

**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, individual and cultural variations, homosexuality, communication and relationships, sex therapy, sex roles, morality, contraception, and sexually transmitted diseases (STDs).

**Prerequisite**

None

**Course Content**

- 1) History and Perspectives on Sexuality
- 2) Sex Research: Methods and Problems
- 3) Gender and Gender Issues
- 4) Anatomy and Physiology: Male and Female
- 5) Sexual Arousal and Response
- 6) Love and Attraction
- 7) Attachment, Communication, and Intimate Relationships
- 8) Sexual Behaviors
- 9) Sexual Orientation
- 10) Contraception
- 11) Conceiving Children and Choices
- 12) Sexual Development through the Lifespan
- 13) Sexual Difficulties and Therapy
- 14) Sexually Transmitted Diseases
- 15) Abnormality and Atypical Sexual Behavior
- 16) Sexual Coercion
- 17) Prostitution and Pornography

**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 STD factual information to make informed decisions regarding sexual health.
- 13) Differentiate choice from coercion in issues of rape, prostitution and pornography.

### **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, DeVaVault, Sayad and Yarber. *Human Sexuality*. 8th edition. McGraw Hill, 2017.
  - b. Crooks and Baur, *Our Sexuality 12th*. Wadsworth, 2016.
- 2) Supplemental: None

### **Student Learning Outcomes**

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

- 1) Apply ethical scientific methods to the study of sexology and the investigation of the role of sexuality in gender formation, identity and relationships.
- 2) Identify the pros and cons of different sexual behavior, contraceptive methods, conception methods, and the role of sex in a relationship.
- 3) Examine the symptoms and social consequences of various sexually transmitted diseases, sexual dysfunctions, and various paraphilia.