Course Outline

COURSE: HE 2  DIVISION: 50  ALSO LISTED AS:

TERM EFFECTIVE: Spring 2017  CURRICULUM APPROVAL DATE: 11/14/2016

SHORT TITLE: HUMAN SEXUALITY

LONG TITLE: Human Sexuality

<table>
<thead>
<tr>
<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<td>3</td>
<td>18</td>
<td>Lecture: 3</td>
<td>54</td>
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<td>Lab: 0</td>
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<td>Total: 3</td>
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COURSE DESCRIPTION:
Assists students in gaining increased knowledge, appreciation, and respect for their own sexuality, as well as others. Approved by the Board of Registered Nursing for 54 hours of continuing education credit (Provider #00892). (C-ID: PSY 130) ADVISORY: Eligible for English 250 and English 260

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES
L - Standard Letter Grade

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:
02 - Lecture and/or discussion
05 - Hybrid
72 - Dist. Ed Internet Delayed

STUDENT LEARNING OUTCOMES:
1. Apply critical thinking skills to information presented on human sexuality, by identifying appropriate information sources and evaluating scientific literature
Measure of assessment: Exam.
Year assessed, or planned year of assessment: 2016
2. Critically evaluate information from the popular media for biological accuracy, biases, prejudices, assumptions and judgments

Measure of assessment: Essays and exams
Year assessed, or planned year of assessment: 2016

Semester: Fall
This SLO addresses cultural diversity: true

3. Assess how human sexuality is embedded in and shaped by multi-layered social and cultural contexts

Measure of assessment: Essays and exams
Year assessed, or planned year of assessment: 2016

Semester: Fall

4. Critique and apply theories of psychological and human sexuality to understand one's own experience and the experience of others.

Measure of assessment: exams, case studies forums
Year assessed, or planned year of assessment: 2016

Semester: Fall

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS
Curriculum Approval Date: 11/14/2016

4 Hours
Dimensions of Human Sexuality
Historical-Cultural Influences Thinking Critically About Sexuality
Thinking Critically About Sexuality
Why Study Sexuality?
Research Methods
Issues in Sexuality Research
Early Sexuality Researchers
20th Century Sexuality Researchers
Identify and discuss the dimensions of human sexuality, including biological, psychological and sociocultural factors
Discuss the historical aspects of human sexuality, including the sexual revolution the role of gender, and the role of culture
Apply critical thinking methods to human sexuality
Outline the reasons to study human sexuality, including the steps of the decision making process
Describe the various methods used in sexuality research, including the steps of the scientific process
Identify the ethical issues involved in sexuality research
Describe the work of early sexuality researchers and how they set the stage for modern researchers
Summarize the contributions of major modern sexuality researchers

4 Hours
Process of Communicating Sexually
Barriers to Effective Sexual Communication
Techniques for Improving Sexual Communication
Describe the process of sexual communication, including non-verbal communication

11/18/2016
Identify barriers to sexual communication, including gender differences, attitudes about sexuality, and sexual language
4 Hours
Female Sexual Anatomy and Physiology
Reproductive System
Breasts
Hormones
Menstruation
Pregnancy and Lactation
Menopause
Sexually Related Diseases: Self Care and Prevention
Name and describe the parts of the female reproductive system including external and internal genitalia
Discuss the role of breasts in sexual arousal and response as well as in the reproductive function of lactation
Explain the role of hormones as they pertain to sexuality
Describe what occurs during menstruation, to include menarche, the menstrual cycle, perimenopause, and problems associated with each
Cite various diseases that can affect the female reproductive system and self-care procedures, as well as medical treatments, associated with these diseases
4 Hours
Male Reproductive System
Hormones
Self Care and Prevention
Name and describe the parts of the male reproductive system to include the external and internal genitalia and the pathway of the sperm
Discuss the role of hormones in males
Cite various diseases that can affect the male reproductive system and the self-care procedures, as well as medical treatments associated with these diseases
4 Hours
Body Image
Building a Better Body Image
Issues Related to Trying to Be Perfect
Gender Differences
Gender Identity, Roles and Stereotypes
Sexual Arousal and Response
Master's and Johnson Sexual Response Cycle
Orgasm
Discuss body image, its role in sexuality, and media influences
Describe how to improve one's self image
Describe the problems that poor body image cause for females and males
Discuss the biological, psychological, and sociocultural differences between males and females
Explain the effects of gender identity, sex roles, and sex stereotypes on sexuality

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Describe the role of the brain in sexual response, including the hormones involved and the role they play.

