

**Human Sexuality**

Code: 104103  
ECTS Credits: 3

Degree	Type	Year	Semester
2502442 Medicine	OT	2	2
2502442 Medicine	OT	3	0
2502442 Medicine	OT	4	0
2502442 Medicine	OT	5	0
2502442 Medicine	OT	6	0

**Contact**

Name: Adolfo Tobeña Pallarés  
Email: Adolf.Tobena@uab.cat

**Use of Languages**

Principal working language: english (eng)  
Some groups entirely in English: Yes  
Some groups entirely in Catalan: No  
Some groups entirely in Spanish: No

**Other comments on languages**

English will be the main language for lectures/seminars though Spanish/Catalan will be used as well within discussions. In/Spanish ian

**Teachers**

Joan Taberner Viera  
Daniel Vega Moreno

**Prerequisites**

The students should have acquired competence on Neuroanatomy, Neurophysiology, Endocrinology and Medical Psychology.

**Objectives and Contextualisation**

General goals are:

- Familiarize students with the Biology of human sexuality.
- Introduce the diverse modalities of human sexuality.
- Describe links between sexuality and human affections.
- Remark the relevance of sexuality across life itineraries as a marker of ailments or wellbeing.

### Specific goals are:

- To know functions, mechanisms and varieties of human sexuality.
- Describe changes on sex function and behavior across lifespan.
- Have a preliminary approach to sexual disorders and their treatment.
- Identify origins and types of sexual disorders and their relevance for health.

## **Competences**

### Medicine

- Communicate clearly, orally and in writing, with other professionals and the media.
- Demonstrate an understanding of the fundamentals of action, indications, efficacy and benefit-risk ratio of therapeutic interventions based on the available scientific evidence.
- Demonstrate understanding of the causal agents and the risk factors that determine states of health and the progression of illnesses.
- Demonstrate understanding of the importance and the limitations of scientific thought to the study, prevention and management of diseases.
- Demonstrate understanding of the principles of normal human behaviour and its alterations in different contexts.
- Demonstrate, in professional activity, a perspective that is critical, creative and research-oriented.
- Empathise and establish efficient interpersonal communication with patients, family-members, accompanying persons, doctors and other healthcare professionals.
- Establish the diagnosis, prognosis and treatment, basing decisions on the best possible evidence and a multidisciplinary approach focusing on the patient's needs and involving all members of the healthcare team, as well as the family and social environment.
- Identify and measure the affective and emotional components of human behaviour and their disorders.
- Maintain and sharpen one's professional competence, in particular by independently learning new material and techniques and by focusing on quality.
- Obtain and prepare a patient record that contains all important information and is structured and patient-centred, taking into account all age and gender groups and cultural, social and ethnic factors.
- Use information and communication technologies in professional practice.

## **Learning Outcomes**

1. Argue for future strategies in various areas of mental health, from a scientific perspective.
2. Communicate clearly, orally and in writing, with other professionals and the media.
3. Define the problem, establish the therapeutic objectives, select treatment according to evidence of efficacy and safety, establish cost and advantages, prescribe and monitor the results.
4. Demonstrate, in professional activity, a perspective that is critical, creative and research-oriented.
5. Describe phases and modes of prosocial and antisocial human behaviour.
6. Describe phases, variants and modes of human sexuality.
7. Describe the concept of risk-benefit in medical therapy.
8. Describe the emotional and affective disorders of childhood, adolescence and old age.
9. Describe the influence of the group and circumstances on an individual's behaviour.
10. Describe the main communicative skills for a clinical interview.
11. Discuss findings from reliable studies and argue for future strategies in various areas of mental health, from a scientific perspective.
12. Discuss the basic principles, performance and popularity of complementary medicine.
13. Distinguish between sound diagnostic and therapeutic procedures and those that are speculative or misleading.
14. Establish links between behaviour patterns, personality and health.
15. Explain the emotional disorders of childhood, adolescence and old age.
16. Identify characteristics of appropriate communication with patients and between professionals.

17. Identify patient-safety problems related to medication.
18. Identify the biological, psychological and social mechanisms of mental disorders in childhood/adolescence, adulthood and old age, and aggressive behaviour, addictive habits and anomalies in sexual behaviour.
19. Identify the methods for evaluating the efficacy and safety of a pharmacological intervention.
20. Identify the role of drugs in current and future therapy.
21. Maintain and sharpen one's professional competence, in particular by independently learning new material and techniques and by focusing on quality.
22. Map out the information to be compiled in a process of medical, psychological and psychiatric assessment.
23. Recognise complexity, uncertainty and probability in decision-making in medical practice.
24. Recognise the clinical manifestation of affective disorders and anxiety disorders.
25. Recognise the main neural and endocrine mechanisms of stress-related problems and identify the physical and psychological triggers of harmful stress.
26. Set up a medical record that integrates the information needed in psychological and psychiatric assessment.
27. Use information and communication technologies in professional practice.

