

LMT TRAINING & REVIEW SYLLABUS (Batch December 2026)

July 6, 2026- October 2, 2026

DATE	SCHEDULE	MODULE	TOPIC	INSTRUCTOR
July 6, 2026	Monday (12NN-1:00PM)	Introductions/Leveling of Expectations		Benjie Eugenio LMT, LET, MPA
July 7, 2026	Tuesday (12:00NN-1:00PM)	Diagnostic Test (Non-graded)/House Rules/Course Syllabus		Benjie Eugenio LMT, LET, MPA
July 8, 2026	Wednesday (12:00NN-1:00PM)	Fundamental Concepts of Massage (Module 3)	<i>Learning Objectives/ Definition of Terms</i>	Benjie Eugenio LMT, LET, MPA
July 9, 2026	Thursday (12:00NN-1:00PM)		History of Massage	Benjie Eugenio LMT, LET, MPA
July 10, 2026	Friday (12:00NN-1:00PM)		History of Massage	Benjie Eugenio LMT, LET, MPA
Saturday				
Sunday				
July 13, 2026	Monday (12:00NN-1:00PM)		Effects of Massage	Benjie Eugenio LMT, LET, MPA
July 14, 2026	Tuesday (12:00NN-1:00PM)		Physiological Effects of Massage	Benjie Eugenio LMT, LET, MPA
July 15, 2026	Wednesday (12:00NN-1:00PM)		Psychological Effects of Massage	Benjie Eugenio LMT, LET, MPA
July 16, 2026	Thursday (12:00NN-1:00PM)		Indications for Massage	Benjie Eugenio LMT, LET, MPA
July 17, 2026	Friday (12:00NN-1:00PM)		Indications for Massage	Benjie Eugenio LMT, LET, MPA
Saturday				
Sunday				
July 20, 2026	Monday (12:00NN-1:00PM)		Contraindications for Massage	Benjie Eugenio LMT, LET, MPA
July 21, 2026	Tuesday (12:00NN-1:00PM)		Contraindications for Massage	Benjie Eugenio LMT, LET, MPA
July 22, 2026	Wednesday (12:00NN-1:00PM)		Contraindications for Massage	Benjie Eugenio LMT, LET, MPA
July 23, 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
July 24, 2026	Friday (12:00NN-1:00PM)		Unit Test (20 Items)	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
July 27 2026	Monday (12:00NN-1:00PM)	Massage Therapy Application (Module 4)	<i>Learning Objectives/ Definition of Terms</i>	Benjie Eugenio LMT, LET, MPA
July 28, 2026	Tuesday (12:00NN-1:00PM)		Pre-massage	Benjie Eugenio LMT, LET, MPA
July 29, 2026	Wednesday (12:00NN-1:00PM)		Massage Proper	Benjie Eugenio LMT, LET, MPA
July 30, 2026	Thursday (12:00NN-1:00PM)		Post massage	Benjie Eugenio LMT, LET, MPA
July 31, 2026	Friday (12:00NN-1:00PM)		Effleurage/ Petrissage	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
August 3, 2026	Monday (12:00NN-1:00PM)		Friction/ Tapotement	Benjie Eugenio LMT, LET, MPA
August 4, 2026	Tuesday (12:00NN-1:00PM)		Vibration	Benjie Eugenio LMT, LET, MPA
August 5, 2026	Wednesday (12:00NN-1:00PM)		PRELIMINARY EXAM (Written)	Benjie Eugenio LMT, LET, MPA
August 6, 2026	Thursday (12:00NN-1:00PM)	Practice of Massage Therapy (Module 5)	Learning Objectives/ Definition of Terms	Benjie Eugenio LMT, LET, MPA
August 7, 2026	Friday (12:00NN-1:00PM)		Code of Ethics	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
August 10, 2026	Monday (12:00NN-1:00PM)	Practice of Massage Therapy (Module 5)	Duties toward the Clien	Benjie Eugenio LMT, LET, MPA
August 11, 2026	Tuesday (12:00NN-1:00PM)		Duties toward the Profession	Benjie Eugenio LMT, LET, MPA