Describe the four phases of the Masters and Johnson sexual response cycle, as well as other theoretical models of sexual response.

Describe the physiology of orgasm in males and females, differentiating between the different types of orgasm.

4 Hours

Contraception

Nonprescription Methods

Prescription Methods

Permanent Methods

Future of Contraceptives

Discuss the reasons to use contraceptives, ways to choose a contraceptive, and the difference between perfect use and typical use.

Evaluate the nonprescription methods of contraception, including the effectiveness, the reversibility, and the advantages and disadvantages of each.

Evaluate the prescription methods of contraception, including the effectiveness, the reversibility, and the advantages and disadvantages of each.

Explain why some have higher rates of user effectiveness.

Discuss the viability of future contraceptive methods.

3 Hours

Fetal Development

Prenatal Choices

Threats to Having a Healthy Infant

Maternal Health Problems During Pregnancy

Childbirth

Breastfeeding

Sexual Activity During Pregnancy and After Delivery

Hormonal Influences on Prenatal Development

Infertility

Unexpected Pregnancy Outcomes

Abortion

Adoption

Explain the process of conception and implantation.

Explain the developmental mechanisms that occur to the mother and embryo and fetus during the three trimesters of pregnancy.

Describe the concept of prenatal care, and the discuss the birthing options.

Describe factors that affect pregnancy outcomes including drugs and diseases.

Identify maternal health problems that may be experienced during pregnancy.

Describe the physical and emotional reactions common during the three stages of birth.
Discuss the causes of infertility and treatment methods
Discuss abortion issues, including abortion procedures, legal history, and current attitudes toward abortion
Describe the various types of adoptions and the laws related to them
3 Hours
Sexual Techniques and Behaviors
Solitary Sexual Behaviors
Sexual Behavior with Others
   Identify the historical basis for present-day societal, religious and/or cultural attitudes toward masturbation
Cite the prevalence of sexual fantasy
Describe the content and function of fantasy
   Identify the differences in male and female fantasies
Describe the role of touch, sight, smell, sound and taste in sexual foreplay
Discuss the various positions of sexual intercourse including their advantages and disadvantages
3 Hours
Sexual Orientation
   Theories of Sexual Orientation
   Define sexual orientation
   Discuss the Kinsey continuum
   Compare and contrast the theories of sexual orientation, including, biological, psychological and sociocultural theories
   Identify challenges specific to sexual orientation
3 Hours
Sexuality in Childhood and Adolescence
   Sexual Development of Infants and Toddlers
   Sexual Development During Preschool and Elementary Years
   Sexual Development During Puberty
   Sexuality in Adolescence
   Sexual Abuse of Children and Adolescents
   Explain the concept of infant as a sexual being
   Describe the sexual development of children from preschool through the elementary years
   Describe the differences in puberty for boys and girls
   Identify the three developmental stages of adolescence
   Compare the findings of surveys concerning adolescent sexual behaviors and attitudes
   Discuss the identification, prevalence and treatment of sexual abuse or harassment of children and adolescents
3 Hours
Sexuality in Adulthood
   Love and Sexuality
   Sexuality During the College Years
   Singlehood
   Cohabitation
Marriage
Divorce
Sexuality and Aging
Sexuality for the Physically and Mentally Challenged
Discuss the major theories of love and sexuality
Cite the factors that have led to the increase in the number of singles and the postponement of marriage
Evaluate the advantages and disadvantages of cohabitation
Describe the characteristics of a mutually satisfying relationship
Discuss the reasons for divorce
Describe the changes that occur during the aging process
Describe the sexuality challenges for the disabled and ill, as well as how to overcome them
3 Hours
Sexually Transmitted Infections
Bacterial Infections
Viral Infections
Vaginal Infections
Ectoparasitic Infestations
Acquired Immune Deficiency Syndrome
Treatments
Prevention
Define sexually transmitted infections and sexually related diseases
Describe the incidence, transmission, symptoms, complications, diagnosis and treatment of each type of infection/infestation
Describe methods of prevention for each type of infection/infestation
3 Hours
Sexual Dysfunction
Causes of Sexual Dysfunction
Treatment of Sexual Dysfunction
Common versus Atypical Sexual Behaviors
Treatments
Describe the major male and female sexual dysfunctions
Identify the multidimensional causes of sexual dysfunction, including physical, psychological and sociocultural aspects
Compare and contrast the varied approaches to treatment of sexual dysfunction
Discuss the continuum of sexual activity
Describe treatment options for atypical behaviors 3 Hours
Forcible Sexual Behaviors
Sexual Violence
Rape
Pedophilia
Incest
Relationship Abuse
Sexual Harassment
Differentiate among rape, statutory rape, stranger rape, and date rape

