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Course Outline for PSYC 10
PSYCHOLOGY OF HUMAN SEXUALITY
Effective: Fall 2014

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:

Letter or P/NP

Discipline:

	MIN
Lecture Hours:	54.00
Total Hours:	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. **Discussion** -
- B. **Demonstration** -
- 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. Quizzes
 - 3. Research Projects
 - 4. Papers
 - 5. Oral Presentation
 - 6. Group Projects
 - 7. Class Participation
 - 8. Class Work
 - 9. Home Work
- B. **Frequency**
 - 1. Minimum of one midterm examination
 - 2. Minimum of one research project
 - 3. Minimum of one classwork and/or homework assignment
 - 4. 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, R. R. *Human Sexuality*. 3rd ed., Prentice-Hall, 2012.
- 3. Carroll, J. L. *Introduction to Human Sexuality*. 1st ed., Wadsworth, 2013.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

