

**K to 12 BASIC EDUCATION CURRICULUM
 JUNIOR HIGH SCHOOL TECHNOLOGY AND LIVELIHOOD EDUCATION AND SENIOR HIGH SCHOOL TECHNICAL-VOCATIONAL LIVELIHOOD TRACK
 HOME ECONOMICS – WELLNESS MASSAGE**

These are the list of specializations and their pre-requisites.

	Specialization	Number of Hours	Pre-requisite
1.	Animal Production (NC II)	480 hours	
2.	Aquaculture (NC II)	320 hours	
3.	Artificial Insemination (Ruminants) (NC II)	160 hours	Animal Production
4.	Artificial Insemination (Swine) (NC II)	160 hours	Animal Production
5.	Crop Production (NC I)	320 hours	
6.	Fish Nursery Operation (NC II)	160 hours	
7.	Fish or Shrimp Grow Out Operation (Non NC)	160 hours	Aquaculture
8.	Fish Wharf Operation (NC I)	160 hours	Fish or Shrimp Grow Out Operation
9.	Food (Fish) Processing (NC II)	640 hours	
10.	Horticulture (NC II)	640 hours	
11.	Landscape Installation and Maintenance (NC II)	320 hours	Crop Production
12.	Organic Agriculture (NC II)	320 hours	Crop Production
13.	Pest Management (NC II)	320 hours	Crop Production
14.	Rice Machinery Operation (NC II)	320 hours	Crop Production
15.	Slaughtering Operation (NC II)	160 hours	Animal Production
1.	Beauty/Nail Care (NC II)	160 hours	40 hours of the subject during exploratory Grade 7/8
2.	Attractions and Theme Parks (NC II)	160 hours	
3.	Bread and Pastry Production (NC II)	160 hours	
4.	Caregiving (NC II)	640 hours	40 hours of the subject during exploratory Grade 7/8
5.	Cookery (NC II)	320 hours	40 hours of the subject during exploratory Grade 7/8
6.	Dressmaking (NC II)	320 hours	
7.	Food and Beverage Services (NC II)	160 hours	
8.	Front Office Services (NC II)	160 hours	40 hours of the subject during exploratory Grade 7/8
9.	Hairdressing (NC II)	320 hours	
10.	Handicraft (Basketry, Macrame) (Non-NC)	160 hours	
11.	Handicraft (Fashion Accessories, Paper Craft) (Non-NC)	160 hours	
12.	Handicraft (Needlecraft) (Non-NC)	160 hours	
13.	Handicraft (Woodcraft, Leathercraft) (Non-NC)	160 hours	
14.	Household Services (NC II)	320 hours	40 hours of the subject during exploratory Grade 7/8
15.	Housekeeping (NC II)	160 hours	
16.	Tailoring (NC II)	320 hours	40 hours of the subject during exploratory Grade 7/8
17.	Tour Guiding Services (NC II)	160 hours	
18.	Tourism Promotion Services (NC II)	160 hours	
19.	Travel Services (NC II)	160 hours	
20.	Wellness Massage (NC II)	160 hours	

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	Specialization	Number of Hours	Pre-requisite
1.	Computer Hardware Servicing (NC II)	320 hours	
2.	Animation (NC II)	320 hours	
3.	Computer Programming (NC IV)	320 hours	
4.	Contact Center Services (NC II)	320 hours	
5.	Illustration (NC II)	320 hours	
6.	Medical Transcription (NC II)	320 hours	
7.	Technical Drafting (NC II)	320 hours	
ICT			
1.	Automotive Servicing (NC I)	640 hours	
2.	Carpentry (NC II)	640 hours	
3.	Consumer Electronics Servicing (NC II)	640 hours	
4.	Electrical Installation and Maintenance (NC II)	640 hours	
5.	Masonry (NC II)	320 hours	
6.	Plumbing (NC I)	320 hours	
7.	Plumbing (NC II)	320 hours	Plumbing (NC I)
8.	Refrigeration and Airconditioning Servicing (NC II)	640 hours	
9.	Shielded Metal Arc Welding (NC I)	320 hours	
10.	Shielded Metal Arc Welding (NC II)	320 hours	Shielded Metal Arc Welding (NC I)
11.	Tile Setting (NC II)	320 hours	
INDUSTRIAL ARTS			

