

# Postgraduate Certificate Sexual and Reproductive Health





## Postgraduate Certificate Sexual and Reproductive Health

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

Website: [www.techtitute.com/us/education/postgraduate-certificate/sex-reproductive-health](http://www.techtitute.com/us/education/postgraduate-certificate/sex-reproductive-health)

# Index

01

Introduction

---

p. 4

02

Objectives

---

p. 8

03

Course Management

---

p. 12

04

Structure and Content

---

p. 16

05

Methodology

---

p. 20

06

Certificate

---

p. 28

# 01

# Introduction

Health is a state of physical, mental and social well-being that is achieved when the individual is able to satisfy their needs and expectations. In this sense, sexual and reproductive health is not an isolated issue, but is closely related to health in general. In fact, the WHO has recognized it as a fundamental human right, and has stressed the importance of ensuring access to quality services and care in this area. Therefore, it is essential to have an up-to-date and specialized training in this field, such as the one offered by this TECH program, which allows you to acquire a complete and up-to-date knowledge on the subject, through a 100% online methodology.



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*With this Postgraduate Certificate you will learn about the latest trends in fertility treatment and the most important technical and sociological advances in reproductive health”*

Approximately 12% of couples worldwide experience infertility, and of these, 50-60% seek some type of assisted reproductive treatment or method to achieve pregnancy. These treatments include in vitro fertilization (IVF), intracytoplasmic sperm injection (ICSI) and artificial insemination (AI). The demand for these services has been increasing in recent decades due to factors such as the delay in the age of childbearing and the increase in the prevalence of health conditions that affect fertility.

Sexual and Reproductive Health faces many challenges every day, whether in the field of assisted reproduction and the legal implications in different countries, as well as the problem of HIV and voluntary interruption of pregnancy. TECH, aware of the need to offer a specialized and comprehensive education on these issues, has designed this Postgraduate Certificate in Sexual and Reproductive Health which, through an innovative methodology, aims to provide students with the necessary knowledge on topics such as the menstrual cycle, the classic methods of fertility management, fertility in the reaffirmation of sexual identity, as well as the different assisted reproduction treatments.

In addition, at the end of this program, students will be able to address issues related to sexological support during the search for pregnancy, the promotion of Sexual Health and the fight against fertility myths, therefore contributing to the improvement of people's health and wellbeing.

This program, developed in a 100% online format, has a *Relearning* pedagogical methodology, which encourages the active participation of the student in the learning process, with a large amount of didactic resources and practical activities. In addition, thanks to the flexibility of schedules, the student can organize themselves in an autonomous way to study according to their needs.

This **Postgraduate Certificate in Sexual and Reproductive Health** contains the most complete and up-to-date educational program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Sexual and Reproductive Health
- ♦ The graphic, schematic and eminently practical contents with which it is conceived provide specialized and practical information on those 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



*Looking to become a professional capable of addressing all issues related to sexual and reproductive health? This program is for you!"*

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*Become a professional skilled in addressing all issues related to HIV and reducing the stigma associated with this disease”*

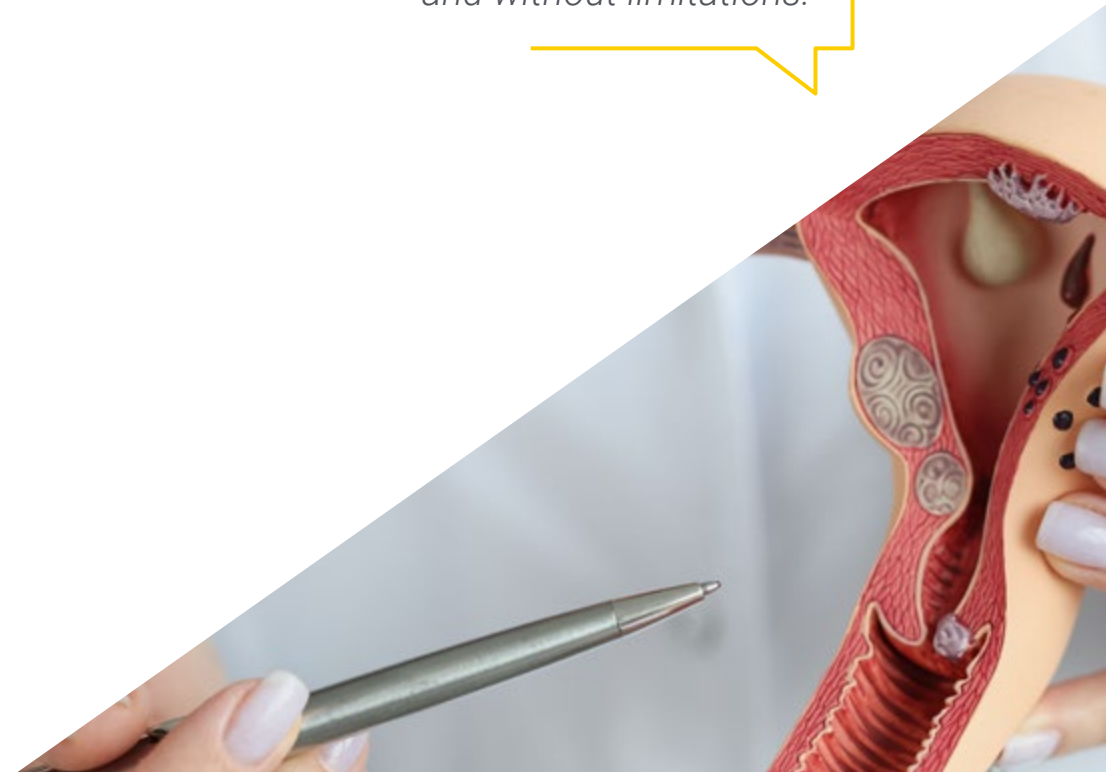
*Learn with real cases, simulations and the constant reiteration of information, thanks to the Relearning pedagogical methodology.*

*You will be able to access the content with total freedom, at any time of the day, setting your own pace of study and without limitations.*

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02

# Objectives

This Postgraduate Certificate aims to provide students with the necessary knowledge to develop a global and specialized vision of Sexual and Reproductive Health, a fundamental and constantly evolving area in the health field. The program is designed to provide students with a set of theoretical and practical tools that allow them to understand and address different pathologies related to sexual and reproductive health, as well as to learn about the most innovative and effective treatments in the field of assisted reproduction. All this through the use of audiovisual resources, complementary readings and real cases, which will allow the application of the knowledge acquired in daily practice.







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*Orient your professional career towards a field in constant evolution and growth and train yourself in sexological support during the search for pregnancy”*



## 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
- ♦ Achieve skills to face the multiple incidences and decisions that may arise in the exercise of their profession





## Specific Objectives

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- Gain an in-depth knowledge of the important aspects of 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 treatment options and approaches to infertility

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*Case studies will give you a more direct perspective on the fertile cycle according to gender”*

# 03

# Course Management

By taking this program, you will obtain the most advanced knowledge and skills related to the relevant aspects of Sexual and Reproductive Health, covering topics related to the voluntary termination of pregnancy, HIV and fertility. All this, through a highly qualified and experienced teaching team in this area that, with the help of didactic materials presented through the latest online teaching software, will provide students with high quality education.





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*A renowned teaching staff  
that will provide you with the  
latest tools for the promotion  
of Sexual Health”*

## Management



### Ms. Ramos Escamilla, María

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

## Professors

### Ms. Gutiérrez Ramos, Pamela

- ♦ Midwife and Sexologist
- ♦ Sexologist volunteer in NGO
- ♦ Sexologist in the youth center of sexuality attention
- ♦ Postgraduate Certificate in conscious and integral accompaniment of the maternal and perinatal period with a gender perspective and a biopsychosocial approach



04

# Structure and Content

This academic program is structured in a single module, which covers from current HIV treatments, infertility diagnosis and treatment methods, to the main tools for the promotion of sexual health. The contents are taught through an innovative pedagogical methodology, which combines different resources and digital tools to offer a complete and up-to-date education. In addition, the program is 100% online and flexible, allowing students to organize their academic resources autonomously and adapted to their needs.





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*Prepare yourself to succeed in the field of Sexual and Reproductive Health with this Postgraduate Certificate that will provide you with the best tools and educational resources”*

## Module 1. Sexual and Reproductive Health

- 1.1 Contextualization
  - 1.1.1. Definition
  - 1.1.2. Technical and Sociological Developments
  - 1.1.3. Assisted Reproductive Treatment and its Legal Context in Different Countries
- 1.2. HIV
  - 1.2.1. Historical Context
  - 1.2.2. Associated Stigma
  - 1.2.3. Current Treatments
  - 1.2.4. Positive Resources
- 1.3. Voluntary Termination of Pregnancy
  - 1.3.1. Definition
  - 1.3.2. Procedure
  - 1.3.4. Media Coverage
  - 1.3.5. Physical, Emotional, Economic Consequences
- 1.4. Fertility: Ovaries and Uterus
  - 1.4.1. Gamete Formation
  - 1.4.2. Menstrual Cycle
  - 1.4.3. Classical Methods of Fertility Management
    - 1.4.3.1. Symptothermal Method
    - 1.4.3.2. Cervical Mucus Record
    - 1.4.3.3. Cervical Height Record
  - 1.4.4. Testing of People with Ovaries and/or Uterus
  - 1.4.5. Fertility in the Reaffirmation of Sexual Identity
- 1.5. Fertility: Testicles
  - 1.5.1. Gamete Formation
  - 1.5.2. Cycle of Sperm Formation/Regeneration
  - 1.5.3. Habits that Can Affect Fertile Potential
  - 1.5.4. Tests for People with Testicles
  - 1.5.5. Fertility in the Reaffirmation of Sexual Identity



