



Information about the subject

Degree: Official Master's Degree in Marriage and Family Sciences

Faculty: Faculty of Philosophy, Letters and Humanities

Code: 1740015 **Name:** Family and Sexuality

Credits: 6,00 **ECTS Year:** 1 **Semester:** 2

Module: Family life

Subject Matter: Family and sexuality **Type:** Compulsory

Department:

Type of learning: Blended

Languages in which it is taught: Spanish

Lecturer/-s:

MATRIM Enrique Estellés Arolas (**Responsible Lecturer**)

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Module organization

Family life

Subject Matter	ECTS	Subject	ECTS	Year/semester
Marital and family life	6,00	Marriage and Family Life	6,00	1/2
Family and sexuality	6,00	Family and Sexuality	6,00	1/2

Prerequisites

1) Anatomy and physiology of human fertility; 2) Symptothermal double-checking method: bases and rules; 3) Keys to interpretation of graphs of the symptothermal double-checking method in normal situation; 4) Postpartum and premenopause: interpretative keys; 5) Stress, post-pill and other situations of special difficulty: interpretative keys; 6) recognition of infertility; 7) practical interpretation of the biophysical signs of Ovarian functioning; 8) Itinerary of sexuality education; 9) Sexuality and responsible parenthood.

Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 To recognize the anthropological foundation on the meaning and significance of sexuality for affective-sexual education
- R2 To know the scientific basis of fertility recognition and its methods



Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

BASIC		Weighting			
		1	2	3	4
CB6	Possess and understand knowledge that provides a basis or opportunity to be original in the development and/or application of ideas, often in a research context	X			
CB8	Students should be able to integrate knowledge and deal with the complexity of making judgements on the basis of incomplete or limited information, including reflections on the social and ethical responsibilities linked to the application of their knowledge and judgements			X	

GENERAL		Weighting			
		1	2	3	4
CG1	Training on all the structural elements of marriage and the family that provides an integral vision of the person, marriage and the family from an interdisciplinary perspective				X
CG2	To instruct in a methodology that enables to interpret, educate and guide the essentially human experience in the conjugal and family environment from the equal dignity of men and women.				X
CG3	Provide keys to understanding and personalized attention to the family in conflict situations.	X			
CG4	To know, analyze and understand the influence of marriage and family in the field of culture from the promotion of the values of a culture of peace, non-discrimination and equal opportunities.			X	
CG5	To know, understand and deepen the proper anthropology of marriage and family				X



SPECIFIC		Weighting			
		1	2	3	4
CE17	To provide an anthropological basis for the meaning and significance of human sexuality and its education				X
CE18	To know the scientific bases of the recognition of fertility in the integral dynamics of the moral development of the person				X

TRANSVERSAL		Weighting			
		1	2	3	4
CT1	To develop systems of oral and written communication in one's own language specific to the disciplines of the scientific field related to family issues			X	
CT4	To provide students with advanced skills in the use of computer and virtual systems related to study and research contexts		X		
CT5	Encourage the search for and analysis of information from various sources on issues related to marriage and family			X	
CT6	To foster the ability to communicate with experts from other disciplines		X		
CT7	To equip students with the basic skills to solve situations with research competence		X		



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2	50,00%	Objective tests and/or questionaries
R1, R2	50,00%	Carrying out theoretical and practical activities during the class time
	0,00%	Class attendance and active participation.

Observations

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1 Exposition of contents by the teacher, analysis of competencies, explanation and demonstration of abilities, skills and knowledge in the classroom
- M3 Presentation and analysis of case studies
- M4 Reading and analysis of texts
- M5 Written reflection about the contents worked on in class



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
In-person class M1, M3	R1, R2	30,00	1,20
Individual coaching M1	R1, R2	4,00	0,16
Evaluation M5	R1, R2	2,00	0,08
TOTAL		36,00	1,44

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
Autonomous work of the student M4	R1, R2	108,00	4,32
Audiovisual content M1	R1, R2	6,00	0,24
TOTAL		114,00	4,56



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
FERTILITY RECOGNITION	The ARF. The MRF in adult sexuality education Concept, terminology, history, fundamentals, research and applications. Basis of MRFs; Basis of the MethodDouble Checking Symptothermic (MSTDC); Rules of MRF. MSTDC rules; Interpretation of MSTDC graphs MSTDC in a normal situation: student work in groups with teacher supervision; Special situations. Postpartum: theory and practical application. Explanation of graphs of postpartum; Treatment of infertility from recognition of fertility: theory and practical application Explanation of infertility graphs.
SEXUALITY EDUCATION	Sexuality and its education. Sexuality education for the family. Concept, terminology, generalities and some keys to the different stages and settings; Sexuality education for adult family. Training to educate; Education of sexuality for the family during childhood. Aspects essential to be addressed between the ages of 5 and 7; Education of sexuality for the family during childhood. Aspects essential to be addressed between the ages of 8 and 11; Education of sexuality for the family during adolescence. Aspects essential to be dealt with between 12 and 16 years of age; 2x2 and practical activities for different ages and areas: work of the students in teams with teacher supervision



Temporary organization of learning:

Block of content	Number of sessions	Hours
FERTILITY RECOGNITION	9,00	18,00
SEXUALITY EDUCATION	9,00	18,00



References

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PÉREZ ADÁN J. y VILLAR AMIGÓ VICENTE. Sexo: razón y pasión. Eunsa, Pamplona 1997

WOJTYLA K. Amor y responsabilidad. Palabra, Madrid 2008.

PABLO VI. Carta encíclica Humanae Vitae. Roma (25/07/1968).

JUAN PABLO II. "Amor y fecundidad". En: Hombre y mujer lo creó. Cristiandad, Madrid 2000. pp. 616-680.

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GRANADOS J. Una sola carne en un solo espíritu. Palabra, Madrid 2014.

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Ortiz, E.; Prats, J.I. y Arolas, G.(2004) La persona completa. Aproximación desde la antropología, la psicología y la biología. Valencia, España, Edicep.p.26.

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Anscombe G. E. M., Una profecía para nuestro tiempo: recordar la sabiduría de la Humanae vitae. (2018). España, Madrid, Didaskalos.

López Moratalla, N., Cerebro de mujer y cerebro de varón. IV Congreso Internacional de la familia. Universidad de la Sabana (abril de 2008).

Medialdea, C. (2014) Métodos para reconocer la fertilidad: una revisión. Act. Congr. Int. Reco. Fert. – vol. 4.

Anderson, C.A. y Granados, J., Llamados al amor. Teología del cuerpo en Juan Pablo II. 2ª ed. (2012) España, Burgos, Monte Carmelo.