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HOME ECONOMICS – WELLNESS MESSAGE
(160 hours)

Course Description:

This curriculum guide on **Wellness Massage** leads to National Certificate Level II (NCII). This course is designed for a high school student ought to develop knowledge, skills, and attitude to perform the tasks on Wellness Massage service. It covers core competencies namely: (1) plan the wellness massage program of client/s; (2) provide preliminary services to client/s; (3) apply wellness massage techniques; and (4) provide advice on post-wellness massage services.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
Introduction 1. Core concepts in Wellness Massage 2. Relevance of the course 3. Career opportunities	The learner demonstrates understanding of concepts and underlying principles in WELLNESS MESSAGE	The learner independently demonstrates competencies in WELLNESS MESSAGE as prescribed in the TESDA Training Regulation.	1. Explain basic concepts in wellness massage 2. Discuss the relevance of the course 3. Explore on opportunities for wellness massage as a career	
PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs (PC)				
1. Assessment of Personal Competencies and Skills (PECs) visà-vis practicing entrepreneur/employee in a province. 1.1. Characteristics 1.2. Lifestyle 1.3. Skills 1.4. Traits 2. Analysis of PECs in relation to a practitioner 3. Application of PECs to the chosen business/career	The learner demonstrates understanding of one's PECs in Wellness Massage.	The learner independently creates a plan of action that strengthens/ further develops one's PECs in Wellness Massage.	LO 1. Develop and strengthen PECs needed in Wellness Massage 1.1 Identify areas for improvement, development and growth 1.2 Align one's PECs according to his/her business/career choice 1.3 Create a plan of action that ensures success of his/her business/career choice	TLE_PECs9-12-I0-1
ENVIRONMENT AND MARKET (EM)				
1. Product Development 2. Key concepts of developing a product 3. Finding Value 4. Innovation 4.1. Unique Selling Proposition (USP)	The learner demonstrates understanding of environment and market in Wellness Massage in one's town/municipality.	The learner independently creates a business vicinity map reflective of potential Wellness Massage market within the locality/town.	LO 1. Develop a product/ service in Wellness Massage 1.1 Identify what is of "Value" to the customer 1.2 Identify potential customer 1.3 Explain what makes a product	TLE_EM9-12-I0-2

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			unique and competitive 1.4 Apply creativity and Innovative techniques to develop marketable product 1.5 Employ a Unique Selling Proposition (USP) to the product/service	
5. Selecting Business Idea 6. Key concepts of Selecting a Business Idea 6.1. Criteria 6.2. Techniques			LO 2. Select a business idea based on the criteria and techniques set 2.1. Enumerate various criteria and steps in selecting a business idea 2.2. Apply the criteria/steps in selecting a viable business idea 2.3. Determine a business idea based on the criteria/techniques set	TLE_EM9-12-I0-3
7. Branding			LO 3. Develop a brand for the product 3.1. Identify the benefits of having a good brand 3.2. Enumerate recognizable brands in the town/province 3.3. Enumerate the criteria in developing a brand 3.4. Generate unique product brand	TLE_EM9-12-I0-4
QUARTER I				
Lesson 1- PLAN THE WELLNESS PROGRAM OF CLIENT/S (WP)				
1. Identify vital information of the client 2. Relevant information of the Client/s 2.1. Health History 2.2. Contra-indications 2.3. Inter/Intra Personal Relationship 2.4. Information Gathering 2.5. Standard Operating Procedures (SOP) 3. Explain wellness massage 3.1. History and development 3.2. Massage Framework	The learner demonstrates understanding the skills and knowledge required to consult with client/s and select and sequence a range of wellness massage techniques as a program.	The learner independently recognizes core competencies.	LO1. Assess/Interview client 1.1 Identify vital information of the client 1.2 Explain wellness massage services and products 1.3 Explain the philosophy and science of wellness massage 1.4 Discuss the health and healing concept of wellness massage 1.5 Discuss the concept of wellness 1.6 Confirm wellness massage	TLE_HEWM9-12WP-Ia-j-1

