

LEVEL 1 - LMT TRAINING SYLLABUS Batch December 2025

July 7, 2025 - September 29, 2025

DATE	SCHEDULE	MODULE	TOPIC	INSTRUCTOR
July 7, 2025	Monday (12NN-1:00PM)	Introductions/Leveling of Expectations		Benjie Eugenio LMT, LET, MPA
July 8, 2025	Tuesday (12:00NN-1:00PM)	Diagnostic Test (Non-graded)/House Rules/Course Syllabus		Benjie Eugenio LMT, LET, MPA
July 9, 2025	Wednesday (12:00NN-1:00PM)	Fundamental Concepts of Massage (Module 3)	<i>Learning Objectives/ Definition of Terms</i>	Benjie Eugenio LMT, LET, MPA
July 10, 2025	Thursday (12:00NN-1:00PM)		History of Massage	Benjie Eugenio LMT, LET, MPA
July 11, 2025	Friday (12:00NN-1:00PM)		History of Massage	Benjie Eugenio LMT, LET, MPA
Saturday				
Sunday				
July 14, 2025	Monday (12:00NN-1:00PM)		Effects of Massage	Benjie Eugenio LMT, LET, MPA
July 15, 2025	Tuesday (12:00NN-1:00PM)		Physiological Effects of Massage	Benjie Eugenio LMT, LET, MPA
July 16, 2025	Wednesday (12:00NN-1:00PM)		Psychological Effects of Massage	Benjie Eugenio LMT, LET, MPA
July 17, 2025	Thursday (12:00NN-1:00PM)		Indications for Massage	Benjie Eugenio LMT, LET, MPA
July 18, 2025	Friday (12:00NN-1:00PM)		Indications for Massage	Benjie Eugenio LMT, LET, MPA
Saturday				
Sunday				
July 21, 2025	Monday (12:00NN-1:00PM)		Contraindications for Massage	Benjie Eugenio LMT, LET, MPA
July 22, 2025	Tuesday (12:00NN-1:00PM)		Contraindications for Massage	Benjie Eugenio LMT, LET, MPA
July 23, 2025	Wednesday (12:00NN-1:00PM)		Contraindications for Massage	Benjie Eugenio LMT, LET, MPA
July 24, 2025	Thursday (12:00NN-1:00PM)		Election of Class Officers/Official Batch Name	Benjie Eugenio LMT, LET, MPA

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DATE	SCHEDULE	MODULE	TOPIC	INSTRUCTOR
July 25, 2025	Friday (12:00NN-1:00PM)		Unit Test (20 Items)	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
July 28, 2025	Monday (12:00NN-1:00PM)	Massage Therapy Application (Module 4)	<i>Learning Objectives/ Definition of Terms</i>	Benjie Eugenio LMT, LET, MPA
July 29, 2025	Tuesday (12:00NN-1:00PM)		Pre-massage	Benjie Eugenio LMT, LET, MPA
July 30, 2025	Wednesday (12:00NN-1:00PM)		Massage Proper	Benjie Eugenio LMT, LET, MPA
July 31, 2025	Thursday (12:00NN-1:00PM)		Post massage	Benjie Eugenio LMT, LET, MPA
August 1, 2025	Friday (12:00NN-1:00PM)		Effleurage/ Petrissage	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
Aug 4, 2025	Monday (12:00NN-1:00PM)		Friction/ Tapotement	Benjie Eugenio LMT, LET, MPA
Aug 5, 2025	Tuesday (12:00NN-1:00PM)		Vibration	Benjie Eugenio LMT, LET, MPA
Aug 6, 2025	Wednesday (12:00NN-1:00PM)		Unit Test (20 Items)	Benjie Eugenio LMT, LET, MPA
Aug 7, 2025	Thursday (12:00NN-1:00PM)	Practice of Massage Therapy (Module 5)	Learning Objectives/ Definition of Terms	Benjie Eugenio LMT, LET, MPA
Aug 8, 2025	Friday (12:00NN-1:00PM)		Code of Ethics	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
Aug 11, 2025	Monday (12:00NN-1:00PM)	Practice of Massage Therapy (Module 5)	Duties toward the Client	Benjie Eugenio LMT, LET, MPA
Aug 12, 2025	Tuesday (12:00NN-1:00PM)		Duties toward the Profession	Benjie Eugenio LMT, LET, MPA

