

## LEVEL 1 - LMT TRAINING SYLLABUS Batch June 2026

January 5, 2026- Mar 30, 2026

DATE	SCHEDULE	MODULE	TOPIC	INSTRUCTOR
Jan 5, 2026	Monday (12NN-1:00PM)	Introductions/Leveling of Expectations		Benjie Eugenio LMT, LET, MPA
Jan 6, 2026	Tuesday (12:00NN-1:00PM)	Diagnostic Test (Non-graded)/House Rules/Course Syllabus		Benjie Eugenio LMT, LET, MPA
Jan 7, 2026	Wednesday (12:00NN-1:00PM)	Fundamental Concepts of Massage (Module 3)	<i>Learning Objectives/ Definition of Terms</i>	Benjie Eugenio LMT, LET, MPA
Jan 8, 2026	Thursday (12:00NN-1:00PM)		History of Massage	Benjie Eugenio LMT, LET, MPA
Jan 9, 2026	Friday (12:00NN-1:00PM)		History of Massage	Benjie Eugenio LMT, LET, MPA
<b>Saturday</b>				
<b>Sunday</b>				
Jan 12, 2026	Monday (12:00NN-1:00PM)		Effects of Massage	Benjie Eugenio LMT, LET, MPA
Jan 13, 2026	Tuesday (12:00NN-1:00PM)		Physiological Effects of Massage	Benjie Eugenio LMT, LET, MPA
Jan 14, 2026	Wednesday (12:00NN-1:00PM)		Psychological Effects of Massage	Benjie Eugenio LMT, LET, MPA
Jan 15, 2026	Thursday (12:00NN-1:00PM)		Indications for Massage	Benjie Eugenio LMT, LET, MPA
Jan 16, 2026	Friday (12:00NN-1:00PM)		Indications for Massage	Benjie Eugenio LMT, LET, MPA
<b>Saturday</b>				
<b>Sunday</b>				
Jan 19, 2026	Monday (12:00NN-1:00PM)		Contraindications for Massage	Benjie Eugenio LMT, LET, MPA
Jan 20, 2026	Tuesday (12:00NN-1:00PM)		Contraindications for Massage	Benjie Eugenio LMT, LET, MPA
Jan 21, 2026	Wednesday (12:00NN-1:00PM)		Contraindications for Massage	Benjie Eugenio LMT, LET, MPA
Jan 22, 2026	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
Jan 23, 2026	Friday (12:00NN-1:00PM)		Unit Test (20 Items)	Benjie Eugenio LMT, LET, MPA
	<b>Saturday</b>			
	<b>Sunday</b>			
Jan 26, 2026	Monday (12:00NN-1:00PM)	<b>Massage Therapy Application (Module 4)</b>	<i>Learning Objectives/ Definition of Terms</i>	Benjie Eugenio LMT, LET, MPA
Jan 27, 2026	Tuesday (12:00NN-1:00PM)		Pre-massage	Benjie Eugenio LMT, LET, MPA
Jan 28, 2026	Wednesday (12:00NN-1:00PM)		Massage Proper	Benjie Eugenio LMT, LET, MPA
Jan 29, 2026	Thursday (12:00NN-1:00PM)		Post massage	Benjie Eugenio LMT, LET, MPA
Jan 30, 2026	Friday (12:00NN-1:00PM)		Effleurage/ Petrissage	Benjie Eugenio LMT, LET, MPA
	<b>Saturday</b>			
	<b>Sunday</b>			
Feb 2, 2026	Monday (12:00NN-1:00PM)		Friction/ Tapotement	Benjie Eugenio LMT, LET, MPA
Feb 3, 2026	Tuesday (12:00NN-1:00PM)		Vibration	Benjie Eugenio LMT, LET, MPA
Feb 4, 2026	Wednesday (12:00NN-1:00PM)		Unit Test (20 Items)	Benjie Eugenio LMT, LET, MPA
Feb 5, 2026	Thursday (12:00NN-1:00PM)	<b>Practice of Massage Therapy (Module 5)</b>	Learning Objectives/ Definition of Terms	Benjie Eugenio LMT, LET, MPA
Feb 6, 2026	Friday (12:00NN-1:00PM)		Code of Ethics	Benjie Eugenio LMT, LET, MPA
	<b>Saturday</b>			
	<b>Sunday</b>			
Feb 9, 2026	Monday (12:00NN-1:00PM)	<b>Practice of Massage Therapy (Module 5)</b>	Duties toward the Client	Benjie Eugenio LMT, LET, MPA
Feb 10, 2026	Tuesday (12:00NN-1:00PM)		Duties toward the Profession	Benjie Eugenio LMT, LET, MPA

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DATE	SCHEDULE	MODULE	TOPIC	INSTRUCTOR
Feb 11, 2026	Wednesday (12:00NN-1:00PM)		Duties towards Other Massage Therapists	Benjie Eugenio LMT, LET, MPA
Feb 12, 2026	Thursday (12:00NN-1:00PM)		Duties to Employers	Benjie Eugenio LMT, LET, MPA
Feb 13, 2026	Friday (12:00NN-1:00PM)		Duties towards Allied Profession	Benjie Eugenio LMT, LET, MPA
<b>Saturday</b>				
<b>Sunday</b>				
Feb 16, 2026	Monday (12:00NN-1:00PM)		Duties toward the Public	Benjie Eugenio LMT, LET, MPA
Feb 17, 2026	Tuesday (12:00NN-1:00PM)		PD 856, Code of Sanitation	Benjie Eugenio LMT, LET, MPA
Feb 18, 2026	Wednesday (12:00NN-1:00PM)		Administrative Order 2010-0034	Benjie Eugenio LMT, LET, MPA
Feb 19, 2026	Thursday (12:00NN-1:00PM)		Administrative Order 2010-0034	Benjie Eugenio LMT, LET, MPA
Feb 20, 2026	Friday (12:00NN-1:00PM)		Administrative Order 2010-0034	Benjie Eugenio LMT, LET, MPA
<b>Saturday</b>				
<b>Sunday</b>				
Feb 23, 2026	Monday (12:00NN-1:00PM)	<b>Anatomy and Physiology (Module 1)</b>	Unit Test (20 Items)	Benjie Eugenio LMT, LET, MPA
Feb 24, 2026	Tuesday (12:00NN-1:00PM)		<i>Learning Objectives/ Definition of Terms</i>	Benjie Eugenio LMT, LET, MPA
Feb 25, 2026	Wednesday (12:00NN-1:00PM)		Body Regions/ Body Positions	Benjie Eugenio LMT, LET, MPA
Feb 26, 2026	Thursday (12:00NN-1:00PM)		Skeletal/Muscular	Benjie Eugenio LMT, LET, MPA
Feb 27, 2026	Friday (12:00NN-1:00PM)		Integumentary/ Circulatory	Benjie Eugenio LMT, LET, MPA
<b>Saturday</b>				
<b>Sunday</b>				
Mar 2, 2026	Monday (12:00NN-1:00PM)		Lymphatic/ Nervous	Benjie Eugenio LMT, LET, MPA

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DATE	SCHEDULE	MODULE	TOPIC	INSTRUCTOR
Mar 3, 2026	Tuesday (12:00NN-1:00PM)		Respiratory/ Digestive	Benjie Eugenio LMT, LET, MPA
Mar 4, 2026	Wednesday (12:00NN-1:00PM)		Urinary/Endocrine	Benjie Eugenio LMT, LET, MPA
Mar 5, 2026	Thursday (12:00NN-1:00PM)		Unit Test (20 Items)	
Mar 6, 2026	Friday (12:00NN-1:00PM)	<b>Basic Microbiology and Pathology (Module 2)</b>	<i>Learning Objectives/ Definition of Terms</i>	Benjie Eugenio LMT, LET, MPA
	<b>Saturday</b>			
	<b>Sunday</b>			
Mar 9, 2026	Monday (12:00NN-1:00PM)		Common Microorganisms	Benjie Eugenio LMT, LET, MPA
Mar 10, 2026	Tuesday (12:00NN-1:00PM)		Infection Process/ Signs of Inflammation	Benjie Eugenio LMT, LET, MPA
Mar 11, 2026	Wednesday (12:00NN-1:00PM)		Pathology on Musculoskeletal System	Benjie Eugenio LMT, LET, MPA
Mar 12, 2026	Thursday (12:00NN-1:00PM)		Pathology on Musculoskeletal System	Benjie Eugenio LMT, LET, MPA
Mar 13, 2026	Friday (12:00NN-1:00PM)		Pathology on Integumentary System	Benjie Eugenio LMT, LET, MPA
	<b>Saturday</b>			
	<b>Sunday</b>			
Mar 16, 2026	Monday (12:00NN-1:00PM)		Pathology on Circulatory system	Benjie Eugenio LMT, LET, MPA
Mar 17, 2026	Tuesday (12:00NN-1:00PM)		Pathology on Nervous system	Benjie Eugenio LMT, LET, MPA
Mar 18, 2026	Wednesday (12:00NN-1:00PM)		Pathology on Endocrine System	Benjie Eugenio LMT, LET, MPA
Mar 19, 2026	Thursday (12:00NN-1:00PM)		Pathology on Excretory System	Benjie Eugenio LMT, LET, MPA

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DATE	SCHEDULE	MODULE	TOPIC	INSTRUCTOR
Mar 20, 2026	Friday (12:00NN-1:00PM)		Infection Control Program: Education/ Training/Exposure Prevention	Benjie Eugenio LMT, LET, MPA
	<b>Saturday</b>			
	<b>Sunday</b>			
Mar 23, 2026	Monday (12:00NN-1:00PM)		Infection Control Program: Disposal of Client Care Items/Records Management	Benjie Eugenio LMT, LET, MPA
Mar 24, 2026	Tuesday (12:00NN-1:00PM)		Infection Control Program: Disposal of Client Care Items/Records Management	Benjie Eugenio LMT, LET, MPA
Mar 25, 2026	Wednesday (12:00NN-1:00PM)		Unit Test (20 Items)	Benjie Eugenio LMT, LET, MPA
Mar 26, 2026	Thursday (12:00NN-1:00PM)	Final Written Exam		
Mar 27, 2026	Friday (12:00NN-1:00PM)	Deadline for Submission of Oral/Practical Requirement		
	<b>Saturday</b>			
	<b>Sunday</b>			
Mar 30, 2026	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*