

**K to 12 BASIC EDUCATION CURRICULUM
TECHNOLOGY AND LIVELIHOOD EDUCATION
HOME ECONOMICS – WELLNESS MESSAGE
Grade 10 (Specialization)**

Course Description:

This curriculum guide on **Wellness Message** leads to National Certificate Level II (NCII). This course is designed for a **Grade 10** 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 message 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 message 2. Discuss the relevance of the course 3. Explore on opportunities for wellness message as a career	
PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs (PC)				
1. Assessment of Personal Competencies and Skills (PECs) vis-à-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_PECs10-Ik-1
ENVIRONMENT AND MARKET (EM)				
1. Product Development 2. Key concepts of developing a product 3. Finding Value 4. Innovation	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	TLE_EM10-Ik-2

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
4.1. Unique Selling 4.2. Proposition (USP)			1.3 Explain what makes a product 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_EM10-Ik-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_EM10-Ik-4

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
QUARTER I Lesson 1- PLAN THE WELLNESS PROGRAM OF CLIENT/S (WP)				
<ol style="list-style-type: none"> 1. Identify vital information of the client 2. Relevant information of the Client/s <ol style="list-style-type: none"> 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 <ol style="list-style-type: none"> 3.1. History and development 3.2. Massage Framework (Philosophy and Science) 3.3. Philosophy of wellness massage 3.4. Universal Laws and Natural Laws 4. Health concepts <ol style="list-style-type: none"> 4.1. Harmony of the three faculties (mind, body, emotion) 4.2. Balance of Four Elements (fire, water, air, earth) 5. Healing concepts <ol style="list-style-type: none"> 5.1. valuing process "pagpapahalaga" 5.2. balancing of the four elements thru the following healing modalities <ol style="list-style-type: none"> a. Herbal Massage b. Traditional Massage 6. Wellness massage techniques 7. Explain the wellness massage services and products 	<p>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.</p>	<p>The learner independently recognizes core competencies.</p>	<p>LO1. Assess/Interview client</p> <ol style="list-style-type: none"> 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 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 	<p>TLE_HEWM10WP-Ia-j-1</p>

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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				
QUARTER II				
Lesson 2 - PROVIDE PRE-SERVICE TO WELLNESS MASSAGE CLIENT/S (WC)				
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			LO1. Provide pre-services to clients 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	TLE_HEWM10WC-IIa-j -2
QUARTER III				
Lesson 3 - APPLY WELLNESS MASSAGE TECHNIQUES (WT)				
1. Prepare client self for wellness massage 1.1. Relevant Laws and Workplace policies and procedures	Prepare client for wellness massage		LO1. Apply wellness massage techniques 1.1 Observe health and safety procedures in wellness massage	TLE_HEWM10WT-IIIa-j -3

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<ul style="list-style-type: none"> 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 <ul 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 <ul style="list-style-type: none"> 3.1. Hygiene and Infection Control Practices 3.2. Methods of Scanning 3.3. Wellness massage techniques <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 6.1. Generally towards the heart 6.2. hot part of the body to cold (thermal flow) 			<ul style="list-style-type: none"> 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 of the workplace 1.8 Assist the clients satisfactory response 	

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
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				
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 C. Aftercare products D. Aftercare services E. Rebooking Clients 2. Identify and explain the products A. Wellness massage products B. Workplace procedures C. Recommending Products to Client 3. Enumerate and explain other services A. Product Benefits B. Other Product Comparisons			LO1. Provide advice on post wellness massage services 1.1 Perform after care service 1.2 Identify and explain the products 1.3 Enumerate and explain other services 1.4 Suggest quality and acceptable massage products	TLE_HEWM10AS-IVa-j-4

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GLOSSARY**

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CODE BOOK LEGEND**

Sample: TLE_HEWM10WP-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 10
	Grade Level	Grade 10	
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