Course Outline for Psychology 8

HUMAN SEXUALITY

Catalog Description:
PSY 8 - Human Sexuality
(See also SOCI 8 and HLTH 8) 3.00 units

This course is an introductory overview of the field of human sexuality. Human sexuality in our contemporary society will be studied from the psychological, biological, sociocultural, and historical perspectives. Emphasis on understanding the interrelationship of attitude and behavior as it relates to sexual well-being and sexual integrity. Students will be encouraged to examine their own attitudes, values, and behaviors in the context of their moral compass and their culture and societal values. Current sex norms and various aspects of interpersonal and individual sexual adjustment will be explored. May not receive credit if HLTH 8 or SOCI 8 has been completed.

Requisites: none

Grading Option: Letter Grade

Discipline:

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<thead>
<tr>
<th>Units</th>
<th>Lecture</th>
<th>3.00</th>
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<tr>
<td></td>
<td>Contact Hours</td>
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<tr>
<td>Total</td>
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Prerequisite Skills:
None

Measurable Objectives:
Upon completion of this course, the student should be able to:
1. describe society’s stance on human sexuality from a historical perspective in the context of cultural and societal values;
2. evaluate how media influences and reflects sexuality;
3. describe the approaches to sex research and locate systematic studies of human sexuality;
4. list the functions and dysfunctions of the human reproductive systems in the context of both female and male anatomy and physiology and sexual arousal and response;
5. identify relevant features of human anatomy and physiology in the reproductive processes and the role of the neurotransmitters in sexual arousal;
6. describe the development of intimacy and interpersonal relationships through the life cycle and identify factors contributing to relationship satisfaction over time;
7. explain the development of gender and sexual identity;
8. explain sexual diversity and values of various cultures;
9. critique changing gender roles in today’s society and the impact of these changes in intimate relationships;
10. identify and evaluate contraceptive methods and ways couples can share responsibility for birth control;
11. identify and evaluate methods of pregnancy termination and associated cultural differences;
12. describe the normal birthing process;
13. identify “normal” and atypical sexual behaviors;
14. determine physiological and psychosocial factors contributing to sexual dysfunctions and identify treatment alternatives available to men and women who experience sexual difficulties;
15. describe the different types of sexually transmitted infections and identify strategies to reduce the possibility of contracting sexually transmitted infections;
16. identify causes and prevention of sexual abuses;
17. analyze psychosocial bases of rape, childhood sexual abuse, and prostitution.

Course Content:
1. Historical and research perspective on sexuality
2. Sexual Orientation
3. Gender Identity
4. Sex research
5. Physical sexual health
   A. Anatomy
   B. Physiology
   C. Sexual dysfunction
6. Social sexual health
5. Sexually transmitted diseases, causes, treatments, and prevention
6. Health care
A. Developmental sexuality
B. Love and being loved throughout the life cycle
7. Sexual behavior
   A. Sexual values
   B. Sexual behavior patterns from a cultural and psychological perspective
   C. Attraction, love, sexual communication
8. Sexuality throughout the life cycle
   A. Childhood and adolescence
   B. Adult
   C. Older adult/elderly
9. Contraception
   A. Birth control
      a. Historical perspective
      b. Methods
      c. Scientific bases for methods
      d. Cultural aspects
   B. Pregnancy termination
      a. Historical perspective
      b. Methods
      c. Cultural aspects
   C. Reproduction and Birthing
      a. Fetal development
      b. Pregnancy
      c. Complications
      d. Alternative methods of delivery
10. Sexually transmitted infections
    A. Risk factors
    B. Prevention
    C. Social issues
11. Social issues
    A. Origins of sexual difficulties
    B. Sex therapy
    C. Atypical sexual variations
    D. Sexual coercion and commercial sex

Methods of Presentation
1. Lecture/Discussion
2. Audio-visual aids
3. Guest speakers
4. Class and group discussions
5. Written Assignments
6. In class presentations

Assignments and Methods of Evaluating Student Progress

1. Typical Assignments
   A. Develop a survey on sexual attitudes and behaviors
   B. Write a report on gender patterns in sexual communication and contraceptive use
   C. Write a report on cultural differences in attitudes about sexual behavior and orientation
   D. Write a report on selected topic of interest from course content
   E. Keep a journal of articles from popular press/media/internet on sexuality issues; analyze them in terms of course concepts

2. Methods of Evaluating Student Progress
   A. Exams/Tests
   B. Quizzes
   C. Written assignments/reports
   D. Final Examination
   E. Oral Presentation
   F. Papers

3. Student Learning Outcomes
   Upon the completion of this course, the student should be able to:
   A. Understand sexual health in our contemporary society based on historical perspectives and current issues.
   B. Evaluate and formulate the interrelationship of attitude and behavior as they relate to sexual well-being and sexual integrity.
   C. Identify, compare, and contrast the key themes in human sexuality including sociocultural, biological, and cognitive behavioral influences.

Textbook (Typical):

Special Student Materials
1. Computer access

Abbreviated Class Schedule Description:
This course is an introductory overview of the field of human sexuality. Human sexuality will be examined from biopsychosocial perspectives.

Requisites: none