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Course Outline for PSYC 10
PSYCHOLOGY OF HUMAN SEXUALITY
Effective: Spring 2010

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 hours.

3.00 Units Lecture

Grading Methods:

Optional

Discipline:

	MIN
Lecture Hours:	54.00
Total Hours:	54.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. recognize the similarities and differences in sexual responses for males and females
- B. identify and explain sexually transmitted and sexually related diseases and prevention of those diseases
- C. explain the development of sexual identity, including gender identity formation
- D. indicate knowledge of the development and societal implications of sexual orientation identity
- E. discuss sexual development throughout the life span
- F. describe typical adult sexual behaviors and attitudes
- G. discuss and understand the development of intimacy and interpersonal relationships
- H. explain effective communication skills regarding sexuality and sexual matters
 - I. compare and contrast paraphilias and sexual variants with accepted sexual behaviors
- J. identify causes and types of sexual victimization
- K. describe common sexual problems and recommended therapies
- L. demonstrate an understanding of personal sexual values and overall sexual health

V. CONTENT:

- A. Why a Course in Human Sexuality?
 - 1. Historical Perspective of Human Sexuality
 - 2. Introduction of Sexual Health
- B. Similarities and Differences in Our Sexual Responses
 - 1. Sexual Response Cycle
 - 2. Myths About Sexual Responses
- C. Sexually Transmitted and Sexually Related Diseases
 - 1. Bacterial Diseases
 - 2. Viral Diseases
 - 3. Prevention
 - 4. Psychological Implications of Diseases
- D. Sexual Identity
 - 1. Biological Identity
 - 2. Gender Identity
 - 3. Gender Role Identity
 - 4. Sexual Scripts Identity
 - 5. Body Image Identity
 - 6. Sexual Orientation Identity
- 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. Adult Sexual Behaviors and Attitudes
- H. Love and Relationships
 - 1. Friendship vs. Romantic Love
 - 2. Theories of Love
 - 3. Maintaining a Relationship
 - 4. Problems in Relationships
- I. Communicating About Sex
 - 1. Communicating with Partner
 - 2. Communicating with Children
- J. Paraphilias and Sexual Variants
 - 1. Defining "Normal and Abnormal"
 - 2. Types of Paraphilias
 - 3. Treatment of Paraphilias
- K. Sexual Victimization
 - 1. Sexual Abuse of Children and Incest
 - 2. Rape
 - 3. Sexual Harassment
- L. Sexual Problems and Therapy
 - 1. Explanation of Sex Therapy
 - 2. Sexual Problems of Females
 - 3. Sexual Problems of Males

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

- A. Lecture
 - 1. "Gender Role Identity and How It Is Formed"
- B. Readings
 - 1. "Becoming a Woman/Becoming a Man: Gender Identity and Gender Roles", Chapter 10 in King text
 - 2. Various newspaper and magazine articles depicting stereotypical male and female attitudes and behavior
- C. Class Discussion
 - 1. Do we learn to "be" male or female?
 - 2. Would we as a society be better with more of a blurring across gender lines?
- D. Writing Project
 - 1. A 2-3 page essay discussing the pros and cons of teaching specific gender behaviors as it relates to the raising of children in our society

VIII. EVALUATION:

A. **Methods**

- 1. Other:
 - a. Exams
 - 1. Typical multiple choice question: A person who is capable of integrating both masculinity and femininity into his/her gender role is a) androgynous b) homosexual c) transsexual d) undifferentiated.
 - 2. Typical essay question: Discuss how traditional gender roles lead to stereotypic beliefs about sexual behaviors, and how such stereotypes can be overcome.
 - b. Homework
 - 1. Readings
 - 2. Essays and opinion papers
 - c. Class Participation

B. **Frequency**

- 1. Minimum of one midterm examination
- 2. Minimum of three multiple-page papers
- 3. One final examination

IX. TYPICAL TEXTS:

- 1. King, Bruce M. *Human Sexuality Today*. 4th ed., Prentice Hall, 2002.
- 2. Davidson and Moore *Speaking of Sexuality: Interdisciplinary Readings*. 1st ed., Roxbury Publishing Company, 2001.
- 3. McAnulty and Burnette *Fundamentals of Human Sexuality: Making Healthy Decisions*. 1st ed., Allyn and Bacon, 2003.

X. OTHER MATERIALS REQUIRED OF STUDENTS: