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

Advisory: Eligibility for English 1500 strongly recommended

Total Hours: 48 hours lecture

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: Rosenthal, Martha. *Human Sexuality*. Belmont: Cengage, 2013. Print.

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 Why a Course in Human Sexuality?
- A. Cross-cultural comparisons
 - B. Historical perspectives
 - C. What influences our attitudes about sex today?
 - D. Sex as a science
 - E. Scientific methodology
 - F. Sexuality education
 - G. Social values and sexuality
- Unit II Our Sexual and Reproductive Anatomy
- A. External female anatomy
 - B. Internal female anatomy
 - C. External male anatomy
 - D. Internal male anatomy
 - E. The brain
 - F. Our sexual bodies
 - H. Cross-cultural perspectives
- Unit III Hormones and Sexuality
- A. The endocrine system
 - B. The menstrual cycle
 - C. Length of the menstrual cycle
 - D. Menstrual synchrony and pheromones
 - E. Menstrual versus estrous cycle
 - F. Attitudes about menstruation today: Historical perspectives
 - G. Menstruation problems
 - H. Menstrual suppression: A cure or more negativity?
 - I. Regulation of male hormones
 - J. Hormones and sexual desire
 - K. Cross-cultural perspectives
- Unit IV Similarities and Differences in Our Sexual Responses
- A. Measurement of sexual responses
 - B. Models of Sexual Response
 - C. Men's sexual response cycle
 - D. Women's sexual response cycle
 - E. Controversies about orgasms
 - F. Penis size: Does it matter?
 - G. Aphrodisiacs: Do they help?
 - H. Sexuality and people with disabilities
 - I. Cross-cultural perspectives
- Unit V Sexually Transmitted Infections and Sexually Related Diseases
- A. What are they, and who gets them?

- B. Where did they come from?
- C. Gonorrhea
- D. Chlamydia and nongonococcal urethritis
- E. Syphilis
- F. Less common bacterial STIs
- G. Herpes
- H. Hepatitis
- I. Genital human papillomavirus infection
- J. Molluscum contagiosum
- K. HIV infection and AIDS
- L. Parasitic Infestations
- M. Vaginitis
- N. Cystitis and prostatitis
- O. Practicing safer sex
- P. What to do and where to go if you have an STI
- Q. Positive sexuality in the era of AIDS
- R. Cross-cultural perspectives

Unit VI Birth Control

- A. World population
- B. Evaluating different birth control methods
- C. Contraceptive myths
- D. Relatively ineffective methods
- E. Abstaining from sex
- F. Lactational amenorrhea method
- G. Fertility awareness: Abstaining from sex during ovulation
- H. Spermicides: Substances that kill sperm
- I. Barrier methods: Preventing sperm from meeting egg
- J. The IUD
- K. Hormonal methods of contraception
- L. Emergency contraception
- M. Voluntary sterilization
- N. Terminating pregnancies: Abortion
- O. Future technology
- P. Choosing a contraceptive method

Unit VII Pregnancy and Childbirth

- A. Conception and implantation
- B. Pregnancy
- C. Complications of pregnancy
- D. Nutrition and exercise
- E. During pregnancy
- F. Preparing for childbirth
- G. Anesthetics or “natural” childbirth?
- H. Childbirth
- I. Problems with childbirth
- J. Afterwards
- K. Spacing pregnancies
- L. Infertility and impaired fecundity

- M. Superfertility

Unit VIII Becoming a Woman/Becoming a Man: Gender Identity and Gender Roles

- A. Biological influences of gender identity
- B. Variations of development: Intersexed individuals
- C. Gender and sex as social constructs
- D. Gender identity “disorder”
- E. Psychological theories of gender identity development
- F. Gender roles
- G. Cross-cultural perspectives

Unit IX Sexual Orientation

- A. Prevalence of homosexuality and bisexuality
- B. Defining sexual orientation: Another look
- C. Sexual orientation, gender identity, and gender roles
- D. The origins of sexual orientation
- E. Homosexuality
- F. Can (should) sexual orientation be changed?
- G. Cross-cultural perspectives

Unit X Life-Span Sexual Development

- A. Early infancy (Ages 0-1)
- B. Early childhood (Ages 2-6)
- C. The initial school-age years (Ages 7-11)
- D. Puberty (Ages 7-15)
- E. Adolescence (Ages 13-17)
- F. Emerging adulthood (Ages 18-25)
- G. Young adulthood (Adults aged 26-39)
- H. Middle age (Ages 40-59)
- I. The elderly years (Age 60+)
- J. Talking with your children about sex
- K. Suggested sex education references to help parents
- L. Cross-cultural perspectives

Unit XI Adult Sexual Behaviors and Attitudes

- A. What is normal?
- B. Masturbation
- C. Nocturnal orgasms
- D. Sexual fantasies
- E. Coital positions and locations
- F. Oral-genital sex
- G. Anal stimulation
- H. Preferred sexual behaviors
- I. The sexually healthy person
- J. Laws against consensual sex
- K. Cross-cultural perspectives
- L. Asexual typical variations

Unit XII Love and Relationships

- A. History of romantic love
- B. Friendship versus romantic love
- C. How do I know if this is really love?
- D. Companionate love
- E. Sex without love
- F. Love without sex
- G. Prerequisites for love
- H. Theories of love
- I. Attachment theory of love
- J. Robert Sternberg's triangular theory of love
- K. John Lee's "many colors of love"
- L. Which theory is correct?
- M. Jealousy
- N. Maintaining a relationship
- O. Cross-cultural perspectives

Unit XIII Sexual Problems and Therapy

- A. Individual differences and relationship conflicts
- B. Sexual therapy
- C. Sexual therapy techniques
- D. Male sexual problems
- E. Female sexual problems
- F. Hypersexuality: Compulsion, addiction or myth?
- G. Sexual problems among homosexuals
- H. Talking with your partner about sexual differences and problems
- I. Cross-cultural perspectives

Unit XIV Paraphilias and Sexual Variants

- A. Historical and sexual variants
- B. The courtship disorders
- C. Pedophilia
- D. Fetishism, transvestism, and related paraphilias
- E. Sadomasochism
- F. Other paraphilias
- G. What causes paraphilias?
- H. Therapy

Unit XV Sexual Victimization: Rape, Coercion, Harassment, and Abuse of Children

- A. Rape
- B. Sexual harassment
- C. Sexual abuse of children
- D. Incest
- E. Prosecution of sexual offenders
- F. Therapy
- G. Cross-cultural perspectives

Unit XVI Selling Sex: Social and Legal Issues

- A. Pornography
- B. Internet Sex
- C. Prostitution and other sex work
- D. Sexuality and health: Prostitution and the AIDS virus

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. Studying
- 2. Answering questions
- 3. Completing required reading
- 4. Written work

Methods of Instruction:

- 1. Lectures
- 2. Class discussions
- 3. Audiovisual presentations
- 4. Guest lecturers

Methods of Evaluation:

- 1. Tests
- 2. Quizzes
- 3. Presentation(s)
- 4. Projects
- 5. Final examination
- 6. Student generated written work
- 7. Research paper

Supplemental Data:

TOP Code:	200100 Psychology, general
SAM Priority Code:	E: Non-occupational
Funding Agency:	Y: Not Applicable
Program Status:	1: Program Applicable

Noncredit Category:	Y: Not Applicable
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Not Applicable
Prior to College Level:	Y: Not Applicable
Cooperative Work Experience:	N: Course is not a part of a cooperative education program
Eligible for Credit by Exam:	Yes
Eligible for Pass/No Pass:	Yes