- 1.6. Treatments in Assisted Reproduction I
  - 1.6.1. Directed Sexual Intercourse (DSR)
  - 1.6.2. Artificial Insemination with the Partner's Sperm
  - 1.6.3. Artificial Insemination with Donor Sperm
- 1.7. Treatments in Assisted Reproduction II
  - 1.7.1. In Vitro Fertilization (IVF)
  - 1.7.2. Intracytoplasmic Sperm Injection (ICSI)
  - 1.7.3. Blastocyst Culture
  - 1.7.4. Preimplantational Genetic Diagnosis (PGD)
- 1.8. Sexological Support during the Search for Pregnancy
  - 1.8.1. Impact of the Assisted Reproduction Process on the Erotic Desire
  - 1.8.2. Sexual Satisfaction with a Diagnosis of Infertility
- 1.9. Fertility Myths
  - 1.9.1. Probability of Pregnancy
  - 1.9.2. Positions that Favor Pregnancy
  - 1.9.3. Orgasm and Fertility
  - 1.9.4. Effectiveness of Fertility Techniques
  - 1.9.5. Ejaculatory Abstinence and Fertility
- 1.10. Sexual Health Promotion
  - 1.10.1. Difference between Prevention and Promotion
  - 1.10.2. Sexual Health Promotion Tools



*Enjoy an innovative and dynamic learning experience that combines theoretical lessons with practical activities to enhance your understanding of the topics”*

05

# 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.





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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 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.*

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*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.*



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

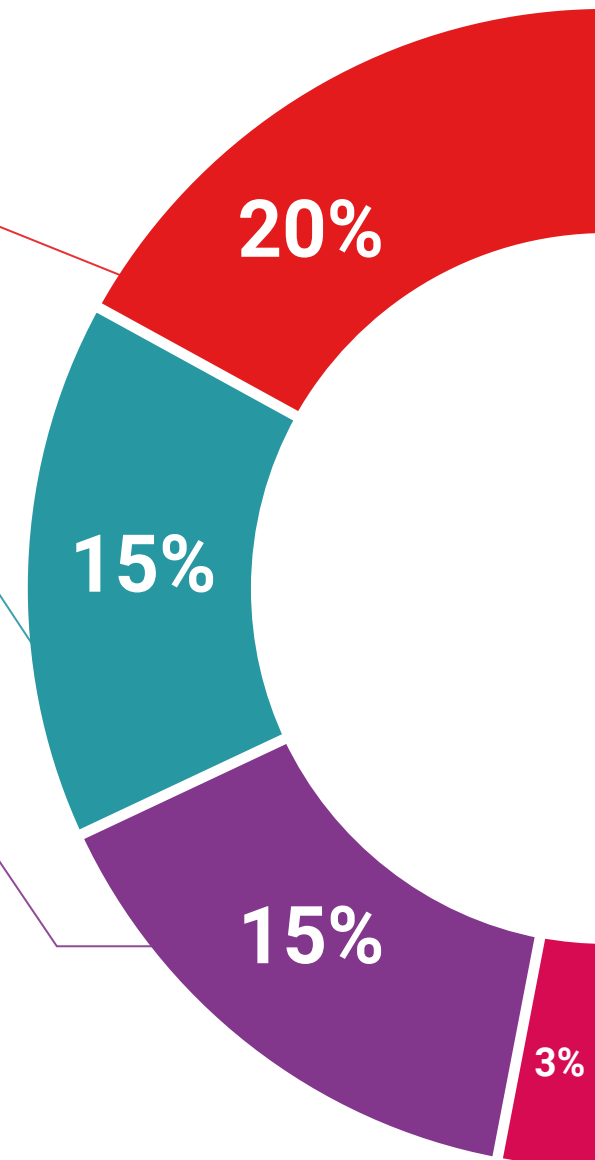
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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.





**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.



06

# Certificate

The Postgraduate Certificate in Sexual and Reproductive Health guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 Certificate in Sexual and Reproductive Health** contains the most complete and up-to-date program on the market.

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

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

Title: **Postgraduate Certificate in Reproductive and Sexual Health**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma 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 language  
virtual classroom



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