Postgraduate Diploma

Human Sexuality and Sexual Health

tech technological university

Postgraduate Diploma
Human Sexuality and Sexual Health

- » Modality: **online**
- » Duration: **6 months**
- » Certificate: **TECH Technological University**
- » Dedication: **16h/week**
- » Schedule: **at your own pace**
- » Exams: **online**

Website: **www.techtitute.com/in/education/postgraduate-diploma/postgraduate-diploma-human-sexuality-sexual-health**

Index

01

Introduction

Affective-sexual education has become a key element for the proper development of children. The easy access to free pornographic content, where sexual violence is rampant, makes it necessary that from an early age they have adequate information about their own body, the risks of certain sexual practices and fertility. In this context, TECH offers teaching professionals a specialization in Sexuality that will allow them, in just 6 months, to obtain advanced learning about Sexology, methods and prevention of sexual diseases and disclosure. All this in a 100% online format and with quality multimedia content that can be accessed comfortably at any time of the day, from a digital device with Internet connection.

A 100% online Postgraduate Diploma that will allow you to design the most attractive sex education programs to be taught at different educational levels"

Sociological studies indicate that the consumption of pornographic content is increasingly occurring at younger ages and through cell phones, so that such material is available to minors with little information on sexuality. In this sense, schools become an ideal place to address naturally and rigorously issues such as disease transmission, relational diversity or voluntary termination of pregnancy.

In this context, it is necessary for teaching professionals to be aware of the latest developments in sex education and the creation of programs along these lines, adapting them to different educational stages. For this reason, TECH wanted to respond to the demands of teachers by providing with this Postgraduate Diploma the most advanced and latest knowledge on Human Sexuality and Sexual Health.

For this purpose, this academic institution offers a program in 100% online format with a multidisciplinary approach given by real specialists in the field of Sexology. In this way, the teacher will delve into the historical evolution of Sexuality, informative techniques and the implementation of programs in the educational field. This content will be developed through multimedia teaching material that can be accessed at any time of the day.

Moreover, thanks to the Relearning method, the professional will be able to progressively advance through the syllabus and assimilate the key concepts much more effectively. This will even reduce the long hours of memorization.

This is an excellent opportunity offered by TECH to all teachers who wish to progress in the teaching sector through a flexible Postgraduate Diploma, compatible with the most demanding responsibilities. Students only need an electronic device with an Internet connection to be able to view the syllabus hosted on the Virtual Campus. It also offers the possibility of being able to distribute the teaching load according to their needs and manage their own study time. An academic option that is at the forefront of university education.

This **Postgraduate Diploma in Human Sexuality and Sexual Health** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- The graphic, schematic, and practical contents with which they are created, provide practical information on the disciplines that are essential for professional practice
- Practical exercises where self-assessment can be used to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection

With this Postgraduate Diploma you will be able to go deeper into the importance of emotional development from childhood"

This program provides you with resources to enhance the promotion of Sexual Health in the classroom.

This program provides you with the most effective informative techniques to approach the most relevant sexual information through different media"

Access 24 hours a day, 7 days a week, to the most advanced syllabus on Human Sexuality and Sexual Health.

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, in which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

02
Objectives

The objective of this Postgraduate Diploma in Human Sexuality and Sexual Health is to provide the teaching professional with the most advanced and up-to-date learning in this field. In order to achieve this successfully, TECH has created pedagogical tools that use the latest technology applied to teaching. In this way, and thanks to the support of the teaching team, students will be able to achieve their goals in just 6 months and progress as teachers specialized in this field.

tech

Delve into the prejudices surrounding Sexuality and work on them in a natural way in your educational sessions"