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Aug 13, 2025	Wednesday (12:00NN-1:00PM)		Duties towards Other Massage Therapists	Benjie Eugenio LMT, LET, MPA
Aug 14, 2025	Thursday (12:00NN-1:00PM)		Duties to Employers	Benjie Eugenio LMT, LET, MPA
Aug 15, 2025	Friday (12:00NN-1:00PM)		Duties towards Allied Profession	Benjie Eugenio LMT, LET, MPA
Saturday				
Sunday				
Aug 18, 2025	Monday (12:00NN-1:00PM)		Duties toward the Public	Benjie Eugenio LMT, LET, MPA
Aug 19, 2025	Tuesday (12:00NN-1:00PM)		PD 856, Code of Sanitation	Benjie Eugenio LMT, LET, MPA
Aug 20, 2025	Wednesday (12:00NN-1:00PM)		Administrative Order 2010-0034	Benjie Eugenio LMT, LET, MPA
Aug 21, 2025	Thursday (12:00NN-1:00PM)		Administrative Order 2010-0034	Benjie Eugenio LMT, LET, MPA
Aug 22, 2025	Friday (12:00NN-1:00PM)		Administrative Order 2010-0034	Benjie Eugenio LMT, LET, MPA
Saturday				
Sunday				
Aug 25, 2025	Monday (12:00NN-1:00PM)	Anatomy and Physiology (Module 1)	Unit Test (20 Items)	Benjie Eugenio LMT, LET, MPA
Aug 26, 2025	Tuesday (12:00NN-1:00PM)		<i>Learning Objectives/ Definition of Terms</i>	Benjie Eugenio LMT, LET, MPA
Aug 27, 2025	Wednesday (12:00NN-1:00PM)		Body Regions/ Body Positions	Benjie Eugenio LMT, LET, MPA
Aug 28, 2025	Thursday (12:00NN-1:00PM)		Skeletal/Muscular	Benjie Eugenio LMT, LET, MPA
Aug 29, 2025	Friday (12:00NN-1:00PM)		Integumentary/ Circulatory	Benjie Eugenio LMT, LET, MPA
Saturday				
Sunday				
Sept 1, 2025	Monday (12:00NN-1:00PM)		Lymphatic/ Nervous	Benjie Eugenio LMT, LET, MPA

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DATE	SCHEDULE	MODULE	TOPIC	INSTRUCTOR
Sept 2, 2025	Tuesday (12:00NN-1:00PM)		Respiratory/ Digestive	Benjie Eugenio LMT, LET, MPA
Sept 3, 2025	Wednesday (12:00NN-1:00PM)		Urinary/Endocrine	Benjie Eugenio LMT, LET, MPA
Sept 4, 2025	Thursday (12:00NN-1:00PM)		Unit Test (20 Items)	
Sept 5, 2025	Friday (12:00NN-1:00PM)	Basic Microbiology and Pathology (Module 2)	<i>Learning Objectives/ Definition of Terms</i>	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
Sept 8, 2025	Monday (12:00NN-1:00PM)		Common Microorganisms	Benjie Eugenio LMT, LET, MPA
Sept 9, 2025	Tuesday (12:00NN-1:00PM)		Infection Process/ Signs of Inflammation	Benjie Eugenio LMT, LET, MPA
Sept 10, 2025	Wednesday (12:00NN-1:00PM)		Pathology on Musculoskeletal System	Benjie Eugenio LMT, LET, MPA
Sept 11, 2025	Thursday (12:00NN-1:00PM)		Pathology on Musculoskeletal System	Benjie Eugenio LMT, LET, MPA
Sept 12, 2025	Friday (12:00NN-1:00PM)		Pathology on Integumentary System	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
Sept 15, 2025	Monday (12:00NN-1:00PM)		Pathology on Circulatory system	Benjie Eugenio LMT, LET, MPA
Sept 16, 2025	Tuesday (12:00NN-1:00PM)		Pathology on Nervous system	Benjie Eugenio LMT, LET, MPA
Sept 17, 2025	Wednesday (12:00NN-1:00PM)		Pathology on Endocrine System	Benjie Eugenio LMT, LET, MPA
Sept 18, 2025	Thursday (12:00NN-1:00PM)		Pathology on Excretory System	Benjie Eugenio LMT, LET, MPA

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DATE	SCHEDULE	MODULE	TOPIC	INSTRUCTOR
Sept 19, 2025	Friday (12:00NN-1:00PM)		Infection Control Program: Education/ Training/Exposure Prevention	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
Sept 22, 2025	Monday (12:00NN-1:00PM)		Infection Control Program: Disposal of Client Care Items/Records Management	Benjie Eugenio LMT, LET, MPA
Sept 23, 2025	Tuesday (12:00NN-1:00PM)		Infection Control Program: Disposal of Client Care Items/Records Management	Benjie Eugenio LMT, LET, MPA
Sept 24, 2025	Wednesday (12:00NN-1:00PM)		Unit Test (20 Items)	Benjie Eugenio LMT, LET, MPA
Sept 25, 2025	Thursday (12:00NN-1:00PM)	Final Written Exam		
Sept 26, 2025	Friday (12:00NN-1:00PM)	Deadline for Submission of Oral/Practical Requirement		
	Saturday			
	Sunday			
Sept 29, 2025	Release of Exam Results/Graduation			

**Schedule is subject to change without prior notice.*

Prepared by:

CPT BENJAMIN B. EUGENIO JR, LMT, MPA, PA (RES)

President