

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

(160 hours)

These are the specializations and their pre-requisites. These lists should be used as reference for curriculum maps.

**AGRI-FISHERY ARTS**

	<b>Specialization</b>	<b>Number of Hours</b>	<b>Pre-requisite</b>
1.	Agricultural Crops Production (NC I)	320 hours	
2.	Agricultural Crops Production (NC II) <i>updated based on TESDA Training Regulations published December 28, 2013</i>	640 hours	
3.	Agricultural Crops Production (NC III)	640 hours	Agricultural Crops Production (NC II)
4.	Animal Health Care Management (NC III)	320 hours	Animal Production (Poultry-Chicken) (NC II) or Animal Production (Ruminants) (NC II) or Animal Production (Swine) (NC II)
5.	Animal Production (Poultry-Chicken) (NC II) <i>updated based on TESDA Training Regulations published December 28, 2013</i>	320 hours	
6.	Animal Production (Large Ruminants) (NC II) <i>updated based on TESDA Training Regulations published December 28, 2013</i>	320 hours	
7.	Animal Production (Swine) (NC II) <i>updated based on TESDA Training Regulations published December 28, 2013</i>	320 hours	
8.	Aquaculture (NC II)	640 hours	
9.	Artificial Insemination (Large Ruminants) (NC II)	160 hours	Animal Production (Large Ruminants) (NC II)
10.	Artificial Insemination (Swine) (NC II)	160 hours	Animal Production (Swine) (NC II)
11.	Fish Capture (NC II)	640 hours	
12.	Fishing Gear Repair and Maintenance (NC III)	320 hours	
13.	Fish-Products Packaging (NC II)	320 hours	
14.	Fish Wharf Operation (NC I)	160 hours	
15.	Food Processing (NC II)	640 hours	
16.	Horticulture (NC III)	640 hours	Agricultural Crops Production (NC II)
17.	Landscape Installation and Maintenance (NC II)	320 hours	
18.	Organic Agriculture (NC II)	320 hours	
19.	Pest Management (NC II)	320 hours	
20.	Rice Machinery Operations (NC II)	320 hours	
21.	Rubber Processing (NC II)	320 hours	
22.	Rubber Production (NC II)	320 hours	
23.	Slaughtering Operations (Hog/Swine/Pig) (NC II)	160 hours	

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**HOME ECONOMICS**

	<b>Specialization</b>	<b>Number of Hours</b>	<b>Pre-requisite</b>
1.	Attractions and Theme Parks Operations with Ecotourism (NC II)	160 hours	
2.	Barbering (NC II)	320 hours	
3.	Bartending (NC II)	320 hours	
4.	Beauty/Nail Care (NC II)	160 hours	
5.	Bread and Pastry Production (NC II)	160 hours	
6.	Caregiving (NC II)	640 hours	
7.	Commercial Cooking (NC III)	320 hours	Cookery (NC II)
8.	Cookery (NC II)	320 hours	
9.	Dressmaking (NC II)	320 hours	
10.	Events Management Services (NC III)	320 hours	
11.	Fashion Design (Apparel) (NC III)	640 hours	Dressmaking (NC II) or Tailoring (NC II)
12.	Food and Beverage Services (NC II) <i>updated based on TESDA Training Regulations published December 28, 2013</i>	160 hours	
13.	Front Office Services (NC II)	160 hours	
14.	Hairdressing (NC II)	320 hours	
15.	Hairdressing (NC III)	640 hours	Hairdressing (NC II)
16.	Handicraft (Basketry, Macrame) (Non-NC)	160 hours	
17.	Handicraft (Fashion Accessories, Paper Craft) (Non-NC)	160 hours	
18.	Handicraft (Needlecraft) (Non-NC)	160 hours	
19.	Handicraft (Woodcraft, Leathercraft) (Non-NC)	160 hours	
20.	Housekeeping (NC II) <i>updated based on TESDA Training Regulations published December 28, 2013</i>	160 hours	
21.	Local Guiding Services (NC II)	160 hours	
22.	Tailoring (NC II)	320 hours	
23.	Tourism Promotion Services (NC II)	160 hours	
24.	Travel Services (NC II)	160 hours	
25.	Wellness Massage (NC II)	160 hours	