General Objectives

- Acquire knowledge about Sexuality, expanding the vision of sexuality from a biopsychosocial perspective
- Obtain tools to be able to accompany cases related to difficulties related to Sexuality
- Identify the variables involved in the origin and maintenance of different sexual dysfunctions (organic, psychological, relational and cultural components)
- Acquire skills to be able to share information about sexuality in a clear way
- Understand the aspects involved in the beginning and development of couple relationships (life cycle of the couple: establishment and evolution)
- Describe the dynamics of couple relationships and the factors that generate alterations in them
- Investigate complex issues such as gender violence and child sexual abuse
- Achieve skills to face the multiple incidences and decisions that may arise in the exercise of their profession
- Gain in-depth knowledge of deontology in sexuality and couple matters, as well as learn to carry out an exercise of introspection on those personal and professional aspects that could collide with La profession and that would undermine the therapeutic work
- Carry out research programs in sexuality

Specific Objectives

Module 1. Sexology. Human Sexual Fact

- Lay the foundations of Sexology as a science
- Gain in-depth knowledge of the components that are part of the human sexual fact
- Demystify beliefs or prejudices about sexuality

Module 2. Conceptual, Historical and Dissemination Framework

- Delve into the concepts of Sexology
- Gain in-depth knowledge of dissemination techniques
- Create personal brand and voice for dissemination

Module 3. Sexual and Reproductive Health

- Acquire in-depth knowledge of the important aspects for Sexual Health
- Delve into the legal and ethical framework of voluntary termination of pregnancy
- Delve into the different methods of assisted reproduction
- Understand the different options for treatment and approach to infertility

"Take a leap forward in your teaching career and update your knowledge about gender violence and how to intervene in these situations in educational centers"

Course Management

This Postgraduate Diploma provides a multidisciplinary vision thanks to the intervention in this program of professionals in Psychology and Sexology, who have specialized throughout their careers in addressing the main problems associated with the sexual sphere. In this way, students will obtain the most relevant information on sexual health and its dissemination both in the classroom and in other educational environments where people of different ages converge. In addition, the proximity of the teachers will allow them to resolve any doubts they may have about the content of the program.

" *You have at your disposal an excellent multidisciplinary teaching staff with extensive experience in sexology and counseling on sexual diversity"*

Management

Ms. Ramos Escamilla, María

- Psychologist, Sexologist, Couples Therapist and Director of Destino Kink
- Sexologist and Couple Therapist
- Director of Destino Kink
- Degree in Psychology from the Complutense University Madrid
- Master's Degree in Sexology, Sex Education and Sexological Counseling by Camilo José Cela University

Professors

Ms. Gutiérrez Ramos, Pamela
- Midwife and Sexologist
- Sexologist volunteer at the NGO
- Sexologist at the Young Center of Attention to Sexuality
- Postgraduate Certificate in Conscious and Integral Accompaniment of the Perinatal Maternal Period with a Gender Perspective and Biopsychosocial Approach

Ms. Cilveti Lapeira, Margarita
- Psychologist in Psychology and Sexology Office
- General Health Psychologist by the Autonomous University of Madrid
- Master's Degree in Sexology: Education and Sexual Counseling by INCISEX and the University of Alcalá
- Expert in Brief Systemic Therapy at the Centro Soluciones

04
Structure and Content

The syllabus of this Postgraduate Diploma has been designed to offer the teaching professional the most up-to-date information on the approach to Human Sexuality in different educational contexts. For this, they will have at their disposal a quality content that will allow them to make an exhaustive tour on the evolution of Sexology, fertility and the creation of programs aimed at informing about sexual diversity. All, in addition, from an integral perspective that will allow them to expand their vision in this area and grow professionally.

