

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

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

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

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		<b>Specialization</b>	<b>Number of Hours</b>	<b>Pre-requisite</b>
1.	<b>ICT</b>	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	
1.	<b>INDUSTRIAL ARTS</b>	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	

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**HOME ECONOMICS – WELLNESS MESSAGE**  
(160 hours)

**Course Description:**

This curriculum guide on **Wellness Message** 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 Message service. It covers core competencies namely: (1) plan the wellness message program of client/s; (2) provide preliminary services to client/s; (3) apply wellness message techniques; and (4) provide advice on post-wellness message services.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
<b>Introduction</b> 1. Core concepts in Wellness Message 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 message 2. Discuss the relevance of the course 3. Explore on opportunities for wellness message as a career	
<b>PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs (PC)</b>				
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 Message.	The learner independently creates a plan of action that strengthens/ further develops one's PECs in Wellness Message.	<b>LO 1. Develop and strengthen PECs needed in Wellness Message</b> 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	<b>TLE_PECs9-12-I0-1</b>
<b>ENVIRONMENT AND MARKET (EM)</b>				
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 Message in one's town/municipality.	The learner independently creates a business vicinity map reflective of potential Wellness Message market within the locality/town.	<b>LO 1. Develop a product/ service in Wellness Message</b> 1.1 Identify what is of "Value" to the customer 1.2 Identify potential customer 1.3 Explain what makes a product	<b>TLE_EM9-12-I0-2</b>

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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			<b>LO 2. Select a business idea based on the criteria and techniques set</b> 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	<b>TLE_EM9-12-I0-3</b>
7. Branding			<b>LO 3. Develop a brand for the product</b> 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	<b>TLE_EM9-12-I0-4</b>
<b>QUARTER I</b> <b>Lesson 1- PLAN THE WELLNESS PROGRAM OF CLIENT/S (WP)</b>				
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 message 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.	<b>LO1. Assess/Interview client</b> 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 message	<b>TLE_HEWM9-12WP-Ia-j-1</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
(Philosophy and Science) 3.3. Philosophy of wellness massage 3.4. Universal Laws and Natural Laws 4. Health concepts 4.1. Harmony of the three faculties (mind, body, emotion) 4.2. Balance of Four Elements (fire, water, air, earth) 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 6. Wellness massage techniques 7. Explain the wellness massage services and products 7.1. Wellness massage services and products 7.2. Pre-wellness massage and post-wellness massage services and products 8. Confirm wellness program 8.1. Wellness massage programs variations 8.2. Client’s need assessment 8.3. Client’s records and documents preparation 8.4. Workplace policies and procedures			program 1.7 Update the clients records and documents 1.8 Evaluate the client satisfaction 1.9 Check workplace qualities and procedure 1.10 Confirm wellness massage program 1.11 Update the clients records and documents 1.12 Evaluate the clients satisfaction 1.13 Check workplace policies and procedures	
<b>QUARTER II</b>				

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
<b>Lesson 2 - PROVIDE PRE-SERVICE TO WELLNESS MESSAGE CLIENT/S (WC)</b>				
1. Schedule clients 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 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			<b>LO1. Provide pre-services to clients</b> 1.1 Schedule clients 1.2 Conduct preliminary services to clients 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	<b>TLE_HEWM9-12WC-IIa-j -2</b>
<b>QUARTER III</b>				
<b>Lesson 3 - APPLY WELLNESS MESSAGE TECHNIQUES (WT)</b>				
1. Prepare client self for wellness massage 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 2.1.Personal hygiene practices 2.2.Pre-wellness massage procedure 2.3.Standard operating procedures 3. Perform wellness massage techniques 3.1.Hygiene and Infection Control	Prepare client for wellness massage		<b>LO1. Apply wellness massage techniques</b> 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	<b>TLE_HEWM9-12WT-IIIa-j -3</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
Practices 3.2. Methods of Scanning 3.3. Wellness massage techniques <ul style="list-style-type: none"> <li>a. Methods in locating the imbalances in the body</li> <li>b. Massage Pressure Areas</li> <li>c. Strokes</li> <li>d. long deep stroke (Hagod)</li> <li>e. short light stroke (Haplos)</li> <li>f. one finger press (Pindot)</li> <li>g. two or more finger press (Pisil)</li> <li>h. grasping (Piga) – optional</li> </ul> 4. Customized Amount of Pressure Applied 5. Duration of Application of Pressure 6. Direction of Massage <ul style="list-style-type: none"> <li>6.1. Generally towards the heart</li> <li>6.2. hot part of the body to cold (thermal flow)</li> <li>6.3. towards the lesser lumps</li> </ul> 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	
<b>QUARTER IV</b> <b>Lesson 4 - Post-advice and Post-services to Clients (AS)</b>				
1. Perform aftercare service <ul style="list-style-type: none"> <li>A. After Care Service Workplace policies and procedures</li> <li>B. Monitoring Clients</li> </ul>			<b>LO1. Provide advice on post wellness massage services</b> 1.1 Perform after care service 1.2 Identify and explain the products	<b>TLE_HEWM9-12AS-IVa-j-4</b>

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

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**GLOSSARY**

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**CODE BOOK LEGEND**

**Sample: TLE\_HEWM9-12WP-Ia-j-1**

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

DOMAIN/ COMPONENT	CODE
Personal Entrepreneurial Competencies	PECS
Environment and Market	EM
Plan The Wellness Program Of Client/s	WP
Provide Pre-Service To Wellness Message Client/S	WC
Apply Wellness Message 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)	Wellness Massage (NC II)		Hairdressing (NC II)		
2										
3					2 sems	2 sems		4 sems		
4						*Caregiving (NC II)				8 sems
5						*Dressmaking (NC II)	4 sems		Tailoring (NC II)	4 sems
6										
7						*Front Office Services (NC II)	Travel Services (NC II)	Tour Guiding Services (NC II)	Tourism Promotion Services (NC II)	
8										
9						2 sems	2 sems	2 sems	2 sems	
10										
11						*Cookery (NC II)		Bread and Pastry Production (NC II)	Food and Beverage Services (NC II)	
12							4 sems	2 sems	2 sems	
13										
14						*Household Services (NC II)		Housekeeping (NC II)	Attractions and Theme Parks (NC II)	
15							4 sems	2 sems	2 sems	
16										
17		Handicraft (Non-NC) Needlecraft	Handicraft (Non-NC) Fashion Accessories, Paper Craft	Handicraft (Non-NC) Basketry, Macrame	Handicraft (Non-NC) Woodcraft, Leathercraft					
		2 sems	2 sems	2 sems	2 sems					

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