style="list-style-type: none"> • Observation • Return Demo • Observation • Oral questioning 	
		<ul style="list-style-type: none"> • Read and understand on how to establish rapport with client • Participate in the discussion on how to establish rapport with client • Participate in demonstrating establishing rapport with client 	<ul style="list-style-type: none"> • Lecture • Role playing • Use of audio/visual aids 	<ul style="list-style-type: none"> • Return Demo • Observation • Oral questioning 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> • Explain how to take vital signs of client • Demonstrate on taking vital signs of client 	<ul style="list-style-type: none"> • Lecture • Group Discussion • Role playing • Hands on practical 	<ul style="list-style-type: none"> • Written examination • Oral question • Return demo 	
		<ul style="list-style-type: none"> • Explain recording physical assessment results • Recording physical assessment results • Explain designing short and long term plans of client • Designing the short and long term plans of client 	Demonstration <ul style="list-style-type: none"> • Use of auxiliary gadgets • Lecture • Demonstration • Use of auxiliary gadgets • Lecture • Role playing • Group discussion • Use of auxiliary gadgets 	<ul style="list-style-type: none"> • Oral questioning • Return demo • Practical exam • Written exam • Oral questioning • Return demo • Observation 	
		<ul style="list-style-type: none"> • Explain and discuss identification of appropriate goals of client in accordance with massage plan • Identifying appropriate goals of client in accordance with massage plan 	<ul style="list-style-type: none"> • Lecture • Role playing • Use of auxiliary gadgets 	<ul style="list-style-type: none"> • Written exam • Oral questioning • Observation 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Discuss and explain problem list of client Organizing problem list of client 	<ul style="list-style-type: none"> Lecture Role playing Use of auxiliary gadgets 	<ul style="list-style-type: none"> Written exam Oral questioning Observation 	
	3.2 Perform massage proper	<ul style="list-style-type: none"> Discuss and explain preparation of work area Ensuring conduciveness in the work area 	<ul style="list-style-type: none"> Lecture-Discussion Plant tour Group discussion Use of auxiliary gadgets 	<ul style="list-style-type: none"> Written exam Oral questioning Observation 	
		<ul style="list-style-type: none"> Discuss and explain basic mensuration for physical assessment Using basic mensuration for physical assessment 	<ul style="list-style-type: none"> Lecture Group discussion Use of auxiliary gadgets 	<ul style="list-style-type: none"> Written exam Oral questioning 	
		<ul style="list-style-type: none"> Read and understand the rationale and benefits of massage manipulations/strokes Apply the rationale and benefits of massage manipulations/strokes <ul style="list-style-type: none"> Effleurage Petrissage Friction Tapotement Vibration 	<ul style="list-style-type: none"> Lecture Role playing Group discussion Hand on practical Demonstration 	<ul style="list-style-type: none"> Written exam Oral questioning Return demo Observation 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Discuss and explain massage manipulations in performing the massage Identifying the massage manipulations in performing the massage 	<ul style="list-style-type: none"> Lecture Role playing Group discussion Hand on practical Demonstration 	<ul style="list-style-type: none"> Written exam Oral questioning Return demo 	
		<ul style="list-style-type: none"> Discuss and explain draping Demonstrate how to perform proper draping Discuss and explain massage manipulations Demonstrate massage manipulations accurately to the client 	<ul style="list-style-type: none"> Lecture Group discussion Role playing Hand on practical Demonstration Lecture Group discussion Role playing 	<ul style="list-style-type: none"> Written exam Oral questioning Return demo Observation Written exam Oral questioning Return demo 	
		<ul style="list-style-type: none"> Discuss and explain body mechanics/stances Demonstrate how to perform proper body mechanics/stances 	<ul style="list-style-type: none"> Hand on practical Demonstration Lecture Role playing Group discussion 	<ul style="list-style-type: none"> Written exam Oral questioning Return demo 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
			<ul style="list-style-type: none"> • Hand on practical • Demonstration 		
		<ul style="list-style-type: none"> • Discuss and explain effective communication during interview • Conducting effective communication with client during interview 	<ul style="list-style-type: none"> • Lecture • Role playing 	<ul style="list-style-type: none"> • Written exam • Oral questioning 	
		<ul style="list-style-type: none"> • Discuss types of stances • Demonstrate how to perform proper body mechanics/stances 	<ul style="list-style-type: none"> • Group discussion • Use of auxiliary gadgets 	<ul style="list-style-type: none"> • Observation 	
		<ul style="list-style-type: none"> • Discuss positioning of the client • Demonstrate knowledge and skills in positioning client 	<ul style="list-style-type: none"> • Lecture • Role playing • Group discussion • Use of auxiliary gadgets 	<ul style="list-style-type: none"> • Written exam • Oral questioning • 	
			<ul style="list-style-type: none"> • Lecture • Role playing • Group discussion • Demonstration • Use of auxiliary gadgets 	<ul style="list-style-type: none"> • Written exam • Oral questioning • Return demo • 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Discuss risk of injury of the massage practitioner Demonstrate knowledge and skills in applying principles 	<ul style="list-style-type: none"> Lecture Group discussion Role playing Use of auxiliary gadgets 	<ul style="list-style-type: none"> Written exam Oral questioning 	
	3.3 Perform post massage phase	<ul style="list-style-type: none"> Discuss and explain the evaluation of health progress of client Discuss and explain the use of evaluation forms Evaluating the health progress of the client/patient through the evaluation forms Discuss and explain how to advice clients after the massage Provide advices to the client after the massage 	<ul style="list-style-type: none"> Lecture-Discussion Role playing Use of auxiliary gadgets OJT/SIT Role play Lecture – Discussion Use of recording devices 	<ul style="list-style-type: none"> Written exam Oral questioning Observation Observation Written exam Oral questioning 	