" *A syllabus that will allow you to bust your students' myths about fertility"*

Module 1. Sexology. Human Sexual Fact

1.1. Evolution of Sexology as a Science
  1.1.1. First References to Sexuality
  1.1.2. Development of Sexology as a Science
  1.1.3. Human Sexual Fact
1.2. Biological Fundamentals
  1.2.1. Neuroendocrine System
  1.2.2. Genetics
  1.2.3. Genital Anatomy
1.3. Social Foundations
  1.3.1. Influence of Culture
  1.3.2. Influence of the Environment
1.4. Psychological Foundations
  1.4.1. Somatosexual Constitution
  1.4.2. Sexual and Gender Identity
  1.4.3. Gender Expression and Roles
  1.4.4. Social Foundations
  1.4.5. Influence of Culture
  1.4.6. Influence of the Environment
1.5. Evolutionary Sexology
  1.5.1. Definition
  1.5.2. Normal Events that Occur in a Person's Life
1.6. Development of Sexuality
  1.6.1. Nervous system
  1.6.2. Primary Sexual Characteristics
  1.6.3. Secondary Sexual Characteristics
  1.6.4. Tertiary Sexual Characteristics
1.7. Child Development
  1.7.1. Conceptualization
  1.7.2. The Importance of Emotional Development from Childhood
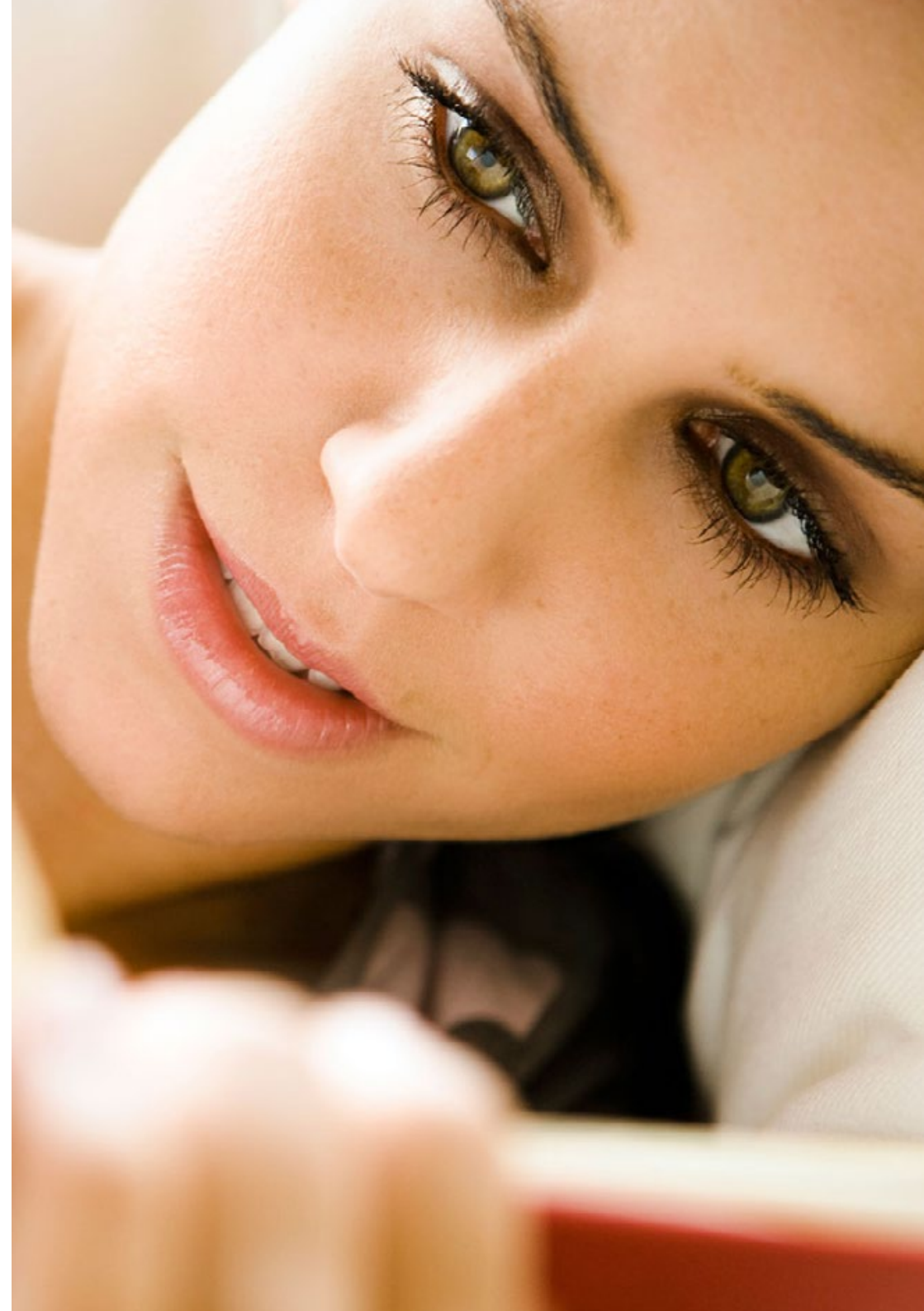 1.7.3. Bowlby's Attachment Theory

