



Programas de Internacionalización Study Abroad 2021

Course title: The Science of Sexology

Teaching period: July 5 to July 9, 2020

Teaching hours: 22.5h

Academic coordinator: Inmaculada Fernández Agis, Irene Ocaña Cubero, Amanda Ortiz Gabaldón, Anahit Poghosyan Kirakosyan

Knowledge area: Sexology

1. INTRODUCTION [around 300 words]

The team of Sexology from Unidad de Estudios Sexológicos (UESX) proposes the course "The Science of Sexology". The UESX belongs to the CERNEP Research Center of the University of Almería and is made up of a multidisciplinary team that consists of different Health and Education professionals (Psychology, Education and Medicine), all of them with a long trajectory in Education, Clinic and Research in Sexology.

UESX offers this sexual education course to meet the personal needs of students and to complement their academic training. It is a structured course in basic and empirical concepts of Sexology, framed in positive Sexology, in order to optimize the personal and professional growth of the participants.

Currently most people have not received quality sex education, which leads to living with feelings of guilt, shame and / or fear. This course arises from the need to break with the current vision of sexuality (a preventive, reductionist and pathologizing vision) and promote a holistic and hedonistic vision of it.

This course offers a comprehensive sexuality education in order to live a more positive sexuality. In this training, the students will know different sexological concepts and will develop a positive attitude towards sexuality, this will allow to enhance and develop their skills, abilities and values (assertive communication, self-esteem, respect, empathy, among others) in order to improve their quality of life. Thanks to this training, people will be able to make decisions freely, maturely and safely.

The main objective of this course is to offer basic sexological knowledge and promote positive sexuality, through comprehensive sexual education, to develop the personal and professional growth of students in the field of Sexology.



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2. OBJECTIVES

1. Acquire basic sexological knowledge
2. Develop a positive attitude towards sexuality
3. Foster a holistic and hedonistic perspective on Sexology
4. Enhance capacities, skills and values to live a positive sexuality
5. Understand and respect sexual diversity
6. Develop erotic growth
7. Show an active and participatory behavior during the course

3. CONTENT

Modules	Description
MODULE A <i>[The origins of sexuality]</i>	<ul style="list-style-type: none"> • Teachers: Manuel Lucas and Adrián Nanclares • Contents: History of sexuality. Myths and false beliefs. Sexuality in different cultures. Curiosities. • Evaluation and satisfaction questionnaire
MODULE B <i>[The reality of sexual diversity]</i>	<ul style="list-style-type: none"> • Teachers: Inmaculada Fernández and Pedro La Calle • Contents: Identity. Sexual orientation Models of relationships. Stereotypes Gender roles. Non-normative sexualities. • Evaluation and satisfaction questionnaire
MODULE C <i>[An erotic perspective]</i>	<ul style="list-style-type: none"> • Docentes: Anahit Poghosyan y Joaquín Molina • Contenidos: Fantasías. Sentidos. Deseo. Orgasmo. Corporalidad. • Evaluación y cuestionario de satisfacción
MODULE D <i>[Boost your sexual intelligence]</i>	<ul style="list-style-type: none"> • Teachers: Irene Ocaña and Amanda Ortiz • Contents: Keys to live a positive sexuality. Erotic creativity. Masturbation. Communication. Positive relationships. Novelty in relationships. Erotic toys. Resources. • Visit UESX + Dynamic and interactive activity. • Evaluation and satisfaction questionnaire



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4. METHODOLOGY [200-250 words]

UESX works from a positive, holistic and hedonistic approach to sexuality; understanding diversity and sexual democracy in relationships as a value that enriches our sexuality.

All sessions will be based on these three principles, where the participants through experiential dynamics will be able to acquire the knowledge, skills and abilities necessary to achieve personal and professional growth of optimal sexuality.

The course has a theoretical-practical nature in order to acquire knowledge in a dynamic way to enrich the teaching-learning process. It is divided into four modules, which will be taught by the multidisciplinary team of the UESX (Health and Education Professionals), all of them specialized in the field of Sexology. The course is offered in Spanish and English.

The methodology used in this course is dynamic and participatory. It is about that those involved participate actively since they are the main element in this process. The participants' prior knowledge, age and needs will be taken into account. Therefore, one can speak of an open and flexible methodology. The contents are achieved through experiential dynamics in order to promote meaningful, functional and transferable learning.

5. PROFESSIONAL VISITS AND COMPLEMENTARY ACADEMIC ACTIVITIES

In the last module there will be a guided visit to the Sexological Studies Unit (UESX) and a dynamic and interactive activity will be developed with the participants.

6. ASSESSMENT

Elements to be evaluated:

- 1. Assistance*
- 2. Active Participation*
- 3. Final test. At the end of each module, 45 minutes will be reserved to carry out the activity decided by the expert, to evaluate the knowledge acquired (debates, group work, personal reflection, among others)*



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7. LECTURERS

- *Inmaculada Fernández. Doctor in Psychology. Director of the Cernep Research Center. Coordinator of the Sexological Studies Unit.*
- *Irene Ocaña. Diploma in Teaching of Physical Education. Graduate in Psychopedagogy. Master in Sciences of Sexology. Coaching Specialist. Research Staff of the UESX.*
- *Amanda Ortiz. Graduated in Psychology. Master in Sciences of Sexology. Master's Degree in General Health Psychology. Research Staff of the UESX.*
- *Anahit Poghosyan. Graduated in Psychology. Master in General Health Psychology. UESX Research Technician.*
- *Pedro La Calle. Doctor in medicine. Specialist in gynecology and obstetrics. Master in Sexology.*
- *Adrián Nanclares. Graduated in Psychology. International Master in Legal and Forensic Psychology. UESX Research Technician.*
- *Manuel Lucas. Licensed in medicine. Doctor of Psychology. President of the Spanish Society for Intervention in Sexology. Director of the sexological office of the Mediterranean Hospital of Almería.*
- *Joaquín Molina. Graduated in Primary Education (Specialty in Music). Master in Sciences of Sexology.*

Organized by:

Vice-Rectorate for Internationalization
UNIVERSIDAD DE ALMERÍA
Tel. +34 950 01 5816
E-mail: sabroad@ual.es