

PSYC-135: HUMAN SEXUALITY

Effective Term

Fall 2025

CC Approval

03/07/2025

AS Approval

03/13/2025

BOT Approval

03/20/2025

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Psychology (Master's Degree)	

Subject Code

PSYC - Psychology

Course Number

135

Department

Psychology (PSYC)

Division

Social Sciences (SOCS)

Full Course Title

Human Sexuality

Short Title

Human Sexuality

CB03 TOP Code

2001.00 - Psychology, General

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

CCN Update.

SECTION B - Course Description

Catalog Course Description

This course presents a survey of the study of human sexuality from biological, cognitive, emotional, behavioral, and social perspectives. Topics covered include sexual behavior, sexual identity, attraction, gender, sexual anatomy and physiology, and the role of sexuality in cultural and social contexts. This course is intended for adults and involves the presentation of explicit material.

SECTION C - Conditions on Enrollment**Open Entry/Open Exit**

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**Advisory Prerequisite(s)**

Completion of PSYC-C1000 with a minimum grade of C.

SECTION D - Course Standards**Is this course variable unit?**

No

Units

3.00

Lecture Hours

54.00

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent
Online with Proctored Exams	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:

1. Describe the basic structure and functioning of human sexual anatomy and physiology.
2. Analyze theories of and research on gender, love, and attraction.
3. Understand the development of sexual behavior, sexual orientation, sexual identity, and sexual problems.

Course Objectives

Upon satisfactory completion of the course, students 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 infection.
10.	Analyze psychosocial bases of rape, childhood sexual abuse, and prostitution.

Course Content

1. Sex, Sexuality, and Gender
2. Perspectives on Sexuality: Cultural and Social Values
3. Sex Research
4. Gender Issues
5. Female Sexual Anatomy and Physiology
6. Male Sexual Anatomy and Physiology
7. Sexual Arousal and Response
8. Sexual Orientation
9. Sexuality Throughout Lifespan
10. Love, Attraction, Relationships, and Sexual Communication
11. Contraception, Conception, and Childbirth
12. Sexual Behaviors
13. Sexually Transmitted Infections
14. Nature and Origins of Sexual Difficulties and Sex Therapy
15. Asexual Typical Variations
16. Sexual Coercion and Commercial Sex

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Discussion	Class discussions related to the psychology of sex, sexuality, and gender
Lecture	Lecture topics in the field of psychology of human sexuality

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Final Exam Mid Term A. Objective examination questions For example: 1. Which of the following historic sex researchers was the most sex-positive? a. Sigmund Freud b. Henry Havelock Ellis c. Richard von Krafft-Ebing d. Constance Soriano 2. The idea that sexual orientation develops as a consequence of peer relationships during adolescence is most associated with a. Robert Sternberg b. Daryl Bem c. Mary Cover Jones d. Virginia Johnson B. Essay examination questions For example: 1. Analyze the consequences of individualism and collectivism on a culture's view of love and marriage. 2. Compare and contrast current theories about whether sexual orientation is developed primarily through biological factors or primarily through environmental factors.

Quizzes

Essays/Papers

Assignments

Reading Assignments

1. Textbook chapter readings
2. Additional academic articles, book excerpts, and webpage references of the instructor's choosing.

For example:

- a) The National Women's Health Information Center's webpages on female genital cutting
- b) Readings from Gender Diversity, by Serena Nanda

Writing Assignments

1. Critical analysis papers (4 to 8 papers, 1 to 2 pages in length each)

For example:

- a) Integrate the position of a cultural relativist regarding female genital cutting with the position of a person who believes that cultural relativism should be secondary to the need to protect people from institutionalized forms of violence.
 - b) Analyze the basic assertions of evolutionary psychology and evaluate whether this theory offers a sound explanation for gender differences in sexual behavior and attraction.
2. Essay examination questions (See assessment section above for examples)

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Crooks, R., Baur, K., & Widman, L

Title

Our Sexuality

Edition/Version

14th

Publisher

Cengage

Year

2021

Material Type

Textbook

Author

Herdt, G. & Polen-Petit, N

Title

Human Sexuality: Self, Society, and Culture

Edition/Version

2nd

Publisher

McGraw-Hill

Year

2021

Course Codes (Admin Only)**ASSIST Update**

No

CB00 State ID

CCC000333059

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No