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**INDUSTRIAL ARTS**

	<b>Specialization</b>	<b>Number of Hours</b>	<b>Pre-requisite</b>
1.	Automotive Servicing (NC I) <i>updated based on TESDA Training Regulations published December 28, 2013</i>	640 hours	
2.	Automotive Servicing (NC II)	640 hours	Automotive Servicing (NC I)
3.	Carpentry (NC II)	640 hours	
4.	Carpentry (NC III)	320 hours	Carpentry (NC II)
5.	Construction Painting (NC II)	160 hours	
6.	Domestic Refrigeration and Air-conditioning (DOMRAC) Servicing (NC II)	640 hours	
7.	Driving (NC II)	160 hours	
8.	Electrical Installation and Maintenance (NC II)	640 hours	
9.	Electric Power Distribution Line Construction (NC II)	320 hours	Electrical Installation and Maintenance (NC II)
10.	Electronic Products Assembly and Servicing (NC II) <i>updated based on TESDA Training Regulations published December 28, 2013</i>	640 hours	
11.	Furniture Making (Finishing) (NC II)	640 hours	
12.	Instrumentation and Control Servicing (NC II)	320 hours	Electronic Products Assembly and Servicing (EPAS) (NC II)
13.	Gas Metal Arc Welding (GMAW) (NC II)	320 hours	Shielded Metal Arc Welding (SMAW) (NC II)
14.	Gas Tungsten Arc Welding (GTAW) (NC II)	320 hours	Shielded Metal Arc Welding (GMAW) (NC II)
15.	Machining (NC I)	640 hours	
16.	Machining (NC II)	640 hours	Machining (NC I)
17.	Masonry (NC II)	320 hours	
18.	Mechatronics Servicing (NC II)	320 hours	Electronic Products Assembly and Servicing (EPAS) (NC II)
19.	Motorcycle/Small Engine Servicing (NC II)	320 hours	
20.	Plumbing (NC I)	320 hours	
21.	Plumbing (NC II)	320 hours	Plumbing (NC I)
22.	Refrigeration and Air-Conditioning (Packaged Air-Conditioning Unit [PACU]/Commercial Refrigeration Equipment [CRE]) Servicing (NC III)	640 hours	Domestic Refrigeration and Air-conditioning (DOMRAC) Servicing (NC II)
23.	Shielded Metal Arc Welding (NC I)	320 hours	
24.	Shielded Metal Arc Welding (NC II)	320 hours	Shielded Metal Arc Welding (NC I)
25.	Tile Setting (NC II)	320 hours	
26.	Transmission Line Installation and Maintenance (NC II)	640 hours	Electrical Installation and Maintenance (NC II)

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**INFORMATION, COMMUNICATIONS AND TECHNOLOGY (ICT)**

	<b>Specialization</b>	<b>Number of Hours</b>	<b>Pre-requisite</b>
1.	Animation (NC II)	320 hours	
2.	Broadband Installation (Fixed Wireless Systems) (NC II)	160 hours	Computer Systems Servicing (NC II)
3.	Computer Programming (.Net Technology) (NC III) <i>updated based on TESDA Training Regulations published December 28, 2013</i>	320 hours	
4.	Computer Programming (Java) (NC III) <i>updated based on TESDA Training Regulations published December 28, 2013</i>	320 hours	
5.	Computer Programming (Oracle Database) (NC III) <i>updated based on TESDA Training Regulations published December 28, 2013</i>	320 hours	
6.	Computer Systems Servicing (NC II) <i>updated based on TESDA Training Regulations published December 28, 2007</i>	640 hours	
7.	Contact Center Services (NC II)	320 hours	
8.	Illustration (NC II)	320 hours	
9.	Medical Transcription (NC II)	320 hours	
10.	Technical Drafting (NC II)	320 hours	
11.	Telecom OSP and Subscriber Line Installation (Copper Cable/POTS and DSL) (NC II)	320 hours	Computer Systems Servicing (NC II)
12.	Telecom OSP Installation (Fiber Optic Cable) (NC II)	160 hours	Computer Systems Servicing (NC II)

