

Psychology (PSYC) 2030 Human Sexuality (3 Units) CSU
[formerly Psychology 30]

Advisory: Eligibility for English 1500 strongly recommended

Hours and Units Calculations:

48 hours lecture. 96 Outside of class hours. (144 Total Student Learning Hours) 3 Units

Catalog Description: This course is an introductory overview of the field of human sexuality. Human sexuality will be examined from psychological, biological, sociocultural, and historical perspectives. Students will be encouraged to become aware of their own sexual attitudes, values, and behaviors and to evaluate the consistency of their behaviors within their own moral frameworks. Current sex norms and various aspects of interpersonal and individual sexual adjustment will be explored. C-ID: PSY 130

Type of Class/Course: Degree Credit

Text:

Goerling, E. & Wolfe, E, *Introduction to Human Sexuality, Center for Open Education*
(<https://open.umn.edu/opentextbooks/textbooks/introduction-to-human-sexuality>), 2022.

Additional Required Materials: None

Course Objectives:

By the end of the course, a successful student will be able to

1. Explain sexual diversity and values of various cultures,
2. Evaluate how media influences and reflects sexuality,
3. Locate systematic studies of human sexuality,
4. Critique changing gender roles in today's society and the impact of these changes in intimate relationships,
5. Identify relevant features of human anatomy and physiology in the reproductive processes and the role of the brain and neurotransmitters in sexual arousal,
6. Identify factors contributing to relationship satisfaction over time,
7. Identify ways couples can share responsibility for birth control,
8. Determine physiological and psychosocial factors contributing to sexual dysfunctions and identify treatment alternatives available for men and women who experience sexual difficulties,
9. Identify strategies to reduce the likelihood of contracting a sexually transmitted infections, and
10. Analyze psychosocial bases of rape, childhood sexual abuse, and prostitution.

Course Scope and Content:

Unit I Introduction to Sex, Sexuality, and Gender

- A. Perspectives on Sexuality: Diversity and Cultural/Social Values

- a. Media influences on sexuality and sexual behavior.
- B. Sex Research
- C. Gender Issues
- D. Female Sexual Anatomy and Physiology
- E. Male Sexual Anatomy and Physiology

Unit II Sexual Behavior

- A. Sexual Arousal and Response
 - a. Physiological
 - b. Brain and neurotransmitters
- B. Sexual Orientation & Asexual Typical Variations
- C. Sexual Behaviors
- D. Sexuality Throughout the Lifespan
- E. Shared Responsibility for Contraception, Conception, and Childbirth
- F. Sexually Transmitted Infections

Unit III Relationships

- A. Love, Attraction, Relationships, and Sexual Communication
 - a. Changing gender roles
 - b. Factors related to long-term relationship satisfaction
- B. Nature and Origins of Sexual Difficulties, and Sex Therapy
- C. Sexual Coercion and Commercial Sex

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

1. Completing required reading
2. Completing assigned activities/projects

Methods of Instruction:

1. Lectures
2. Class discussions
3. Audiovisual presentations
4. Guest lecturers
5. Instructor guided activities/projects

Methods of Evaluation:

1. Tests or Examinations
2. Quizzes
3. Presentation(s)
4. Projects
5. Student generated written work
6. Research paper

Supplemental Data:

TOP Code:	200100: Psychology, General
SAM Priority Code:	E: Non-Occupational
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	I: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	E: Credit By Exam
Eligible for Pass/No Pass:	C: Pass/No Pass
Taft College General Education:	CSD9: CSU Area D9 CSE: CSU Area E IG4F: IGETC Area 4F LSBS: Local GE Social/Behavioral Sci
Discipline	Psychology