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
<p>(Philosophy and Science) 3.3.Philosophy of wellness message 3.4.Universal Laws and Natural Laws</p> <p>4. Health concepts 4.1.Harmony of the three faculties (mind, body, emotion) 4.2.Balance of Four Elements (fire, water, air, earth)</p> <p>5. Healing concepts 5.1.valuing process "pagpapahalaga" 5.2.balancing of the four elements thru the following healing modalities a. Herbal Massage b. Traditional Massage</p> <p>6. Wellness message techniques</p> <p>7. Explain the wellness message services and products 7.1.Wellness message services and products 7.2.Pre-wellness message and post-wellness message services and products</p> <p>8. Confirm wellness program 8.1.Wellness message programs variations 8.2.Client's need assessment 8.3.Client's records and documents preparation 8.4.Workplace policies and procedures</p>			<p>program</p> <p>1.7 Update the clients records and documents</p> <p>1.8 Evaluate the client satisfaction</p> <p>1.9 Check workplace qualities and procedure</p> <p>1.10 Confirm wellness message program</p> <p>1.11 Update the clients records and documents</p> <p>1.12 Evaluate the clients satisfaction</p> <p>1.13 Check workplace policies and procedures</p>	
QUARTER II				

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
Lesson 2 - PROVIDE PRE-SERVICE TO WELLNESS MESSAGE CLIENT/S (WC)				
<ol style="list-style-type: none"> 1. Schedule clients <ol style="list-style-type: none"> 1.1. Communication Skill 1.2. Telephone etiquette 1.3. Listening Skills 1.4. Non-verbal communication 1.5. Preparation of Appointment schedule 2. Conduct preliminary services to clients <ol style="list-style-type: none"> 2.1. Effective Customer Service 2.2. Workplace policies and procedures 2.3. Record Keeping 2.4. Preliminary Service Procedures 2.5. Wellness massage products, services and programs 			LO1. Provide pre-services to clients <ol style="list-style-type: none"> 1.1 Schedule clients 1.2 Conduct preliminary services to clients <ol style="list-style-type: none"> 1.2.1 Scheduling 1.2.2 Communication 1.3 Observance of good interpersonal relationship 1.4 Emphasis on standards of policies and procedure 1.5 Accuracy of keeping/updating clients record 1.6 Appropriate use of wellness massage products 1.7 Evaluate the clients satisfaction 	TLE_HEWM9-12WC-IIa-j -2
QUARTER III				
Lesson 3 - APPLY WELLNESS MESSAGE TECHNIQUES (WT)				
<ol style="list-style-type: none"> 1. Prepare client self for wellness massage <ol style="list-style-type: none"> 1.1. Relevant Laws and Workplace policies and procedures 1.2. Application of Proper Draping 1.3. Preparation of wellness massage products, furnishings and paraphernalia 1.4. Preparing Client for the wellness massage program 2. Prepare client for wellness massage session <ol style="list-style-type: none"> 2.1. Personal hygiene practices 2.2. Pre-wellness massage procedure 2.3. Standard operating procedures 3. Perform wellness massage techniques <ol style="list-style-type: none"> 3.1. Hygiene and Infection Control 	Prepare client for wellness massage		LO1. Apply wellness massage techniques <ol style="list-style-type: none"> 1.1 Observe health and safety procedures in wellness massage 1.2 Prepare hygiene practices pre-wellness 1.3 Prepare clients for wellness massage techniques, methods ,massage pressure areas ,duration ,directions and strokes 1.4 Perform wellness massage technique 1.5 Perform self assessment for wellness massage session 1.6 Perform the pre-massage operation through hands and fingers 1.7 Observe policies and standards 	TLE_HEWM9-12WT-IIIa-j -3