		<ul style="list-style-type: none"> Discuss and explain aftercare to client Performing aftercare to the client 	<ul style="list-style-type: none"> Role play Lecture – Discussion Use of recording devices 	<ul style="list-style-type: none"> Observation Written exam Oral questioning 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Discuss and explain aftercare in the work place Performing aftercare in the workplace 	<ul style="list-style-type: none"> Role play Lecture – Discussion Use of recording devices 	<ul style="list-style-type: none"> Observation Written exam Oral questioning 	
	3.4 Acquire knowledge on products and services	<ul style="list-style-type: none"> Discuss and explain effective communication with client Conduct effective communication with client <p>Required Knowledge:</p> <ul style="list-style-type: none"> Read Code of Ethics for Massage Therapists Demonstrate knowledge and skills in the application of Code of Ethics for Massage Read Chapter XIII of the PD 856 and Implementing Rules and Regulations (IRR) Demonstrate knowledge and skills in applying Chapter XIII of PD 856 and its IRR 	<ul style="list-style-type: none"> Role play Lecture Group Discussion Use of recording devices Lecture Group Discussion OJT/SIT Lecture Group Discussion Table Research 	<ul style="list-style-type: none"> Observation Written exam Oral questioning Written examination Written examination Observation 	
		<ul style="list-style-type: none"> Discuss the different spa and wellness products and services 	<ul style="list-style-type: none"> Lecture Group Discussion 	<ul style="list-style-type: none"> Written exam Observation 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Demonstrate knowledge and skills in the application of different spa and wellness products and services 			
		<ul style="list-style-type: none"> Familiarize with special product knowledge based on spa and industry manuals and documentations Demonstrate knowledge and skills in product knowledge on special products Demonstrate knowledge and skills in the use of manuals and in the conduct of documentations 	<ul style="list-style-type: none"> Table Research Group Discussion 	<ul style="list-style-type: none"> Written examination Oral examination Demonstration 	
		<ul style="list-style-type: none"> Discuss and explain health and safety practices Discuss health and safety practices 	<ul style="list-style-type: none"> Table Research Group Discussion Use of visual aids 	<ul style="list-style-type: none"> Written examination Oral examination 	
		<ul style="list-style-type: none"> Read precautions and contraindications to massage Demonstrate knowledge and skills in the application of precautions and contraindications to massage 	<ul style="list-style-type: none"> Lecture Group Discussion Use of visual aids 	<ul style="list-style-type: none"> Written examination 	
		<ul style="list-style-type: none"> Read effects and benefits of massage Demonstrate knowledge and skills in applying the effects and benefits of massage Discuss and explain communication and electronic equipment 	<ul style="list-style-type: none"> Lecture Discussion 	<ul style="list-style-type: none"> Written examination 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
		<ul style="list-style-type: none"> Apply DOLE Rule 1090 regarding Fire Protection and Control 	<ul style="list-style-type: none"> Table Research 		
		<ul style="list-style-type: none"> Read DOLE MC No. 02 series of 1998 regarding Technical Guidelines for Classifying Hazardous and Non-Hazardous Establishments, 	<ul style="list-style-type: none"> Lecture Discussion 	<ul style="list-style-type: none"> Written examination 	
		<p>Workplaces and Work Processes</p> <ul style="list-style-type: none"> Apply Read DOLE MC No. 02 series of 1998 regarding Technical Guidelines for Classifying Hazardous and Non-Hazardous Establishments, Workplaces and Work Processes Discuss Transmission Routes of Infectious Disease Demonstrate knowledge and skills in applying principles in the transmission routes of infectious diseases Discuss Standard Infection Control Precautions Apply principles of standards in infection control precautions 	<ul style="list-style-type: none"> Table Research Lecture Discussion Table Research Lecture Discussion Table Research 	<ul style="list-style-type: none"> Oral examination Written examination Oral examination Demonstration Written examination Oral examination Demonstration 	
		<ul style="list-style-type: none"> Discuss 5S Apply principles of 5S Discuss and explain the use of cleaning equipment and chemicals 	<ul style="list-style-type: none"> Lecture Discussion Use of visual aids 	<ul style="list-style-type: none"> Written examination Oral examination 	

Unit of Competency	Learning Outcomes	Learning Activities	Methodology	Assessment Approach	Nominal Duration
	1.2 Clean and organize work area	<ul style="list-style-type: none"> Discuss and explain organization, set-up of storage of tools, equipment and supplies in the workplace Demonstrate organization, set-up of and storage of tools, equipment and supplies in the workplace 	<ul style="list-style-type: none"> Demonstration Role play Video review Demonstration Role play Video review OJT/SIT 	<ul style="list-style-type: none"> Observation Oral examination Return demo Observation Oral examination Evaluation 	
	1.3 Maintain tools and equipment	<ul style="list-style-type: none"> Discuss and explain waste segregation and disposal Demonstrate waste segregation and disposal Discuss and explain procedures in maintenance of tools, equipment and supplies Discuss and explain inventory and records management Demonstrate proper procedure in the maintenance of tools, equipment and supplies and perform inventory and records management 	<ul style="list-style-type: none"> Demonstration Role play Video review Demonstration Role play Video review 	<ul style="list-style-type: none"> Return demo Observation Oral examination Return demo Observation Oral examination Evaluation Return demo 	