## **Content**

### LECTURES AND SEMINARS.

1. HUMAN SEXUALITY: METHODS
2. EVOLUTION AND SEX
3. WOMEN AND MEN BODIES
4. SEX HORMONES
5. FERTILITY AND CONTRACEPTION
6. SEX DEVELOPMENT
7. ATTRACTION, EXCITATION AND PERFORMANCE IN SEXUAL ACTS
8. VARIETIES OF SEXUAL BEHAVIORS
9. SEXUAL ORIENTATIONS
10. SEX AND HUMAN AFFECTS
11. ATYPICAL SEXUALITIES
12. SEX ACROSS LIFESPAN
13. SEXUAL DISORDERS
14. SEX TRANSMITTED DISORDERS
15. PHARMACOLOGY OF SEX
16. VIOLENCE AND SEX
17. SEX, LEISURE, BUSINESS

### Practical Sessions

1. Bibliography search

Individual task. Departing from key terms related to one of the topics, a search must be completed to detect relevant research studies from the last five years, in order to illustrate a particular issue discussed at Seminars.

2. Skills on taking sex clinical histories

Technic exercises: revise ingredients and steps; instruction and evaluation from clinical cases through "role playing" sessions.

3. Intervention o Sex Counseling

Technic exercises: Systematic evaluation through clinical cases vídeos.

## **Methodology**

The course will include lectures, seminars and practical sessions in addition to the students's individual work.

Materials will include pwp presentacions, research and review published papers, and variuos audiovisuals that willall be accesed through the Virtual Campus platform.

## Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Directed Lectures	17	0.68	
Directed Seminars	9	0.36	
Type: Autonomous			
Autonomous	45	1.8	

## Assessment

- seminars and virtual activities will be assesses through attendance plus brief questions tests. Regular attendance and participation will count with an incidence not superior to 20% of the final note.
- global assessment will consisit on a general test that will represent 50% of the final note, at least: multiple choice questions (70%) and brief questions (30%) commonly, with an approximate ponderation that might be changed.
- other procedures might be used, however, to arrive to the final grade (original essays, intermedial tests based on brief questioning, exercices or comments based on seminars), that migh represent 30% of the final note.
- competence use of English will be an additional ingredient of the final note.
- students who do not reach minmums will be able to demand a specific recovery global exam, through a procedure that will be open to decide.
- studentst lacking the theoretical and practical assessments will considered as non-evaluated with a loss or the inscriptio rights.

## Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Global assessment through a multiple choice test plus brief questioning	50% of the final note, at least.	2	0.08	1, 2, 3, 4, 7, 5, 6, 9, 8, 10, 12, 11, 13, 26, 22, 14, 15, 16, 20, 19, 17, 18, 21, 25, 23, 24, 27
Regular attendance and active participation on lectures, seminars and practical exercises	30% of the final note, as a maximum.	2	0.08	11, 26, 22, 16, 24, 27
optional assessments through brief question tests	20%, as a maximum	0	0	3, 7, 6, 26, 14, 20, 17, 18, 25

## Bibliography

### Texts

- Alonso Arbiol I (2005) *Actualización en sexología Clínica*, San Sebastián: Universidad País Vasco.
- Bancroft J (2009) *Human sexuality and its problems* (3rd.edit), London: Churchill Livingstone-Elsevier.
- Cabello F (2004) *Disfunción eréctil un abordaje integral*, Madrid: Psimedica.
- Cabello F y Lucas Matéu M. (2002) *Manual médico de terapia sexual*, Madrid: Psimedica.
- Castelo-Branco C. (2005) *Sexualidad Humana. Una perspectiva Integral*, Madrid: Panamericana.
- Curcoll ML y Vidal J (1992) *La sexualidad y la lesión medular*, Barcelona: Fundación Instituto Guttman.
- Estupinyà Pere (2013) *La ciencia del sexo*, Barcelona: Debate
- Komisaruk BR, Beyer-Flores C and Whipple B (2006) *The Science of Orgasm*, Baltimore: The John Hopkins University Press
- Le Vay S (1995) *El cerebro sexual*, Madrid: Alianza Editorial.
- Le Vay S and Baldwin J(2012) *Human Sexuality* (4th. Edition), Sunderland (Mass): Sinauer.
- López Sosa C (2005) *Sexo y solo sexo*, Barcelona: Planeta.
- Lucas Matheu M y Cabello Santamaría F(2007) *Introducción a la sexología*, Madrid: Elsevier.
- Masters W and JhonsonV (1976) *Respuesta Sexual humana*, Barcelona: Intermédica.
- Masters W, JhonsonV and Kolodny R (1987) *La Sexualidad humana*, 2º Vol., Personalidad y conducta sexual, Barcelona: Grijalbo.
- Nieto JA (1995), *La sexualidad de las personas mayores en España*, Madrid: Inerser.
- Tobeña A (2006) *El cerebro erótico*, Madrid: La Esfera de los Libros.

web resources:

<http://www.natsal.ac.uk/overview>

<http://www.fess.org.es/>

<http://www.sinauer.com/human-sexuality.html>

<http://sites.sinauer.com/levay4e/>

<http://kinseyconfidential.org/>

<http://kinseyinstitute.org/index.html>

<http://www.nlm.nih.gov/medlineplus/spanish/encyclopedia.html>