

# PSYC G165: PRINCIPLES OF HUMAN SEXUALITY 1

Item	Value
Curriculum Committee Approval Date	11/17/2020
Top Code	200100 - Psychology, General
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• GWC Soc, Pol, Econ (GD) • GWC Lifelong Understanding (GE)
California General Education Transfer Curriculum (Cal-GETC)	• Cal-GETC 4 Social & Behavioral Sciences (4) • Cal-GETC 4G Interdiscipline Study (4G) • Cal-GETC 4I Psychology (4I)
Intersegmental General Education Transfer Curriculum (IGETC)	• IGETC 4 Social&Behavioral Sci (4) • IGETC 4G Interdiscipline Study (4G) • IGETC 4I Psychology (4I)
California State University General Education Breadth (CSU GE-Breadth)	• CSU D7 Interdisciplinary Study (D7) • CSU D9 Psychology (D9) • CSU E1 Lifelong Understanding (E1)

## Course Description

Formerly: Human Sexuality – Psychological Basis. This course is an introduction to the psychological, sociocultural, emotional, and biological aspects of human sexuality. Topics include gender, love, healthy vs unhealthy relationships, abuse, sexual orientation, pornography, and sexual dysfunction. Students will be encouraged to explore their own sexual values, and interpersonal adjustment, as well as current social norms. Transfer Credit: CSU; UC. C-ID: PSY 130. C-ID: PSY 130.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Explain the impact of culture and societal norms on different aspects of human sexuality.
3. Identify the biology of reproductive anatomy, conception, sexual arousal, contraception, sexually transmitted infections, and sexual dysfunction.

4. Analyze the factors involved in abusive relationships versus healthy intimate relationships, including healthy versus unhealthy behaviors and communication.

## Course Objectives

- 1. Compare different cultural and societal influences on human sexuality.
- 2. Identify different research methodologies used in the field of human sexuality.
- 3. Explain common issues of sexuality that occur across the lifespan.
- 4. Explain the research on the causes of sexual orientation.
- 5. Analyze gender roles, and how they impact individuals and relationships.
- 6. Identify the factors which build healthy communication versus unhealthy communication patterns and behaviors.
- 7. Analyze the psychosocial bases of rape and sexual child abuse.
- 8. Explain the psychosocial and cultural factors involved in pornography and prostitution.

## Lecture Content

Perspectives on Human Sexuality Sexual diversity Impact and importance of culture Influence of the media Research Research methods Systemic studies of human sexuality Sexual Anatomy and Physiology Reproductive processes Sexual arousal and response Role of brain and neurotransmitters in arousal Contraception, Conception, and Childbirth Conception and preventing pregnancy Effectiveness of birth control options and shared responsibility Abortion and adoption Sexual Orientation Defining and studying sexual orientations Research on the causes of sexual orientation Impact of culture and societal attitudes Gender Roles How gender roles are learned Importance of culture and society Impact of gender roles on intimate relationships Love and Attraction Psychology of attraction Neurotransmitters and love Intimate Relationships Factors that determine relationship satisfaction Effective versus ineffective communication Characteristics of healthy relationships Abusive relationships Sexuality Across the Lifespan Emerging sexuality in childhood and adolescence Effective sex education and reducing teen pregnancy Single living and cohabitation Factors that predict happy marriages versus divorce Sexual behaviors across the lifespan Sexual Dysfunction Physiological and psychosocial causes Therapeutic interventions Sexually Transmitted Infections Symptoms, transmission, and treatment Preventative health measures Sexual Coercion Rape Sexual child abuse Atypical Sexuality The paraphilias Atypical gender identities and being transgender Asexual typical variations Commercial Sex Pornography and prostitution Legal and cultural debates

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

## Instructional Techniques

1. Lecture and discussion regarding reading materials and contemporary research. 2. Reflective student essays applying the theories and research to real-life. 3. In-class group work to apply, discuss, and explore psychological concepts. 4. Writing assignments evaluating additional materials and contemporary events.

## **Reading Assignments**

1. Readings assigned from the textbook. 2. Additional articles and handouts assigned by the instructor.

## **Writing Assignments**

1. Reflective writing assignments, applying the psychological theories to real-life examples. 2. Analytical essays, applying the psychological concepts to concrete examples. 3. Essay questions on exams. 4. In class writing assignments, individually and in group work.

## **Out-of-class Assignments**

1. Instructor may assign activities which ask students to apply psychological theories and research to their own lives. 2. This may include reflective writing assignments, analyzing the real-life impact of these assignments.

## **Demonstration of Critical Thinking**

1. Students will compare and contrast the social, psychological, and biological factors that shape the human sexual experience, and will demonstrate this through writings, exams, and discussions. 2. Analytical papers demonstrating critical analysis of concepts and theories. 3. Discussions and in-class activities involving complex application of psychological theories. 4. Essay questions on exams requiring the ability to compare and contrast different theories and research. 5. Objective questions on exams requiring the application of theories and research to different scenarios.

## **Required Writing, Problem Solving, Skills Demonstration**

1. Analytical papers, demonstrating critical analysis of concepts and theories. 2. Discussions and in-class activities involving complex application of psychological theories. 3. Essay questions on exams, requiring the ability to compare and contrast different theories and research.

## **Eligible Disciplines**

Psychology: Masters degree in psychology OR bachelors degree in psychology AND masters degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Masters degree required.

## **Textbooks Resources**

1. Required King, B., Regan, P.. Human Sexuality Today, 9th ed. Pearson , 2019 2. Required Crooks, R.L. Baur, K.. Our Sexuality, 13th ed. Cengage, 2017 3. Required Herdt, G. Polen-Petit, N.. Human Sexuality: Self, Society Culture, 2nd ed. McGraw Hill, 2020 4. Required Hock, R.R.. Human Sexuality, 4th ed. Pearson , 2017

## **Other Resources**

1. Instructor Created Materials