PSYC 49: HUMAN SEXUALITY

Foothill College Course Outline of Record

<table>
<thead>
<tr>
<th>Heading</th>
<th>Value</th>
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<tbody>
<tr>
<td>Effective Term:</td>
<td>Summer 2022</td>
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<tr>
<td>Units:</td>
<td>4</td>
</tr>
<tr>
<td>Hours:</td>
<td>4 lecture per week (48 total per quarter)</td>
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<tr>
<td>Degree &amp; Credit Status:</td>
<td>Degree-Applicable Credit Course</td>
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<tr>
<td>Foothill GE:</td>
<td>Area VII: Lifelong Learning, Area IV: Social &amp; Behavioral Sciences</td>
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<tr>
<td>Transferable:</td>
<td>CSU/UC</td>
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<tr>
<td>Grade Type:</td>
<td>Letter Grade (Request for Pass/No Pass)</td>
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<tr>
<td>Repeatability:</td>
<td>Not Repeatable</td>
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Student Learning Outcomes

- Students will be able to demonstrate sufficient knowledge of the biological aspects of human sexuality
- Students will be able to discriminate between gender role and sexual orientation.
- Students will be able to both identify attitudes they possess as well as differentiate between attitudes and statements of fact pertaining to subject areas of human sexuality.

Description

This course provides a current scientific analysis of sexual functioning and sexuality. The course offers an overview of many facets of sexuality, including sexual behavior, gender and gender roles, sexual development, sexual orientation, pregnancy and birth control, childbirth, sexual abuse and treatment, pornography, and legal, political and cultural considerations. The course is taught in an interdisciplinary manner that includes theories and research on biological, sociological, cognitive, and emotional aspects of sexuality.

Course Objectives

The student will be able to:

a. Approach sexual relations in an informed, understanding, sensitive manner.
b. Understand the historical attitudinal development of sexuality, the cultural and comparative differences, gender identity and early socialization.
c. Operate from a knowledge base in the areas of anatomy, contraception, reproduction, female/male systems.
d. Challenge myths and fallacies from a research base.
e. Evaluate theories of sexual gender, identity, function and dysfunction.
f. Understand basic psychological research methodology and its effect on sexual behavior.
g. Be aware of the interaction of biological, psychological, sociological, and cultural forces influencing female and male sex role development.
h. Understand and apply thoughtful knowledge of and sensitivity to practices/problems/opportunities of the following behavioral range: abortion, adoption, planned parenthood, prenatal drug and alcohol damage, unwanted children, pre-marital sex.

i. Recognize and meet the challenges of sexual feelings, fears, dysfunction, exploitation.

j. Understand current law, judicial process, trends regarding sexual behavior.

Course Content

a. Introduction
   i. Cross-cultural comparisons of sexual behavior
   ii. Historical comparisons of sexual attitudes and behavior
   iii. Important researchers in the field of human sexuality
      1. Sigmund Freud
      2. Alfred C. Kinsey
      3. Masters and Johnson

   iv. Research method
      1. Survey
      2. Correlation
      3. Case study
      4. Direction observation
      5. Experimental

b. Biological aspects of human sexuality
   i. Male and female sexual and reproductive anatomy
      1. Internal and external structures
   ii. Hormones and the endocrine system
      1. Men and women
   iii. Four stages and descriptions of the menstrual cycle
      1. Experiences and hormonal activity
   iv. Variations in women's menstrual cycles
      1. Physiological
      2. Psychologically
   v. Menstrual problems

   vi. Cultural beliefs about menstruation
   vii. Male and female sexual response cycles
      1. Masters and Johnson's model
   viii. Definitions of orgasms and the differences between men's and women's orgasms
   ix. Sexually transmitted infections
      1. Causes, symptoms, treatments, testing options

c. Birth control and pregnancy
   i. Different methods and the efficacy
      1. Advantages and disadvantages of each
   ii. Conception and implantation
   iii. Stages of pregnancy
      1. Experiences of the fetus and the mother
   iv. Complications during pregnancy
   v. Childbirth
      1. Stages of labor

d. Gender and sexual orientation
   i. Biological aspects of sex
      1. Chromosomes, genitalia, brain structure
   ii. Cultural and social aspects of gender role
      1. Development during childhood
      2. Role of the media and culture
      3. Theories of socialization
   iii. Gender identity
1. Male/female
2. Social and cultural constructs of gender identity
   iv. Gender variants
      1. Transgenderism—causes and experiences
      2. Intersexed individuals—causes and experiences
   v. Sexual orientation
      1. Definition
      2. Social and cultural construction of the concepts of sexual orientation
      3. Causes and experiences of individuals gay, lesbian, and straight individuals
      4. History of homosexuality and attitudes towards GLBT communities and individuals

   e. Life-span and sexual behavior
      i. Life-span sexual development from infancy to the elderly years (age 60+)
      ii. Masturbation
      iii. Two-person sex
         1. Coital positions and locations
         2. Oral-genital sex
         3. Anal eroticism
         4. Gay and lesbian sexual behaviors
      iv. The sexually healthy person
   f. Sexual problems, therapy, and communication
      i. Relationship conflicts
      ii. Male sexual problems
      iii. Female sexual problems
      iv. Therapy techniques
      v. Elements of ineffective and effective communication
   g. Paraphilias and sexual variants
      i. Courtship disorders
         1. Voyeurism
         2. Exhibitionism
         3. Obscene phone calls
         4. Frotturism
      ii. Fetishism and transvestism
         1. Causes and experiences
      iii. Sadomasochism
         1. Lifestyle and experiences
   h. Sexual victimization
      i. Rape
         1. Rape statistics
         2. Characteristics of rapists
         3. Date rape and sexual coercion
         4. Rape in marriage
         5. Gang rape
         6. Rape myths
         7. Reactions to rape
      ii. Sexual harassment
         1. Causes of sexual harassment
         2. How to deal with sexual harassment
      iii. Sexual abuse of children
         1. Characteristics of people who molest children
         2. Child pornography
         3. Effect of abuse on the children

   i. Legal issues
      i. Pornography
         1. Effects of pornography
         2. Effects of violent and degrading sexually explicit material
      ii. Prostitution and other sex work
         1. Definition and types of prostitution
         2. Characteristics of prostitutes
         3. Characteristics of the customers of prostitutes
         4. Legality of prostitution

Lab Content
Not applicable.

Special Facilities and/or Equipment
When taught as an online distance learning section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation
Methods of Evaluation may include but are not limited to the following:

Multiple choice quizzes
Essay exams
Research papers
Summaries and analysis of primary source research articles
Personal reaction papers
Problem-solving exercises
Midterms
Final exams

Method(s) of Instruction
Methods of Instruction may include but are not limited to the following:

Lectures
In-class readings
Videos
Class discussion
Active learning and group activities

Representative Text(s) and Other Materials


Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments
a. Reading assignments:
   i. Reading and studying of textbook
   ii. Reading and critically analyzing primary source research articles
   iii. Reading current event articles that relate to prejudice and discrimination
b. Writing assignments:
i. Research papers  
ii. Essay exam questions  
iii. Personal reaction papers

**Discipline(s)**

Psychology