Module 2. Conceptual, Historical and Dissemination Framework

Module 3. Sexual and Reproductive Health

3.1.   Contextualization

3.1.1.   Definition

3.1.2.   Technical and Sociological Developments

3.1.3.   Assisted Reproductive Treatment and its Legal Context in Different Countries

3.2.   HIV

3.2.1.   Historical Context

3.2.2.   Associated Stigma

3.2.3.   Current Treatments.

3.2.4.   Positive Resources

3.3.   Voluntary Termination of Pregnancy

3.3.1.   Definition

3.3.2.   Procedure

3.3.3.   Media Impact

3.3.4.   Physical, Emotional and Economic Consequences

3.4.   Fertility: Ovaries and Uterus

3.4.1.   Gamete Formation

3.4.2.   Menstrual Cycle

3.4.3.   Classical Fertility Management Methods

3.4.3.1. Symptothermal Method

3.4.3.2. Cervical Mucus Recording

3.4.3.3. Cervical Height Recording

3.4.4.   Testing of Individuals with Ovaries and/or Uterus

3.4.5.   Fertility in the Reaffirmation of Sexual Identity

3.5.   Fertility: Testicles

3.5.1.   Gamete Formation

3.5.2.   Cycle of Sperm Formation/Regeneration

3.5.3.   Habits that Can Alter the Fertile Potential

3.5.4.   Testing of Individuals with Testicle

3.5.5.   Fertility in the Reaffirmation of Sexual Identity

3.6.   Treatments in Assisted Reproduction I

3.6.1.   Directed Sexual Relationships (DSR)

3.6.2.   Artificial Insemination with the Partner's Sperm

3.6.3.   Artificial Insemination with Donor Sperm

3.7.   Treatments in Assisted Reproduction II

3.7.1.   In Vitro Fertilization (IVF)

3.7.2.   Intracytoplasmic Sperm Microinjection (ICSI)

3.7.3.   Blastocyst Culture

3.7.4.   Preimplantation Genetic Diagnosis (PGD)

3.8.   Sexological Support During the Search for Pregnancy

3.8.1.   Impact of the Assisted Reproduction Process on Erotic Desire

3.8.2.   Sexual Satisfaction with a Diagnosis of Infertility

3.9.   Myths of Fertility

3.9.1.   Probability of Pregnancy

3.9.2.   Postures that favor Pregnancy

3.9.3.   Orgasm and Fertility

3.9.4.   Efficacy of Fertility Techniques

3.9.5.   Ejaculatory Abstinence and Fertility

3.10.   Sexual Health Promotion

3.10.1.   Difference between Prevention and Promotion

3.10.2.   Tools for the Promotion of Sexual Health

With this university program you will be able to easily explore current educational models and coeducation thanks to its innovative teaching material"

Methodology

This training program offers a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.

" *Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

At TECH Education School we use the Case Method

In a given situation, what should a professional do? Throughout the program students will be presented with multiple simulated cases based on real situations, where they will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method.

With TECH, educators can experience a learning methodology that is shaking the foundations of traditional universities around the world.

It is a technique that develops critical skills and prepares educators to make decisions, defend their arguments, and contrast opinions.

Scientific Evidence

Optimal Decision

European Guidelines

Educational Community

Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method"

The effectiveness of the method is justified by four fundamental achievements:

1. Educators who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.

2. The learning process is solidly focused on practical skills that allow educators to better integrate the knowledge into daily practice.

3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life teaching.

4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our University is the first in the world to combine case studies with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.

Educators will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.

01 learning from evidence

02 relearning from evidence

03 testing

04 learning from an expert

05 neurocognitive context dependent learning

06 Von-Restorff effect

07 case based learning through storytelling

08 competencies testing (retesting)

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 85,000 educators with unprecedented success in all specialties. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.

This program offers the best educational material, prepared with professionals in mind:

Study Material

All teaching material is produced by the specialist educators who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.

Educational Techniques and Procedures on Video

TECH introduces students to the latest techniques, with the latest educational advances, and to the forefront of Education. All this, first-hand, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.
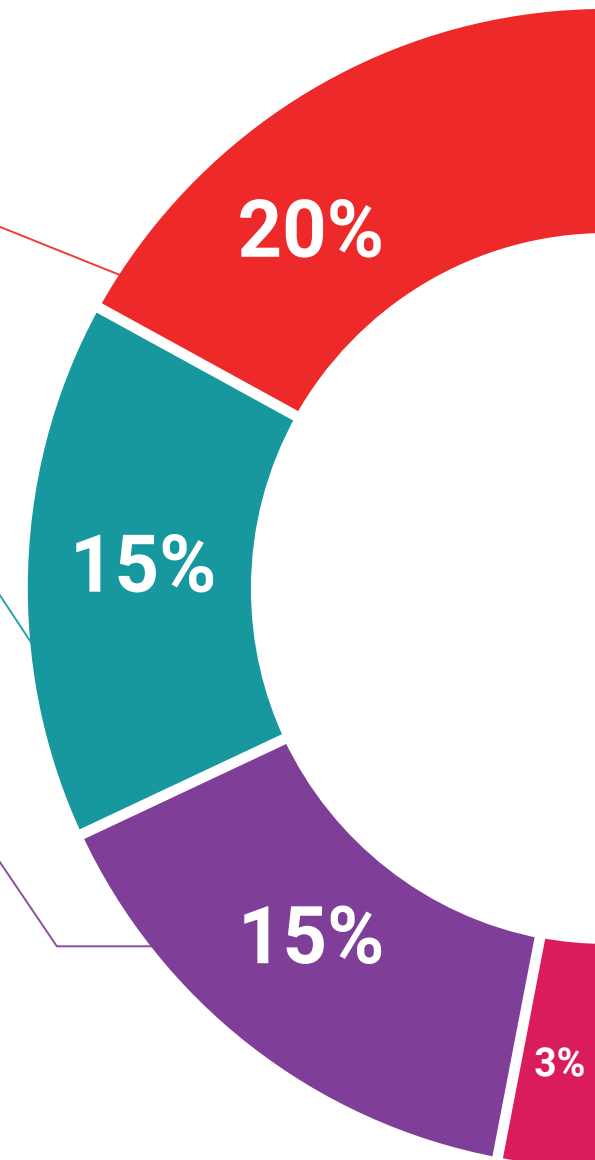
Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive multimedia content presentation training Exclusive system was awarded by Microsoft as a "European Success Story".

Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.

20%

15%

15%

3%

20%

17%

7%

3%

Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.

Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises: so that they can see how they are achieving your goals.

Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.

Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.

Certificate

The Postgraduate Diploma in Human Sexuality and Sexual Health guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This **Postgraduate Diploma in Human Sexuality and Sexual Health** contains the most complete and up-to-date educational program on the market:

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Human Sexuality and Sexual Health**
Official Nº of Hours: **450 h.**

tech technological university

Awards the following
CERTIFICATE
to

Mr./Ms. _____, with identification number _____.
For having passed and accredited the following program

POSTGRADUATE DIPLOMA
in

Human Sexuality and Sexual Health

This is a qualification awarded by this University, equivalent to 450 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

Unique TECH Code: AFWORD23S   techtitute.com/certificates

*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

tech
technological university

Postgraduate Diploma

Human Sexuality and Sexual Health

» Modality: **online**
» Duration: **6 months**
» Certificate: **TECH Technological University**
» Dedication: **16h/week**
» Schedule: **at your own pace**
» Exams: **online**

Postgraduate Diploma
Human Sexuality
and Sexual Health

tech *technological university*