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(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 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	LEARNING MATERIALS
<b>Introduction</b> 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		
<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 Massage.	The learner independently creates a plan of action that strengthens/ further develops one's PECs in Wellness Massage.	<b>LO 1. Develop and strengthen PECs needed in Wellness Massage</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>	

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<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 Massage in one's town/municipality.	The learner independently creates a business vicinity map reflective of potential Wellness Massage market within the locality/town.	<b>LO 1. Develop a product/ service in Wellness Massage</b> 1.1 Identify what is of "Value" to the customer 1.2 Identify potential customer 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	<b>TLE_EM9-12-I0-2</b>	
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>	

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE	LEARNING MATERIALS
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 massage 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	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 massage program 1.7 Update the clients records and documents	<b>TLE_HEWM9-12WP-Ia-j-1</b>	

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE	LEARNING MATERIALS
<p>4. Health concepts</p> <p>4.1. Harmony of the three faculties (mind, body, emotion)</p> <p>4.2. Balance of Four Elements (fire, water, air, earth)</p> <p>5. Healing concepts</p> <p>5.1. valuing process “pagpapahalaga”</p> <p>5.2. balancing of the four elements thru the following healing modalities</p> <p>a. Herbal Massage</p> <p>b. Traditional Massage</p> <p>6. Wellness massage techniques</p> <p>7. Explain the wellness massage services and products</p> <p>7.1. Wellness massage services and products</p> <p>7.2. Pre-wellness massage and post- wellness massage services and products</p> <p>8. Confirm wellness program</p> <p>8.1. Wellness massage programs variations</p> <p>8.2. Client’s need assessment</p>			<p>1.8 Evaluate the client satisfaction</p> <p>1.9 Check workplace qualities and procedure</p> <p>1.10 Confirm wellness massage 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>		



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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE	LEARNING MATERIALS
8.3. Client's records and documents preparation 8.4. Workplace policies and procedures					
<b>QUARTER II</b>					
<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>	1. CBLM III Cosmetology. Module II. Lesson I.
<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	Prepare client for wellness massage		<b>LO1. Apply wellness massage techniques</b> 1.1 Observe health and safety procedures in wellness massage	<b>TLE_HEWM9-12WT-IIIa-j -3</b>	1. CBLM III Cosmetology. Module II. Lesson II.

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE	LEARNING MATERIALS
<ul style="list-style-type: none"> <li>1.2. Application of Proper Draping</li> <li>1.3. Preparation of wellness massage products, furnishings and paraphernalia</li> <li>1.4. Preparing Client for the wellness massage program</li> <li>2. Prepare client for wellness massage session               <ul style="list-style-type: none"> <li>2.1. Personal hygiene practices</li> <li>2.2. Pre-wellness massage procedure</li> <li>2.3. Standard operating procedures</li> </ul> </li> <li>3. Perform wellness massage techniques               <ul style="list-style-type: none"> <li>3.1. Hygiene and Infection Control Practices</li> <li>3.2. Methods of Scanning</li> <li>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> </ul> </li> </ul> </li> </ul>			<ul style="list-style-type: none"> <li>1.2 Prepare hygiene practices pre-wellness</li> <li>1.3 Prepare clients for wellness massage techniques, methods ,massage pressure areas ,duration ,directions and strokes</li> <li>1.4 Perform wellness massage technique</li> <li>1.5 Perform self assessment for wellness massage session</li> <li>1.6 Perform the pre-massage operation through hands and fingers</li> <li>1.7 Observe policies and standards of the workplace</li> <li>1.8 Assist the clients satisfactory response</li> </ul>		

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE	LEARNING MATERIALS
<ul style="list-style-type: none"> <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> <ul style="list-style-type: none"> <li>4. Customized Amount of Pressure Applied</li> <li>5. Duration of Application of Pressure</li> <li>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> </li> <li>7. Pre-massage procedure</li> <li>8. Use of hands and fingers as medium based on massage area/body part, duration, frequency, rhythm, and amount of pressure</li> <li>9. Workplace Standard Operating Procedure</li> <li>10. Client Responses</li> </ul>					

