

## CORE COMPETENCIES (750 Hours)

COMPETENCY	LEARNING OUTCOMES	METHODOLOGY	ASSESSMENT APPROACH
1. Provide care and support to infants /toddlers	1.1 Explain the concepts and principles of caring, growth and development of infants/toddlers 1.2 Prepare infants / toddlers for taking vital signs, bathing and dressing 1.3 Clean, sterilize feeding bottles and prepare milk formula 1.4 Prepare and introduce adequate nutrition and semi-solid food. 1.5 Prepare infant / toddlers crib.	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Questioning</li> <li>• demonstration</li> <li>• observation</li> </ul>
2. Provide care and support to children	2.1 Explain the importance of instilling personal hygiene practices to children 2.2 Maintain children's paraphernalia 2.3 Prepare children for taking vital sign, bathing and dressing 2.4 Perform after care activities for materials and paraphernalia 2.5 Determine nutritional food requirements of children	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Demonstration</li> <li>• Brainstorming</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstration</li> <li>• observation</li> <li>• Questioning</li> </ul>
3. Foster social, intellectual, creative and emotional development of children	3.1 Explain the concepts and principles of social, intellectual, creative and emotional development of children (3-12 yrs. Old)	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Role play</li> <li>• Brainstorming</li> </ul>	<ul style="list-style-type: none"> <li>• Questioning</li> <li>• Demonstration</li> <li>• Observation</li> </ul>
4. Foster physical development of children	4.1 Explain the concepts and principles of physical development of children 4.2 Explain the importance of healthy sleeping patterns and practices 4.3 Perform physical activities	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Role play</li> <li>• Brainstorming</li> <li>• Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Questioning</li> <li>• Observation</li> <li>• Demonstration</li> </ul>
5. Provide care and support to elderly	5.1 Explain the concepts and principles of basic nursing care of the elderly 5.2 Identify appropriate physical, emotional, spiritual and intellectual needs.	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Brainstorming</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Questioning</li> </ul>

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	5.3 Provide assistance in promoting the appropriate needs for roles, responsibilities, rights, freedom and activities of elderly. 5.4 Provide adequate nutrition and elimination		
6. Provide care and support to people with special needs	6.1 Identify and explain the needs of people with special needs 6.2 Identify personal care and assistance needed for daily living 6.3 Establish and maintain appropriate relationship 6.4 Provide appropriate support for people with special needs 6.5 Assist in oral and written communication 6.6 Provide adequate nutrition and elimination for people with special needs	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Questioning</li> <li>• Written exam</li> <li>• Demonstration</li> </ul>
7. Maintain a healthy and safe environment	7.1 Explain the concepts and principles in maintaining a clean and therapeutic environment 7.2 Explain the procedure in maintaining a clean and therapeutic environment 7.3 Assist client in implementing a safe and therapeutic environment	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstration questioning</li> </ul>
8. Respond to emergency	8.1 Discuss signs and symptoms of various illnesses and diseases 8.2 Identify and explain appropriate first aid and basic emergency procedure 8.3 Explain the procedures in implementing infection control prevention 8.4 Identify the appropriate procedures in medicine administration 8.5 Identify dangerous, hazardous and threat to safety and well being 8.6 Perform first aid procedures	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Demonstration</li> <li>• Simulation</li> <li>• Video viewing</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstration questioning</li> </ul>

<b>COMPETENCY</b>	<b>LEARNING OUTCOMES</b>	<b>METHODOLOGY</b>	<b>ASSESSMENT APPROACH</b>
9. Clean living room, dining room, bedroom, toilet and bathroom	9.1 Explain the principles and proper procedures in cleaning and polishing (living room, bedroom, bathroom, and kitchen) 9.2 Clean and sanitize toilet and bathroom 9.3 Identify different kinds of cleaning agent 9.4 Make up beds and cots. (open and closed bed) 9.5 Maintain a clean environment 9.6 Perform after care activities of materials and equipment	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Demonstration</li> <li>• Video viewing</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstration questioning</li> </ul>
10. Wash and iron clothes, linens and fabrics	10.1 Explain the principles and procedures in washing and ironing clothes 10.2 Explain the procedures in operating tools and equipment 10.3 Perform laundry 10.4 Iron clothes, linens and fabrics 10.5 Perform after care activities of materials and equipment	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstration questioning</li> </ul>
11. Prepare hot and cold meals	11.1 Explain the procedures in preparing hot and cold meals 11.2 Prepare hot and cold meals 11.3 Prepare appetizers, sauces, dressings and garnishes 11.4 Cook meals and dishes according to recipe/ dietary requirements 11.5 Set table and serve cooked dishes 11.6 Perform after care activities of materials and equipment 11.7 Demonstrate personal good grooming and hygiene 11.8 Demonstrate clear and effective communication on the job. 11.9 Maintain professionalism at the workplace	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstration questioning</li> </ul>