

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**PSYCHOLOGY 134 – HUMAN SEXUALITY**

3 hours lecture, 3 units

**Catalog Description**

Review of the biological, psychological and social aspects of human sexuality including sexuality throughout the lifespan, gender identity, individual and cultural variations, sexual orientation, communication and relationships, sex therapy, sex roles, contraception, and sexually transmitted infections (STIs).

**Prerequisite**

None

**Course Content**

- 1) History and Perspectives on Sexuality
- 2) Sex Research: Methods and Problems
- 3) Sex, Gender, and Gender Issues
- 4) Anatomy and Physiology: Male and Female
- 5) Sexual Arousal and Response
- 6) Love and Attraction
- 7) Communication in sexual behavior
- 8) Sexual Behaviors
- 9) Sexual Orientation
- 10) Contraception, fertilization, and infertility
- 11) Sexual Development through the Lifespan
- 12) Sexual Difficulties and Therapy
- 13) Sexually Transmitted Infections
- 14) Atypical Sexual Behavior
- 15) Sexual Coercion & Sexual Violence
- 16) Commercialization of sex
- 17) Current social and legal issues in human sexuality

**Course Objectives**

Students will be able to:

- 1) Critically analyze scientific methods and apply these methods when evaluating sexual information and concepts.
- 2) Differentiate between biological differences and social/cultural influences on gender formation and role expectation.
- 3) Distinguish between the various definitions and theories of attraction and love.
- 4) Utilize communication concepts in resolving relationship issues.
- 5) Compare and contrast the pros and cons of various sexual behaviors.
- 6) Delineate the various components of sexual orientation and contrast the social issues involved.
- 7) Compare and contrast the advantages and disadvantages of birth control methods.
- 8) Delineate the stages of pregnancy and childbirth, the causes of infertility, and issues regarding abortion.
- 9) List and distinguish between various sexual issues and concerns during childhood, adolescence, adulthood and aging.
- 10) Identify and evaluate sexual problems and their treatment options.

- 11) Distinguish fact from opinion regarding the definition of abnormality and atypical sexual behavior.
- 12) Use STI factual information to make informed decisions regarding sexual health.
- 13) Differentiate choice from coercion in issues of sexual assault and the commercialization of sex.

### **Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to recognize, describe, explain and provide examples of the various topics, information, and issues in human sexuality.
- 2) Written analysis of controversial issues in which students are required to analyze, interpret and weigh the validity of arguments using research sources.
- 3) Group or individual projects or research papers that require students to solve practical real-world sexual issues.
- 4) Interactive group activities in which students analyze, discuss and draw conclusions about sexual issues and concerns.

### **Special Materials Required of Student**

None

### **Minimum Instructional Facilities**

Smart classroom

### **Method of Instruction**

- 1) Lecture and discussion
- 2) Group discussion, cooperative learning exercises
- 3) Guest speakers (optional)
- 4) Individual and group projects, structured in-class exercises, demonstrations

### **Out-of-Class Assignments**

- 1) Written reflections on class topics
- 2) Online quizzes and assessments
- 3) Research-based assignments

### **Texts and References**

- 1) Required (representative examples):
  - a. Strong, DeVault, Sayad and Yarber. *Human Sexuality*. 8th edition. McGraw Hill, 2017.
  - b. Crooks and Baur, *Our Sexuality 12th*. Wadsworth, 2021.
- 2) Supplemental: None

### **Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Distinguish between sex, gender, and sexual orientation and cultural differences in the conceptualization of gender.
- 2) Apply the principles of the scientific method to the study of human sexuality, including sexual orientation, gender identity formation, gender roles, and sexual decision making within relationships.
- 3) Design a module for a sexual health education program aimed to normalize communication about sexual behavior, sexuality, and contraception among adolescents and young adults.