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DATE	SCHEDULE	MODULE	TOPIC	INSTRUCTOR
August 12, 2026	Wednesday (12:00NN-1:00PM)		Duties towards Other Massage Therapists	Benjie Eugenio LMT, LET, MPA
August 13, 2026	Thursday (12:00NN-1:00PM)		Duties to Employers	Benjie Eugenio LMT, LET, MPA
August 14, 2026	Friday (12:00NN-1:00PM)		Duties towards Allied Profession	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
August 17, 2026	Monday (12:00NN-1:00PM)		Duties toward the Public	Benjie Eugenio LMT, LET, MPA
August 18, 2026	Tuesday (12:00NN-1:00PM)		PD 856, Code of Sanitation	Benjie Eugenio LMT, LET, MPA
August 19, 2026	Wednesday (12:00NN-1:00PM)		Administrative Order 2010-0034	Benjie Eugenio LMT, LET, MPA
August 20, 2026	Thursday (12:00NN-1:00PM)		Administrative Order 2010-0034	Benjie Eugenio LMT, LET, MPA
August 21, 2026	Friday (12:00NN-1:00PM)		Administrative Order 2010-0034	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
August 24, 2026	Monday (12:00NN-1:00PM)	Anatomy and Physiology (Module 1)	Unit Test (20 Items)	Benjie Eugenio LMT, LET, MPA
August 25, 2026	Tuesday (12:00NN-1:00PM)		<i>Learning Objectives/ Definition of Terms</i>	Benjie Eugenio LMT, LET, MPA
August 26, 2026	Wednesday (12:00NN-1:00PM)		Body Regions/ Body Positions	Benjie Eugenio LMT, LET, MPA
August 27, 2026	Thursday (12:00NN-1:00PM)		Skeletal/Muscular	Benjie Eugenio LMT, LET, MPA
August 28, 2026	Friday (12:00NN-1:00PM)		Integumentary/ Circulatory	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
August 31, 2026	Monday (12:00NN-1:00PM)		Lymphatic/ Nervous	Benjie Eugenio LMT, LET, MPA

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DATE	SCHEDULE	MODULE	TOPIC	INSTRUCTOR
Sept 1, 2026	Tuesday (12:00NN-1:00PM)		Respiratory/ Digestive	Benjie Eugenio LMT, LET, MPA
Sept 2, 2026	Wednesday (12:00NN-1:00PM)		Urinary/Endocrine	Benjie Eugenio LMT, LET, MPA
Sept 3, 2026	Thursday (12:00NN-1:00PM)		MID-TERM EXAM (Written)	
Sept 4, 2026	Friday (12:00NN-1:00PM)		Basic Microbiology and Pathology (Module 2)	<i>Learning Objectives/ Definition of Terms</i>
	Saturday			
	Sunday			
Sept 7, 2026	Monday (12:00NN-1:00PM)		Common Microorganisms	Benjie Eugenio LMT, LET, MPA
Sept 8, 2026	Tuesday (12:00NN-1:00PM)		Infection Process/ Signs of Inflammation	Benjie Eugenio LMT, LET, MPA
Sept 9, 2026	Wednesday (12:00NN-1:00PM)		Pathology on Musculoskeletal System	Benjie Eugenio LMT, LET, MPA
Sept 10, 2026	Thursday (12:00NN-1:00PM)		Pathology on Musculoskeletal System	Benjie Eugenio LMT, LET, MPA
Sept 11, 2026	Friday (12:00NN-1:00PM)		Pathology on Integumentary System	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
Sept 14, 2026	Monday (12:00NN-1:00PM)		Pathology on Circulatory system	Benjie Eugenio LMT, LET, MPA
Sept 15, 2026	Tuesday (12:00NN-1:00PM)		Pathology on Nervous system	Benjie Eugenio LMT, LET, MPA
Sept 16, 2026	Wednesday (12:00NN-1:00PM)		Pathology on Endocrine System	Benjie Eugenio LMT, LET, MPA
Sept 17, 2026	Thursday (12:00NN-1:00PM)		Pathology on Excretory System	Benjie Eugenio LMT, LET, MPA

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DATE	SCHEDULE	MODULE	TOPIC	INSTRUCTOR
Sept 18, 2026	Friday (12:00NN-1:00PM)		Infection Control Program: Education/ Training/Exposure Prevention	Benjie Eugenio LMT, LET, MPA
	Saturday			
	Sunday			
Sept 21, 2026	Monday (12:00NN-1:00PM)		Infection Control Program: Disposal of Client Care Items/Records Management	Benjie Eugenio LMT, LET, MPA
Sept 22, 2026	Tuesday (12:00NN-1:00PM)		Infection Control Program: Disposal of Client Care Items/Records Management	Benjie Eugenio LMT, LET, MPA
Sept 23, 2026	Wednesday (12:00NN-1:00PM)		Unit Test (20 Items)	Benjie Eugenio LMT, LET, MPA
Sept 24, 2026	Thursday (12:00NN-1:00PM)		FINAL EXAM (Written)	
Sept 25, 2026	Friday (12:00NN-1:00PM)	Deadline for Submission of Oral/Practical Requirement		
	Saturday			
	Sunday			
Sept 28-30, 2026	Schedule for Required Barangay Outreach (with documentation)- Half day			
Oct 1, 2026	Thursday (12:00NN-1:00PM)			FINAL EXAM
Oct 2, 2026	Friday (12:00NN-1:00PM)			Graduation/ Recognition Day

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

Prepared by:

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

President