11/18/2016
Discuss the myths surrounding rape
Discuss the incidence and effects of pedophilia
Describe the incidence and effects of incest
Summarize important information about violence in relationships
including marital rape and domestic abuse
Discuss treatment and prevention of forcible sexual behaviors
Discuss sexual harassment in the workplace, in schools, on campus and
in the military and indicate what can be done to prevent it 3 Hours
Sexual Consumerism
Mass Media and the Arts
Sexually Explicit Materials
Sex Workers
Sexual Ethics, Morality and the Law
Ethics: The Basis for Decision Making
Moral Decision Making and Sexual Behavior
Laws Regulating Sexual Behavior
Taking Responsibility for Sexual Health
Describe the ways in which sexuality is used in the mass media,
including advertising, TV, movies, literature, popular music and on the
internet
Discuss what constitutes sexually explicit materials, the results of
research on their effects, and efforts to control their distribution
Describe the different types of sex workers and the economic factors
associated with sex work
Define the five ethical principles that serve as a basis for deciding
whether a decision is moral
Identify the rationale for laws related to sexuality
Develop a personal plan for taking responsibility for sexual health
2 Hours
Comprehensive final exam *Note Each week the student will read the
assigned material, complete the workbook, discussion questions,
critical thinking questions, analyze and respond to case studies and
forums

METHODS OF INSTRUCTION:
Lecture, handouts, AV materials, discussion, guest speakers, case studies, forums.

METHODS OF EVALUATION:
Writing assignments
Percent of total grade: 35.00 %
35% - 85% Written homework; Reading reports; Essay exams; Term papers
Problem-solving assignments
Percent of total grade: 20.00 %
20% - 80% Homework problems; Field work; Exams
Objective examinations
Percent of total grade: 35.00 %
35% - 70% Multiple choice; True/false; Matching items; Completion
OUT OF CLASS ASSIGNMENTS:
Required Outside Hours: 36
Assignment Description: Reading from textbook. Writing essays and answering questions at the end of the chapter.

REPRESENTATIVE TEXTBOOKS:
Required Representative Textbooks

ARTICULATION and CERTIFICATE INFORMATION
Associate Degree:
   GAV E2, effective 201570
   GAV F, effective 201570
CSU GE:
   CSU E, effective 201570
   CSU E2, effective 200670
IGETC:
CSU TRANSFER:
   Transferable CSU, effective 201570
UC TRANSFER:
   Transferable UC, effective 201570

SUPPLEMENTAL DATA:
Basic Skills: N
Classification: Y
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
CAN:
CAN Sequence:
CSU Crosswalk Course Department: HE
CSU Crosswalk Course Number: 2
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Maximum Hours:
Minimum Hours:
Course Control Number: CCC000180989
Sports/Physical Education Course: N
Taxonomy of Program: 083700