

COURSE OUTLINE

Psychology 105 (C-ID Number: PSY 130)
Psychology of Human Sexuality (C-ID Title: Introduction to Human Sexuality)

I. Catalog Statement

Psychology 105 is an introductory overview of the field of human sexuality. Human sexuality is examined from psychological, biological, sociocultural, and historical perspectives. Students are encouraged to become aware of their own sexual attitudes, values, and behaviors and to evaluate the consistency of their behaviors within their own moral frameworks. Current sex norms and various aspects of interpersonal and individual sexual adjustment are explored.

Total Lecture Units: 3.0

Total Course Units: 3.0

Total Lecture Hours: 48.0

Total Faculty Contact Hours: 48.0

Recommended Preparation: ENGL 120 or ESL 151

II. Course Entry Expectations

Skills expectations: Reading 6, Writing 6, Listening/Speaking 6, Math 2.

Prior to enrolling in the course, the student should be able to:

1. read at the 12th grade level or above;
2. write an organized and grammatically correct essay which focuses on a central idea and employs specific details;
3. take good lecture notes and follow complex oral directions;
4. add, subtract, multiply, and divide using whole numbers fractions, and decimals.

III. Course Exit Standards

Upon successful completion of the required course work, the student will be able to:

1. explain sexual diversity and values of various cultures;
2. evaluate how media influences and reflects sexuality;
3. locate systematic studies of human sexuality;
4. critique changing gender roles in today's society and the impact of these changes in intimate relationships;
5. identify relevant features of human anatomy and physiology in the reproductive processes and the role of the brain and neurotransmitters in sexual arousal;

6. identify factors contributing to relationship satisfaction over time;
7. identify ways couples can share responsibility for birth control;
8. determine physiological and psychosocial factors contributing to sexual dysfunctions and identify treatment alternatives available for men and women who experience sexual difficulties;
9. identify strategies to reduce the likelihood of contracting a sexually transmitted infections;
10. analyze psychosocial bases of rape, childhood sexual abuse, and prostitution.

| IV. <u>Course Content</u> | Total Faculty Contact Hours = 48 hours |
|--------------------------------------------------------------|-----------------------------------------------|
| A. Sex, Sexuality, and Gender | 3 hours |
| B. Perspectives on Sexuality: Cultural and Social Values | 3 hours |
| C. Sex Research | 3 hours |
| D. Gender Issues | 3 hours |
| E. Female Sexual Anatomy and Physiology | 3 hours |
| F. Male Sexual Anatomy and Physiology | 3 hours |
| G. Sexual Arousal and Response | 3 hours |
| H. Sexual Orientation | 3 hours |
| I. Sexuality Throughout Life-span | 3 hours |
| J. Love, Attraction, Relationships, and Sexual Communication | 3 hours |
| K. Contraception, Conception, and Childbirth | 3 hours |
| L. Sexual Behaviors | 3 hours |
| M. Sexually Transmitted Infections (STI) | 3 hours |
| N. Nature and Origins of Sexual Difficulties and Sex Therapy | 3 hours |
| O. Asexual Typical Variations | 3 hours |
| P. Sexual Coercion and Commercial Sex | 3 hours |

V. Methods of Instruction

The following methods of instruction may be used in the course:

1. classroom lecture and discussion;
2. small group analysis of human sexuality problems;
3. student presentations and discussions;
4. multimedia;
5. guest speakers with special expertise in the areas of human sexuality.

VI. Out of Class Assignments

The following out of class assignments may be used in the course:

1. a research paper demonstrating the use of sources and the ability to critically assess information and apply concepts in a collegiate manner;
2. individual and group projects (e.g. informational poster presentations of different types of STIs).

VII. Methods of Evaluation

The following methods of evaluation may be used in the course:

1. three to five one-hour in class examinations requiring demonstration of course exit standards;
2. class participation demonstrating course exit standards;
3. peer review or critique of student work;
4. instructor evaluation of in-class presentations.

VIII. Textbook(s)

Levay, Simon and Janice Baldwin. *Discovering Human Sexuality, 4th Edition*.
Sunderland: Sinauer Associates, 2012. Print.
12-13th Grade Textbook Reading Level. ISBN: 978-0878935703.

IX. Student Learning Outcomes

Upon successful completion of the required course work, the student will be able to:

1. use appropriate vocabulary for the discussion of sexuality;
2. describe the physiological, psychological, and cultural aspects of sexual expression;
3. explain the historical development of our cultural attitudes toward sexual expression.