

C-ID Descriptor

Introduction to Human Sexuality

Descriptor Details

- **Descriptor Title:** Introduction to Human Sexuality
- **C-ID Number:** 130
- **Units:** 3.0
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General Description

This course is an introductory overview of the field of human sexuality. Human sexuality will be examined from psychological, biological, sociocultural, and historical perspectives. Students will be encouraged to become aware of their own sexual attitudes, values, and behaviors and to evaluate the consistency of their behaviors within their own moral frameworks. Current sex norms and various aspects of interpersonal and individual sexual adjustment will be explored.

Prerequisites

No information provided

Corequisites

No information provided

Advisories

English, one level below transfer (i.e., eligibility for English composition (C-ID ENGL 100)) and reading (a course with an exiting skill of ability to read a college level text)

Content

Sex, Sexuality, and Gender
Perspectives on Sexuality: Cultural and Social Values
Sex Research
Gender Issues
Female Sexual Anatomy and Physiology
Male Sexual Anatomy and Physiology
Sexual Arousal and Response
Sexual Orientation
Sexuality Throughout Life-span
Love, Attraction, Relationships, and Sexual Communication
Contraception, Conception, and Childbirth
Sexual Behaviors
Sexually Transmitted Infections
Nature and Origins of Sexual Difficulties and Sex Therapy
Asexual Typical Variations
Sexual Coercion and Commercial Sex

Lab Activities

No information provided

Objectives

At the conclusion of this course, the student should 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 infections
10. Analyze psychosocial bases of rape, childhood sexual abuse, and prostitution.

Evaluation Methods

Tests, written assignments, and class participation

Textbooks

Crooks, R. & Baur, K. *Our Sexuality* (Current Edition). Belmont, CA: Thomson Wadsworth Publishing Co.

Strong, B., Yarber, W.L., Sayad, B. W., & DeVault, C. *Human Sexuality: Diversity in Contemporary America* (Current Edition). New York, NY: McGraw-Hill Publishing Co.