

**PSYC 3 Course Outline as of Summer 2025****CATALOG INFORMATION**

Dept and Nbr: PSYC 3 Title: HUMAN SEXUALITY

Full Title: Human Sexuality

Last Reviewed: 12/9/2019

| Units   | Course Hours per Week |                   | Nbr of Weeks |      | Course Hours Total |       |
|---------|-----------------------|-------------------|--------------|------|--------------------|-------|
| Maximum | 3.00                  | Lecture Scheduled | 3.00         | 17.5 | Lecture Scheduled  | 52.50 |
| Minimum | 3.00                  | Lab Scheduled     | 0            | 4    | Lab Scheduled      | 0     |
|         |                       | Contact DHR       | 0            |      | Contact DHR        | 0     |
|         |                       | Contact Total     | 3.00         |      | Contact Total      | 52.50 |
|         |                       | Non-contact DHR   | 0            |      | Non-contact DHR    | 0     |

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PSYCH 3

**Catalog Description:**

This course examines the biological, psychological, and social science of human sexuality. Major areas of examination will include the history and science of sexology; male and female anatomy and physiology; sexual arousal and response; relationships, intimacy and communication; conception and contraception; sexually transmitted infections; and coercive sexuality and exploitation.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 1A or equivalent

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This course examines the biological, psychological, and social science of human sexuality. Major areas of examination will include the history and science of sexology; male and female anatomy and physiology; sexual arousal and response; relationships, intimacy and communication; conception and contraception; sexually transmitted infections; and coercive

sexuality and exploitation. (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 1A or equivalent

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

|                      |                      |  |                          |
|----------------------|----------------------|--|--------------------------|
| <b>AS Degree:</b>    | <b>Area</b>          | Effective:                             | Inactive:                |
|                      | D                    | Social and Behavioral Sciences         | Fall 1981                |
| <b>CSU GE:</b>       | <b>Transfer Area</b> | Effective:                             | Inactive:                |
|                      | D                    | Social Science                         | Fall 1991                |
|                      | D9                   | Psychology                             |                          |
|                      | E                    | Lifelong Learning and Self Development |                          |
|                      | E                    | Lifelong Learning and Self Development | Fall 1981      Fall 1991 |
| <b>IGETC:</b>        | <b>Transfer Area</b> | Effective:                             | Inactive:                |
|                      | 4                    | Social and Behavioral Science          | Fall 1981                |
|                      | 4I                   | Psychology                             |                          |
| <b>CSU Transfer:</b> | Transferable         | Effective:                             | Fall 1981      Inactive: |
| <b>UC Transfer:</b>  | Transferable         | Effective:                             | Fall 1981      Inactive: |

### **CID:**

CID Descriptor: PSY 130      Introduction to Human Sexuality

SRJC Equivalent Course(s):      PSYC3

### **Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Recognize and describe major concepts and theories in understanding human sexuality from historical, contemporary, and multicultural perspectives.
2. Analyze and critique historical and current research related to sexuality, sexual identity, and gender.
3. Identify factors that influence decision-making pertaining to sexuality and gender development and how they affect psychosexual well-being.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Discuss the following perspectives when explaining human sexuality: sociological, evolutionary, mass media, gender role legacy, and cross-cultural.
2. Describe and apply with examples the various research methods used to study sexual behavior; include case studies, naturalistic and laboratory observations, correlational studies, surveys and tests,

- and the experimental method.
3. Identify and explain the functions of the female and male internal and external sexual organs and structures and genital health concerns.
  4. Demonstrate how chromosomal and hormonal processes and social-learning factors influence gender role and gender identity.
  5. Compare and contrast the males' and females' sexual arousal and responses; include the roles of the brain, the senses, aphrodisiacs and the aging process.
  6. Explain how Kaplan's model differs from Masters and Johnson's model of describing sexual arousal.
  7. Describe Sternberg's Theory of Love and Lee's Styles of Loving and list the ingredients of a lasting love relationship.
  8. Distinguish among the different sexual behaviors: erotic dreams and fantasies, self-pleasuring techniques, kissing and touching, and sexual positions.
  9. Define sexual orientation and describe the social ramifications associated with each type, including prejudice, privilege, law, psychological and medical risk factors, and statistical data on relational issues.
  10. Compare and contrast advantages and disadvantages of the male and female contraceptive devices, with emphasis on oral contraceptives, barrier apparatus, intrauterine devices, and sterilization.
  11. Compare and contrast the various medical, mechanical and surgical procedures for the treatment of sexual dysfunctions.
  12. Describe different types of sexual transmitted infections.
  13. Discuss the evolutionary, social learning, and cultural factors that contribute to aggressive behaviors; distinguish the difference between physical, sexual and emotional abuse; and describe sexual harassment, its effects, and ways of coping.

### **Topics and Scope:**

- I. Perspectives on Human Sexuality
- II. Studying Human Sexuality
- III. Female Sexual Anatomy, Physiology, and Response
- IV. Male Sexual Anatomy, Physiology, and Response
- V. Gender and Gender Roles
- VI. Sexuality over the Life Span
- VII. Love, Intimacy, and Sexuality
- VIII. Communicating about Sex
- IX. Sexual Expression
- X. Variations in Sexual Behavior
- XI. Contraception and Birth Control
- XII. Conception, Pregnancy, and Childbirth
- XIII. The Sexual Body in Health and Illness
- XIV. Sexual Difficulties, Dissatisfaction, Enhancement and Therapy
- XV. Sexually Transmitted Infections
- XVI. HIV and AIDS
- XVII. Sexual Coercion
  - A. Harassment
  - B. Aggression
  - C. Abuse
- XVIII. Sexually Explicit Materials, Prostitution, and Sex Laws

### **Assignment:**

1. Read approximately 35 pages per week
2. Writing assignment that may include research, experiential, response, or project for a minimum of 1,250 words
3. Quizzes, exams, and a final
4. Oral presentation and/or group project may be assigned

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

|  |                     |
|--|---------------------|
| Research, experiential, response, or project paper | Writing<br>30 - 60% |
|--|---------------------|

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

|      |                           |
|------|---------------------------|
| None | Problem solving<br>0 - 0% |
|------|---------------------------|

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

|      |                                |
|------|--------------------------------|
| None | Skill Demonstrations<br>0 - 0% |
|------|--------------------------------|

**Exams:** All forms of formal testing, other than skill performance exams.

|                             |                   |
|-----------------------------|-------------------|
| Quizzes, Exams, and a Final | Exams<br>40 - 60% |
|-----------------------------|-------------------|

**Other:** Includes any assessment tools that do not logically fit into the above categories.

|                                  |                           |
|----------------------------------|---------------------------|
| Oral presentation, group project | Other Category<br>0 - 10% |
|----------------------------------|---------------------------|

**Representative Textbooks and Materials:**

Sexuality Now: Embracing Diversity. 6th ed. Carroll, Janell. Cengage Learning. 2018

Understanding Human Sexuality. 14th ed. Carroll, Janell. McGraw-Hill. 2020

Human Sexuality: Diversity in Contemporary America. 10th ed. Yarber, Bill and Sayad, Barbara. McGraw-Hill. 2019