

Las Positas College  
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**Course Outline for PSYC 10**  
**PSYCHOLOGY OF HUMAN SEXUALITY**  
**Effective: Fall 2016**

**I. CATALOG DESCRIPTION:**

PSYC 10 — PSYCHOLOGY OF HUMAN SEXUALITY — 3.00 units

Physiological and psychosocial aspects of sexual health in our contemporary society. Understanding the interrelationship of attitude and behavior as it relates to sexual well-being and sexual integrity.

3.00 Units Lecture

**Grading Methods:**

Letter or P/NP

**Discipline:**

	<b>MIN</b>
<b>Lecture Hours:</b>	54.00
<b>Total Hours:</b>	54.00

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1**

**III. PREREQUISITE AND/OR ADVISORY SKILLS:**

**IV. MEASURABLE OBJECTIVES:**

**Upon completion of this course, the student should be able to:**

- A. explain sexual diversity and values of various cultures
- B. evaluate how media influences and reflects sexuality
- C. locate systematic studies of human sexuality
- D. discuss personal sexual values and overall sexual health
- E. identify relevant features of human anatomy and physiology in the reproductive processes and the role of the brain and neurotransmitters in sexual arousal
- F. critique changing gender roles in today's society and the impact of these changes in intimate relationships
- G. explain the development of sexual identity, including gender identity formation
- H. indicate knowledge of the development and societal implications of sexual orientation identity
  - I. identify ways couples can share responsibility for birth control
- J. identify and explain sexually transmitted and sexually related infections and prevention of those infections
- K. discuss sexual development throughout the life span
- L. describe typical adult sexual behaviors and attitudes
- M. identify factors contributing to relationship satisfaction over time
- N. explain effective communication skills regarding sexuality and sexual matters
- O. compare and contrast variations in sexual behaviors within and across cultures
- P. analyze psychosocial bases of rape, childhood sexual abuse and prostitution
- Q. describe common sexual problems and recommended therapies

**V. CONTENT:**

- A. Why a Course in Human Sexuality?
  - 1. Historical and Sociocultural Perspectives of Human Sexuality
  - 2. Introduction of Sexual Health
  - 3. Sex Research
- B. Sexual Arousal and Response
  - 1. Role of the Brain
  - 2. Theories of Sexual Response
  - 3. Myths about Sexual Responses
- C. Anatomy and Physiology
  - 1. Female External and Internal Anatomy
  - 2. Menstruation
  - 3. Female Reproductive and Health Concerns
  - 4. Male External and Internal Anatomy
  - 5. Male Maturation
  - 6. Male Reproductive and Health Concerns
- D. Sexual Identity
  - 1. Development of Gender
  - 2. Gender Identity
  - 3. Gender Role Identity

4. Theories of Gender Development
5. Gender Variations
- E. Sexual Orientation
  1. Defining Sexual Orientation
  2. Explanations of Development of Sexual Orientation
  3. Psychosocial Issues Related to Orientation
- F. Life-Span Sexual Development
  1. Infancy and Early Childhood
  2. Middle Childhood
  3. Puberty and Adolescence
  4. Early Adulthood
  5. Middle and Late Adulthood
- G. Contraception, Conception, Childbirth
  1. Conception, Fertilization
  2. Pregnancy
  3. Childbirth
  4. Methods of Contraception
  5. Abortion
- H. Sexually Transmitted and Sexually Related Infections
  1. Bacterial Infections
  2. Viral Infections
  3. Sexually Related Infections
  4. Prevention
  5. Psychological Implications of Infections
- I. Adult Sexual Behaviors and Attitudes
- J. Love and Relationships
  1. Friendship vs. Romantic Love
  2. Theories of Love
  3. Maintaining a Relationship
  4. Problems in Relationships
- K. Communicating About Sex
  1. Communicating with Partner
  2. Communicating with Children
- L. Paraphilias and Sexual Variants
  1. Defining "Normal and Abnormal"
  2. Types of Paraphilias
  3. Treatment of Paraphilias
- M. Sexual Victimization
  1. Theories of Rape and Abuse
  2. Rape
  3. Sexual Abuse of Children and Incest
  4. Sexual Harassment
  5. Commercial Sex
- N. Sexual Problems and Therapy
  1. Explanation of Sex Therapy
  2. Sexual Problems of Females
  3. Sexual Problems of Males

#### VI. METHODS OF INSTRUCTION:

- A. **Demonstration** -
- B. **Discussion** -
- C. **Lecture** -
- D. **Field Trips** -
- E. **Guest Lecturers** - Presentations/Guest Speakers

#### VII. TYPICAL ASSIGNMENTS:

- A. Chapter Quizzes
- B. Writing Assignments
  1. Opinion Papers
  2. Critical Analyses
- C. Essay Exams
- D. Semester Project

#### VIII. EVALUATION:

- A. **Methods**
  1. Exams/Tests
  2. Research Projects
  3. Class Participation
  4. Class Work
  5. Home Work
- B. **Frequency**
  1. Daily attendance or participation.
  2. Minimum of one midterm examination
  3. Minimum of one research project
  4. Weekly classwork or homework assignments
  5. One final examination

#### IX. TYPICAL TEXTS:

1. Greenberg, J. S., Bruess, C. E., Oswalt, S. B. *Exploring the Dimensions of Human Sexuality*. 5th ed., Jones & Bartlett, 2014.
2. Hock, Roger. *Human Sexuality*. 4th ed., Pearson, 2015.
3. Carroll, J. L. *Introduction to Human Sexuality*. 1st ed., Wadsworth, 2013.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS: