

Course Outline

COURSE: HE 2 **DIVISION:** 50 **ALSO LISTED AS:**

TERM EFFECTIVE: Summer 2020 **CURRICULUM APPROVAL DATE:** 06/09/2020

SHORT TITLE: HUMAN SEXUALITY

LONG TITLE: Human Sexuality

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
3	18	Lecture:	3	54
		Lab:	0	0
		Other:	0	0
		Total:	3	54

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
- 71 - Dist. Ed Internet Simultaneous
- 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

Semester: Fall

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: 06/09/2020

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

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

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

Explain why some have higher rates of user effectiveness

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

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

REPRESENTATIVE TEXTBOOKS:

Required Representative Textbooks

Required: Yarber et al, Human Sexuality: Diversity in Contemporary America, 9th Ed., McGraw Hill, 2015, or other appropriate college level text..

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