

# PSYC A165: PRINCIPLES OF HUMAN SEXUALITY 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
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
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	<ul style="list-style-type: none"> <li>• Area 4 Social and Behavioral Sciences 4B Social and Economic Institutions (OD2)</li> <li>• Area 7 Life Skills, Lifelong Learning, and Self-Development 7A Theory/ Non-activity (OE1)</li> </ul>
Associate Science Local General Education (GE)	<ul style="list-style-type: none"> <li>• Area 4 Social and Behavioral Sciences (OSD)</li> </ul>
California General Education Transfer Curriculum (Cal-GETC)	<ul style="list-style-type: none"> <li>• Cal-GETC 4 Social &amp; Behavioral Sciences (4)</li> <li>• Cal-GETC 4G Interdiscipline Study (4G)</li> <li>• Cal-GETC 4I Psychology (4I)</li> </ul>
Intersegmental General Education Transfer Curriculum (IGETC)	<ul style="list-style-type: none"> <li>• IGETC 4 Social&amp;Behavioral Sci (4)</li> <li>• IGETC 4G Interdiscipline Study (4G)</li> <li>• IGETC 4I Psychology (4I)</li> </ul>
California State University General Education Breadth (CSU GE-Breadth)	<ul style="list-style-type: none"> <li>• CSU D7 Interdisciplinary Study (D7)</li> <li>• CSU D9 Psychology (D9)</li> <li>• CSU E1 Lifelong Understanding (E1)</li> </ul>

## Course Description

Interdisciplinary approach to psychological, social, and physiological aspects of sexuality. Transfer Credit: CSU; UC.

## Course Level Student Learning Outcome(s)

1. Students will be able to critically evaluate theoretical perspectives, research, and applications in the psychology of human sexuality.

## Course Objectives

1. Compare and contrast factual knowledge about sexual misinformation found in society.
2. Discuss the concepts of "normal" and "abnormal" as it relates to human sexuality.
3. Locate systematic studies of human sexuality.
4. Communicate their attitudes, opinions, values and feelings related to sexuality topics.
5. Identify male and female genitalia.
6. Define and differentiate various forms of sexual orientation and gender identity.
7. Explain the fundamentals of the male and female reproductive systems.
8. Recognize major symptoms of sexually transmitted infections and describe prevention methods.
9. Recognize the variety of sexual behavior practiced by people.
10. List ways a person can better enjoy sexual activities.
11. Identify and explain commonly experienced sexual problems.
12. List contraceptive methods available.

## Lecture Content

Becoming Sexual Socialization process Sexual identity Self-concept and self-esteem Scripts, norms, and roles Values and sexual values system Sexuality and Development Psychosocial development Childhood and adolescent sexuality Sex and older persons Normal versus abnormal behavior Our Bodies Language and its impact Male genitalia and reproductive organs Familiarity and comfort Female genitalia and reproductive organs Body image Sexual Health Breast, cervical, and testicular exams Contraception Pelvic and Pap exams (cervical cancer) Sexually Transmitted Infections Basic definitions and statistics Preventing STD's Gender and Transsexuality Transvestism Sexual Assault Sexual Orientation and Homosexuality Clarifying myths and stereotypes Kinsey's scale of sexual behavior Touching and Sexual Arousal Touching Sex drive Sexual fantasies Sexual arousal Sexual Response and Sexual Expression Sexual expression Orgasms Sexual response cycle Masturbation Oral sex Sex Toys Sexual Activities Sexual intercourse Anal stimulation Adult videos Sadomasochism Sexual Problems and Relationships Sexual dysfunction and problems Sex therapy Solving personal problems Improving relationships Sexology and Sex Research

## Method(s) of Instruction

- Lecture (02)

## Instructional Techniques

1. Lecture, explanation, and applications of topics, concepts and terms 2. Verbal feedback to small and large discussion groups 3. Written feedback to student exercises and tests 4. Instructor handouts 5. Review sheets to support student preparation for tests 6. Question and answer discussions 7. Demonstration of concepts using mixed media (DVD s, videos, CD-Roms, and photographs) 8. Overhead projector, white-board, and/or Powerpoint slides 9. Online demonstrations, discussion boards, tutorials, and email

## Reading Assignments

2 hours per week reading from assigned textbook and supplementary materials 2 hours per week completing out-of-class homework

assignments (i.e. literature review, group projects, reports, fieldwork, and community outreach presentations)

### **Writing Assignments**

Weekly class response sheet

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

Two reaction papers on human sexuality

### **Demonstration of Critical Thinking**

Written critical thinking and personal reaction papers that relate to human sexuality. Three or more multiple choice and/or short answer examinations covering the text and lecture materials.

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

Two reaction papers on human sexuality Answers to essay questions and short-answer questions on exams

### **Eligible Disciplines**

Psychology: Master's degree in psychology OR bachelor's degree in psychology AND master's degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Master's degree required.  
Psychology: Master's degree in psychology OR bachelor's degree in psychology AND master's degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Master's degree required.

### **Textbooks Resources**

1. Required Crooks, R. Baur, K. . Our Sexuality, 14th ed. Belmont, CA: Cengage Learning, 2020  
2. Required Joannides, P. Gross, D. . Guide To Getting It On, 8th ed. Goofy Foot Press, 2015  
3. Required Carroll, J.L.. Sexuality Now: Embracing Diversity, 6th ed. Belmont, CA: Cengage Learning, 2019