



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: Familia y sexualidad **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
Vida matrimonial y familiar	6,00	Marriage and Family Life	6,00	1/2
Familia y sexualidad	6,00	Family and Sexuality	6,00	1/2

Learning outcomes

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

Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
	10,00%	Attendance and active participation in class
	30,00%	Completion of theoretical and practical activities during class
	60,00%	Objective tests and/or questionnaires

Observations



Learning activities

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

- M1 Written reflection on the content covered in class.
- M2 Reading and analyzing texts.
- M3 Presentation and analysis of practical cases.
- M5 Presentation of content by the teacher, analysis of competencies, explanation and demonstration of skills, abilities, and knowledge in the classroom.



IN-CLASS LEARNING

IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
Assessment		2,00	0,08
Face-to-face class		26,00	1,04
TOTAL		28,00	1,12

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
Independent work by the student		102,00	4,08
TOTAL		102,00	4,08

ON-LINE LEARNING

SYNCHRONOUS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
Individual tutoring		4,00	0,16
TOTAL		4,00	0,16

ASYNCHRONOUS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
Audiovisual content		16,00	0,64
TOTAL		16,00	0,64



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	7,00	14,00
SEXUALITY EDUCATION	7,00	14,00



References

- RONHEIMER M. Ética de la procreación. Rialp, Madrid 2004.
- 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.
- JUAN PABLO II. Exhortación apostólica Familiaris Consortio, Roma (22/11/1981), nn. 14-15 y 28 al 33.
- CEE. Instrucción Dignitas Personae. Roma (08/09/2008).
- PHILIPPE MD. En el corazón del amor. Palabra, Madrid 2008.
- GRANADOS J. Una sola carne en un solo espíritu. Palabra, Madrid 2014.
- CEE. La verdad del amor humano. Madrid (26/04/2012)
- 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