

# PSYC-135: HUMAN SEXUALITY

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**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

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**Material Type**

Textbook

**Author**

Herdt, G. &amp; Polen-Petit, N

**Title**

Human Sexuality: Self, Society, and Culture

**Edition/Version**

2nd

**Publisher**

McGraw-Hill

**Year**

2021

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**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