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE	LEARNING MATERIALS
<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> <li>C. Aftercare products</li> <li>D. Aftercare services</li> <li>E. Rebooking Clients</li> </ul> 2. Identify and explain the products <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> 3. Enumerate and explain other services <ul style="list-style-type: none"> <li>A. Product Benefits</li> <li>B. Other Product Comparisons</li> </ul>			<b>LO1. Provide advice on post wellness massage services</b> <ul style="list-style-type: none"> <li>1.1 Perform after care service</li> <li>1.2 Identify and explain the products</li> <li>1.3 Enumerate and explain other services</li> <li>1.4 Suggest quality and acceptable massage products</li> </ul>	<b>TLE_HEWM9-12AS-IVa-j-4</b>	1. CBLM III Cosmetology. Module II. Lesson III.

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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 Massage	<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>-</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>-</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 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\*\* (as of May 2016)**

GRADE 7/8 (EXPLORATORY)				GRADES 9-12			
<b>EXPLORATORY</b>		<b>Beauty/Nail Care (NC II)</b> <i>2 sems</i>	<b>Wellness Massage (NC II)</b> <i>2 sems</i>		<b>Hairdressing (NC II)</b> <i>4 sems</i>		
				<b>*Hairdressing (NC III)</b>			<i>8 sems</i>
		<b>Barbering (NC II)</b> <i>4 sems</i>					
		<b>Dressmaking (NC II)</b> <i>4 sems</i>		<b>Tailoring (NC II)</b> <i>4 sems</i>			
			<b>*Fashion Design (Apparel) (NC III)</b>			<i>8 sems</i>	
			<b>*Caregiving (NC II)</b>			<i>8 sems</i>	
		<b>Bartending (NC II)</b> <i>4 sems</i>		<b>Bread and Pastry Production (NC II)</b> <i>2 sems</i>	<b>Food and Beverage Services (NC II)<sup>+</sup></b> <small>updated based on TESDA Training Regulations published December 28, 2013</small> <i>2 sems</i>		
		<b>Cookery (NC II)</b> <i>4 sems</i>		<b>*Commercial Cooking (NC III)</b>			<i>4 sems</i>
		<b>Front Office Services (NC II)</b> <i>2 sems</i>	<b>Travel Services (NC II)</b> <i>2 sems</i>	<b>Local Guiding Services (NC II)</b> <i>2 sems</i>	<b>Tourism Promotion Services (NC II)</b> <i>2 sems</i>		
		<b>Housekeeping (NC II)<sup>+</sup></b> <small>updated based on TESDA Training Regulations published December 28, 2013</small> <i>2 sems</i>	<b>Attractions and Theme Parks (NC II)</b> <i>2 sems</i>	<b>Event Management Services (NC III)</b>			<i>4 sems</i>
		<b>Handicraft (Non-NC) Needlecraft</b> <i>2 sems</i>	<b>Handicraft (Non-NC) Fashion Accessories, Paper Craft</b> <i>2 sems</i>	<b>Handicraft (Non-NC) Basketry, Macrame</b> <i>2 sems</i>	<b>Handicraft (Non-NC) Woodcraft, Leathercraft</b> <i>2 sems</i>		
	<i>4 sems</i>		<i>2 sems</i>	<i>2 sems</i>	<i>2 sems</i>	<i>2 sems</i>	

\* Please note that these subjects have pre-requisites mentioned in the CG.

+ CG updated based on new Training Regulations of TESDA.

Other specializations with no pre-requisites may be taken up during these semesters.

**\*\*This is just a sample. Schools make their own curriculum maps considering the specializations to be offered. Subjects may be taken up at any point during Grades 9-12.**

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

**Reference:**

Technical Education and Skills Development Authority-Qualification Standards Office. *Training Regulations for Wellness Massage NC II*. Taguig City, Philippines: TESDA, 2013.