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
Practices 3.2. Methods of Scanning 3.3. Wellness massage techniques a. Methods in locating the imbalances in the body b. Massage Pressure Areas c. Strokes d. long deep stroke (Hagod) e. short light stroke (Haplos) f. one finger press (Pindot) g. two or more finger press (Pisil) h. grasping (Piga) – optional 4. Customized Amount of Pressure Applied 5. Duration of Application of Pressure 6. Direction of Massage 6.1. Generally towards the heart 6.2. hot part of the body to cold (thermal flow) 6.3. towards the lesser lumps 7. Pre-massage procedure 8. Use of hands and fingers as medium based on massage area/body part, duration, frequency, rhythm, and amount of pressure 9. Workplace Standard Operating Procedure 10. Client Responses			of the workplace 1.8 Assist the clients satisfactory response	
QUARTER IV Lesson 4 - Post-advice and Post-services to Clients (AS)				
1. Perform aftercare service A. After Care Service Workplace policies and procedures B. Monitoring Clients			LO1. Provide advice on post wellness massage services 1.1 Perform after care service 1.2 Identify and explain the products	TLE_HEWM9-12AS-IVa-j-4

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
<ul style="list-style-type: none"> C. Aftercare products D. Aftercare services E. Rebooking Clients 2. Identify and explain the products <ul style="list-style-type: none"> A. Wellness massage products B. Workplace procedures C. Recommending Products to Client 3. Enumerate and explain other services <ul style="list-style-type: none"> A. Product Benefits B. Other Product Comparisons 			<ul style="list-style-type: none"> 1.3 Enumerate and explain other services 1.4 Suggest quality and acceptable massage products 	

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GLOSSARY

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 HOME ECONOMICS – WELLNESS MESSAGE
 CODE BOOK LEGEND**

Sample: TLE_HEWM9-12WP-Ia-j-1

LEGEND		SAMPLE	
First Entry	Learning Area and Strand/ Subject or Specialization	Technology and Livelihood Education_Home Economics Wellness Massage	TLE_HE WM 9-12
	Grade Level	Grade 9/10/11/12	
Uppercase Letter/s	Domain/Content/ Component/ Topic	Plan The Wellness Program Of Client/s	WP
			-
Roman Numeral <i>*Zero if no specific quarter</i>	Quarter	First Quarter	I
Lowercase Letter/s <i>*Put a hyphen (-) in between letters to indicate more than a specific week</i>	Week	Week One to Ten	a-j
			-
Arabic Number	Competency	Assess/Interview client	1

DOMAIN/ COMPONENT	CODE
Personal Entrepreneurial Competencies	PECS
Environment and Market	EM
Plan The Wellness Program Of Client/s	WP
Provide Pre-Service To Wellness Massage Client/S	WC
Apply Wellness Massage Techniques	WT
Post-advice and Post-services to Clients	AS

Technology-Livelihood Education and Technical-Vocational Track specializations may be taken between Grades 9 to 12.

Schools may offer specializations from the four strands as long as the minimum number of hours for each specialization is met.

Please refer to the sample Curriculum Map on the next page for the number of semesters per Home Economics specialization and those that have pre-requisites. Curriculum Maps may be modified according to specializations offered by a school.

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 SAMPLE HOME ECONOMICS CURRICULUM MAP**

No.	Grade 7/8	Grade 9	Grade 10	Grade 11	Grade 12	
1	EXPLORATORY	*Beauty/Nail Care (NC II) 2 sems	Wellness Massage (NC II) 2 sems		Hairdressing (NC II) 4 sems	
2						
3						
4			*Caregiving (NC II)			8 sems
5			*Dressmaking (NC II) 4 sems		Tailoring (NC II)	4 sems
6						
7			*Front Office Services (NC II) 2 sems	Travel Services (NC II) 2 sems	Tour Guiding Services (NC II) 2 sems	Tourism Promotion Services (NC II) 2 sems
8						
9						
10						
11			*Cookery (NC II) 4 sems		Bread and Pastry Production (NC II) 2 sems	Food and Beverage Services (NC II) 2 sems
12						
13						
14			*Household Services (NC II) 4 sems		Housekeeping (NC II) 2 sems	Attractions and Theme Parks (NC II) 2 sems
15						
16						
17			Handicraft (Non-NC) Needlecraft 2 sems	Handicraft (Non-NC) Fashion Accessories, Paper Craft 2 sems	Handicraft (Non-NC) Basketry, Macrame 2 sems	Handicraft (Non-NC) Woodcraft, Leathercraft 2 sems

* Students cannot take a specialization if they have not taken 40 hours of the subject in Grades 7 or 8.