



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:

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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

Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2	50,00%	Carrying out theoretical and practical activities
	30,00%	Class attendance and participation.
R1, R2	20,00%	Written assignments and questionnaires

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 of texts and analysis of them.

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	20,00	0,80
Evaluation M5	R1, R2	30,00	1,20
TOTAL		80,00	3,20

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
Autonomous work of the student M4, M5	R1, R2	70,00	2,80
TOTAL		70,00	2,80



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 Method Double 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	20,00	40,00
SEXUALITY EDUCATION	20,00	40,00



References

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RONHEIMER M. Ética de la procreación. Rialp, Madrid 2004.

LAFFITE J. y SGRECCIA E. (Eds.) El embrión humano en la fase de preimplantación: Aspectos científicos y consideraciones bioéticas. BAC, Madrid 2008.

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

IVAF. Revista de Actas Congresos Internacionales en Reconocimiento de la fertilidad . ISSN: 2255-2413. En: <http://www.reconocimientodelafertilidad.com/revista-de-actas/>

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).

MEDIALDEA C. (Coord.). Educación de la sexualidad para el amor. Eiunsa, Madrid 2008: Manual.

MEDIALDEA C. OTTE A. y PÉREZ ADÁN J. Curso de educación de la sexualidad para adolescentes. Eiunsa, Madrid 2001: Manual.

MEDIALDEA C. Como funciona mi cuerpo. Eiunsa, Madrid 2001.

PÉREZ ADÁN J. Repensar la familia. Eiunsa, Madrid 2005.

PHILIPPE MD. En el corazón del amor. Palabra, Madrid 2008.

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

CEE. La verdad del amor humano. Madrid (26/04/2012).



CPF. Lexicón. Palabra (2ª). Madrid 2006.





Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

Situation 1: Teaching without limited capacity (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

Situation 2: Teaching with limited capacity (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

- Microsoft Teams
- Blackboard Collaborate Ultra
- Kaltura



Situation 3: Confinement due to a new State of Alarm.

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

Microsoft Teams

Blackboard Collaborate Ultra

Kaltura

Explanation about the practical sessions:



2. System for Assessing the Acquisition of the competences and Assessment System

ONSITE WORK

Regarding the Assessment Tools:

The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

Comments to the Assessment System: