

# Postgraduate Diploma

## Human Sexuality and Sexual Health for Nursing



## Postgraduate Diploma

### Human Sexuality and Sexual Health for Nursing

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

Website: [www.techtute.com/in/nursing/postgraduate-diploma/postgraduate-diploma-human-sexuality-sexual-health-nursing](http://www.techtute.com/in/nursing/postgraduate-diploma/postgraduate-diploma-human-sexuality-sexual-health-nursing)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

Sexually transmitted diseases and their serious health implications affect millions of people around the world. The speed at which these diseases can be acquired, as well as the methods to prevent them, are information of great interest to the public. In this scenario, the role of the health professional is key, since their knowledge is capable of transmitting sex education much more effectively. In view of this reality, this program is born, which provides the nursing professional with the necessary update in this area. All through a 100% online academic format, with high quality multimedia content and taught by professionals specialized in Sexology.





“

*A 100% online and flexible Postgraduate Diploma that will give you the update you are looking for on Human Sexuality and Sexual Health”*

The proximity of the nursing professional to the patient is decisive and appropriate to be able to transfer affective sexual information in order to improve the quality of the patient's health and prevent sexually transmitted diseases. At the same time, their care work is key in accompanying those who present fertility problems or decide to voluntarily terminate a pregnancy.

In addition, given the still latent misinformation among the population regarding sexuality and the need to address new approaches to gender perception, it is necessary to have health professionals with up-to-date knowledge. For this reason, TECH has created this 100% online university qualification that provides the most advanced and innovative syllabus on Human Sexuality and Sexual Health.

A program that provides a global vision of this field through high quality multimedia content. In this way, the graduate will enter into an academic journey that will lead them to delve into the evolution of Sexology, the implementation of prevention and health promotion programs and assisted reproduction treatments and their legal context in different countries. This information will allow the nurse to disseminate it through existing communication channels and the tools provided in this program.

Furthermore, this up-to-date approach will be much more effective thanks to the Relearning method used by TECH, which allows students to advance through the syllabus in a natural way and to consolidate key concepts. In addition, this system reduces the long hours of memorization, making this university qualification much more attractive.

Nurses are, therefore, upon an excellent opportunity to study a 100% online and flexible academic option. Students only need an electronic device (computer, tablet or cell phone) with an Internet connection to view the content hosted on the virtual campus. In addition, the absence of classes with fixed schedules will allow them to self-manage their study time and make a quality university qualification compatible with their daily responsibilities.

This **Postgraduate Diploma in Human Sexuality and Sexual Health for Nursing** contains the most complete and up-to-date Scientific program on the market.

Its most outstanding features are:

- ◆ The development of practical cases presented by experts in Psychology and Sexuality
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and 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



*Delve into the concepts of transsexuality and cissexuality and get your knowledge of sexuation up-to-date”*

“

*Thanks to this program, you will be up to date with the latest scientific evidence on assisted reproduction treatments”*

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.

*Reduce long hours of study and memorization with the Relearning method, used by TECH in all its programs.*

*Debunk all the myths about fertility with the rigorous information provided in this Postgraduate Diploma.*



# 02 Objectives

With this Postgraduate Diploma, the nursing professional will obtain an up-to-date knowledge of the main advances in the field of Sexology, especially in the field of human reproduction and the dissemination of information through the media and actions for the promotion and prevention of Sexual Health. All this will be possible thanks to the theoretical-practical approach of this university program and the numerous additional didactic material that conforms it.







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*Promote communication channels on Sexual Health with the informative techniques offered by this academic program”*



## General Objectives

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- ♦ 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 the profession and that would undermine the therapeutic work
- ♦ Carry out research programs in sexuality





## Specific Objectives

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### Module 1. Sexology

- ◆ 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



*If you have a digital device with an Internet connection you can delve into the existing medical literature on climacteric, menopause and andropause whenever you want"*

03

# Course Management

TECH has brought together in this university qualification an outstanding management and teaching staff in the field of Sexology, Psychology and as a Midwife. A multidisciplinary team that is a guarantee for the nursing professional who seeks an up-to-date approach to Human Sexuality and Sexual Health through a program taught by real experts. In addition, thanks to the proximity of the teaching staff, you will be able to resolve any doubts you may have about the content of this Postgraduate Diploma over the course of the 6 months of its duration.



“

*The excellent syllabus of this Postgraduate Diploma has been prepared by a team of professionals with extensive experience as Midwives, Sexologists and Psychologists”*

## 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 in NGO
- ♦ Sexologist in the youth 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 divided into 3 essential modules to obtain an update on Human Sexuality and Sexual Health. Therefore, the professional will delve from the evolution of Sexology as a science, the development of sexuality, sexuation to advances in fertility treatments. For this purpose, the graduate will have access to video summaries of each topic, videos in Focus, essential readings and simulations of case studies that can be accessed 24 hours a day from any electronic device with an Internet connection.





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*You have a wide range of multimedia resources that will take you dynamically into the development of sexuality”*

## Module 1. Sexology

- 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



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- 1.8. Human Biological Processes
    - 1.8.1. Physical, Psychological and Sexual Changes during Adolescence
      - 1.8.1.1. Menstrual Cycle
    - 1.8.2. Pregnancy, Childbirth and Postpartum
    - 1.8.3. Climacteric and Menopause
    - 1.8.4. Andropause
  - 1.9. Anthropological Review of Human Sexuality
    - 1.9.1. The Change From Quadrupedality to Bipedality
    - 1.9.2. Most Important Historical Findings
    - 1.9.3. The Palaeolithic Period and the Revolution of the Affects
    - 1.9.4. Origin of Monogamy
  - 1.10. Areas of Sexology Development
    - 1.10.1. Clinical Symptoms
    - 1.10.2. Physical
    - 1.10.3. Educational
    - 1.10.4. Disclosure

## Module 2. Conceptual, Historical and Dissemination Framework

- 2.1. Pillars of Sexology and Dissemination Framework
  - 2.1.1. Referents (Male and Female) in Sex Education.
  - 2.1.2. Map of the Human Sexual Fact
- 2.2. Conceptual Fields
  - 2.2.1. Sexuation and Sexuality
  - 2.2.2. Erotica and Amatory
  - 2.2.3. Couple and Procreation
- 2.3. Sexuation: Identity
  - 2.3.1. Conceptualization: ALO and Autosexuation
  - 2.3.2. Transsexuality and Cissexuality
- 2.4. Sexuality: Orientation of Desire
  - 2.4.1. Conceptualization
  - 2.4.2. Sexual Orientations
  - 2.4.3. Erotica and Desires

- 2.5. Erotica and Amatory. Erotic Peculiarities
  - 2.5.1. Conceptualization
  - 2.5.2. Idea and Meaning of Sex in History
    - 2.5.2.1. Normative Erotics
    - 2.5.2.2. Non-Normative Erotics
- 2.6. The idea of Sex: *Locus Genitalis*
  - 2.6.1. Sexological View in History
  - 2.6.2. Pleasure Beyond Reproduction
- 2.7. Relationships
  - 2.7.1. Love: Concept of the *Ars Amandi*
  - 2.7.2. Relational Diversity
  - 2.7.3. Stages of the Relationships
  - 2.7.4. Marriage and Living Together
  - 2.7.5. Sex without Love and Love without Sex
- 2.8. Sexological Dissemination
  - 2.8.1. General Principles
  - 2.8.2. Ethics in Dissemination
  - 2.8.3. Sexological History
- 2.9. Current Dissemination Techniques
  - 2.9.1. Press, Television and Radio
  - 2.9.2. Social Media
  - 2.9.3. Creation of Material
- 2.10. Personal *Branding* Development
  - 2.10.1. Brand Models
  - 2.10.2. Content Composition and Creation
  - 2.10.3. Creating Personal Brand



### 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



*A program that provides you with the most effective strategies to carry out projects to promote sexual health”*

05

# Methodology

This academic program offers students 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.





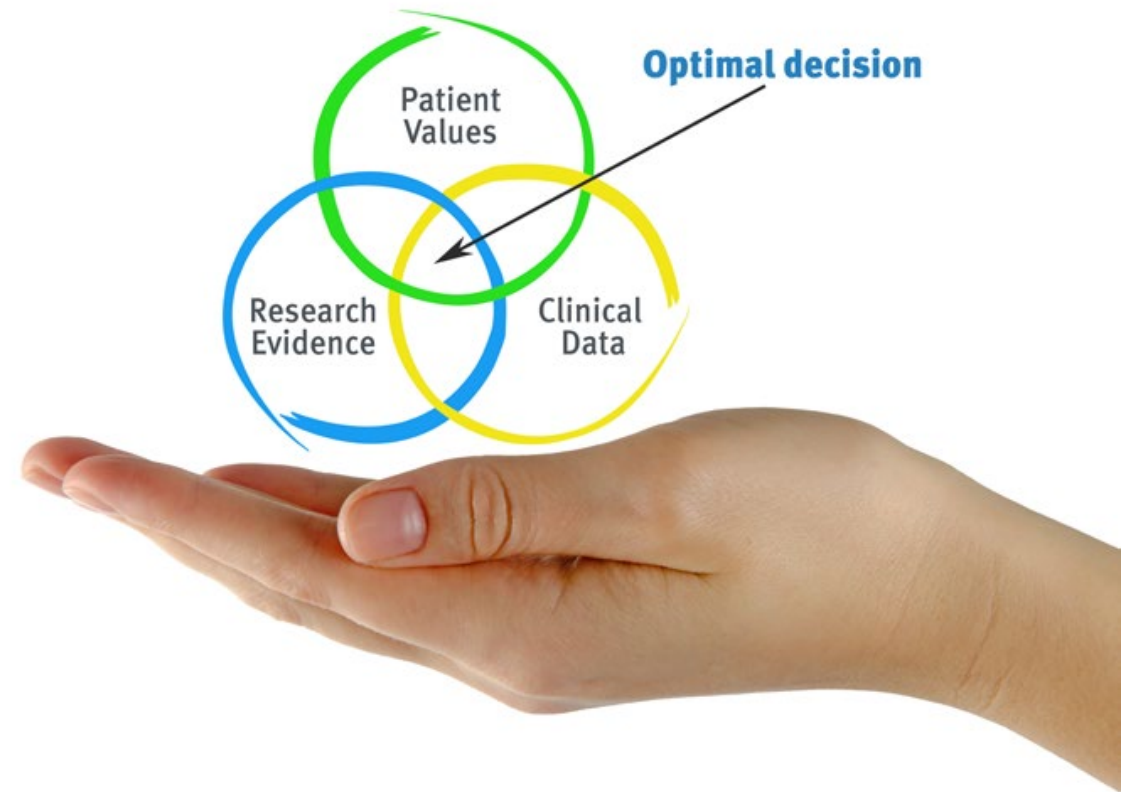
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

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



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.



“

*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:**

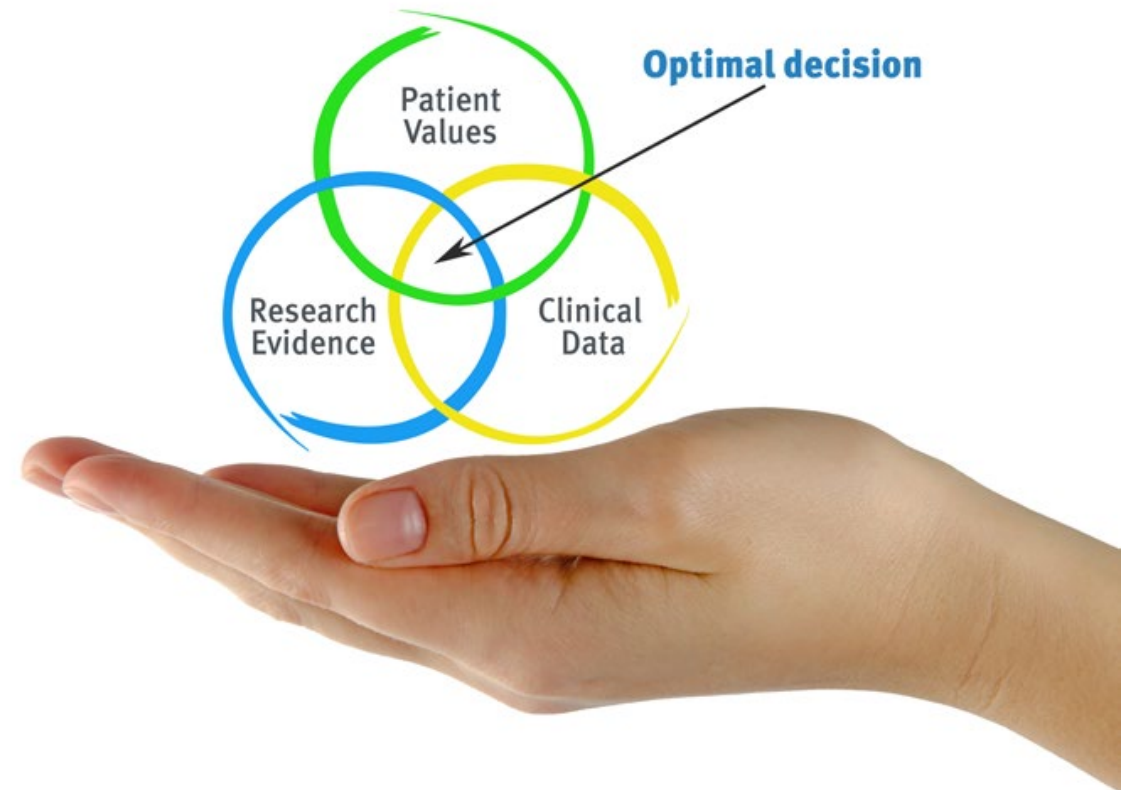
1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
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.



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



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



### Study Material

All teaching material is produced by the specialists 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their 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 educational system for presenting multimedia content 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.





#### 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 their 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.



06

# Certificate

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





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

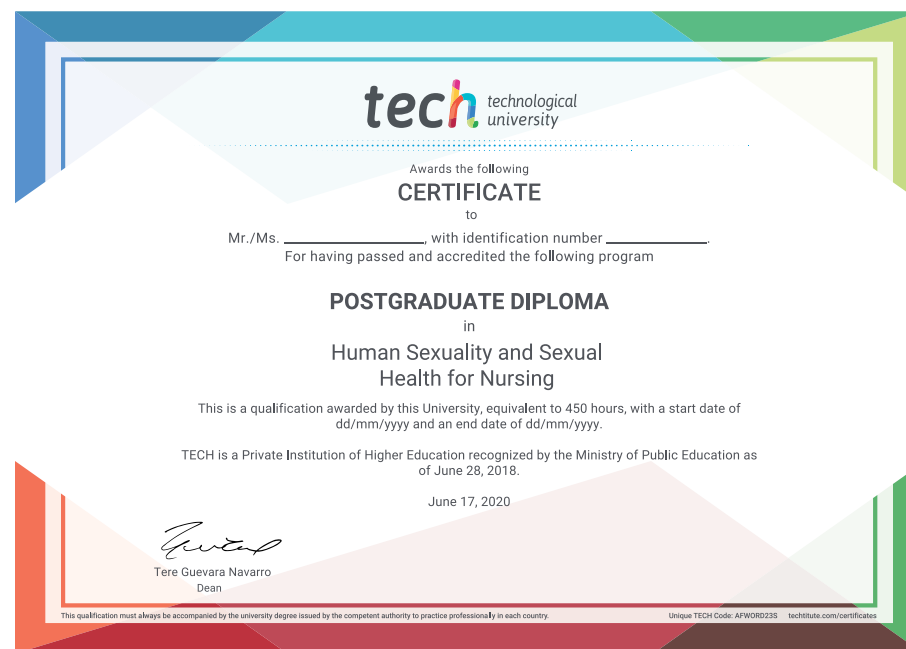
This **Postgraduate Diploma in Human Sexuality and Sexual Health for Nursing** contains the most complete and up-to-date scientific program on the market.

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 for Nursing**

Official N° of Hours: **450 h.**



\*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.



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development languages  
virtual classroom



**Postgraduate Diploma**  
Human Sexuality and Sexual  
Health for Nursing

- » 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 for Nursing

