



PSYC 121 - Introduction to Human Sexuality

1. Discipline

PSYC Psychology

2. Catalog Description

No prerequisite. Recommended Preparation: ENGL 101.0 or ENGL 101H. 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. C-ID: PSY 130. CSU,UC

3. Schedule Description

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4. Title 5 Category

- AA/AS Degree
- Distance Ed
- BA/BS Degree Applicable
- AA-T, AS-T (ADT)

CB22 Non-Credit Category

Y - Not Applicable, Credit course

5. Certificate and Degree Applicable

California State University (CSU) General Education (GE) Requirements - Certificate of Achievement (Active)
Intersegmental General Education Transfer Curriculum (IGETC) - Certificate of Achievement (Active)
Liberal Arts: Social/Behavioral Science Emphasis (18596) - AA Associate of Arts (Active)

Psychology - Associate of Arts for Transfer (AA-T, ADT) (Active)

Public Health Science - Associate of Science for Transfer (AS-T, ADT) (Active)

VVC General Education Graduation Requirements - AA Associate of Arts (Active)

6. Number of Units (Zero Units for non-credit courses)

3.00

7. Contact Hours per term

Hour Type	Units	Contact Hours (Total Semester Hours - Min)	Contact Hours (Total Semester Hours - Max)	Minimum Outside-Of-Class Hours	Minimum Outside-Of-Class Hours
Lecture Hours	3.0	48.0	54.0	96.0	144.0
Lab Hours	0.0	0.0	0.0	0.0	0.0
Field Work Hours	0.0	0.0	0.0	0.0	0.0
Total	3.0	48.0	54.0	96.0	144.0

9. TOP Code

2001.00 - Psychology, General

10. Special Topics

No

11. Grading

Letter Grade Only (For Credit Courses Only)

12. Repeatability

This course is repeatable No

0X - No Repeats Allowed

15. Instructional Objectives

1. Compare and contrast multicultural, cross-cultural, and historical perspectives as they relate to human sexual diversity and values.

Requires Critical Thinking Yes

2. Evaluate how media influences and reflects sexuality.

Requires Critical Thinking Yes

3. Locate systematic studies of human sexuality.

Requires Critical Thinking Yes

4. Critique changing gender roles in today's society and the impact of these changes in intimate relationships.

Requires Critical Thinking Yes

5. Identify relevant features of human anatomy and physiology in the reproductive processes and the role of the brain and neurotransmitters in sexual arousal.

Requires Critical Thinking Yes

6. Identify factors contributing to relationship satisfaction over time.

Requires Critical Thinking Yes

7. Compare the efficacy of various contraceptive methods.

Requires Critical Thinking Yes

8. Determine physiological and psychosocial factors contributing to sexual dysfunctions and identify treatment alternatives available for people who experience sexual difficulties.

Requires Critical Thinking Yes

9. Describe the causes and effects of the most common sexually transmitted infections, and identify risk reduction behaviors.

Requires Critical Thinking Yes

10. Analyze contributing factors and risk-reduction strategies relating to sexual coercion, sexual abuse, and commercial sex.

Requires Critical Thinking Yes

11. Understand what is meant by "sex", "gender", "gender identity", "gender expression", "gender stereotype", and "gender role".

Requires Critical Thinking Yes

12. Use effective communication skills to understand the perspectives of others while discussing controversial or sensitive topics.

Requires Critical Thinking Yes

16. Student Learning Outcomes

1. **Demonstrate knowledge of the biological, social, and scientific foundations of human sexuality.**

- **Communication:** Read and write analytically including evaluation, synthesis, and research; deliver focused and coherent presentations.
- **Creative, Critical and Analytical Thinking:** Apply procedures for sound reasoning in the exercise of judgment and decision making; demonstrate intellectual curiosity, academic integrity, and a respect for learning; solve problems through analysis, synthesis, evaluation and creativity; identify, evaluate and appropriate use of multiple sources of information. Utilize the principle of charity, by which alternative viewpoints and diverse voices and are represented accurately and considered fairly.
- **Social and Personal Responsibility:** Evaluate the relationship between natural, social and economic systems and the significance of sustainability; demonstrate responsible attitudes toward justice with respect to cultural diversity, citizenship, personal contribution to local and international communities, and the effect of human actions on the environment.
- **Information Competency:** Demonstrate information competency and critical thinking skills through their ability to effectively locate, retrieve, evaluate and utilize use library and information resources within the guidelines of academic standards to meet collegiate and personal information needs.
- **Health and Human Flourishing:** Synthesize educational aims into a holistic approach to the many facets of human flourishing; apply principles of physical, psychological and emotional health and fitness; demonstrate scholarly skills that support intellectual virtues for life-long learning; embrace concepts of fiscal responsibility; and define goals that extend beyond oneself.

2. Describe human sexuality throughout the lifespan.

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3. Analyze how sexual values are influenced by contemporary society with particular emphasis on historical and cultural practices.

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17. Course Content

Sexual Values in Context: History and Culture

Human Sexuality Research Methods

Sex: Genetics and Biology

Gender Identification & Gender Roles

Sexual Orientation

Human Sexual Anatomy and Physiology

Sexual Arousal and Response

Sexuality Throughout the Lifespan

Love, Attraction, Relationships, and Sexual Communication

Sexual Behaviors

Reproduction: Conception, Pregnancy, and Childbirth

Contraception and Abortion

Sexual Difficulties & Solutions

Atypical Sexual Behavior

Sexually Transmitted Infections

Sexual Coersion and Sexual Assault

Commercial Sex: Sex Workers and Sex Laws

19. Assignments

1. **Required Reading Assignment**

Sample

Read the chapters and readings as assigned in the course syllabus. Review the questions at the end of each chapter to prepare for examinations.

2. **Required Writing or Performance Assignment**

Sample

You will complete two journal article reviews of peer-reviewed psychological research related to human sexuality. For each assignment, you will conduct a search of the literature using the Psychology database at the Victor Valley College Library. Acceptable topics **MUST** be directly related to the Course Objectives for PSYC 121. To complete a journal article successfully, you will:

- 1) Summarize the main issue or question that the research investigates.
- 2) Outline the method(s) used.
- 3) Explain the results found.
- 4) Identify 3 follow-up questions raised by the results of the article.

3. **Required Out of Class Assignment**

Sample

Listen to (and/or view the transcript of) the Science Vs podcast "The Science of Being Transgender." As you listen/read, take notes and answer the following questions:

- 1) What makes us the gender we are?
- 2) How much is it influenced by biology vs. upbringing?
- 3) If a child says they are transgender, what should we do? Did anything (the research and historical information presented) particularly surprise you? Why or why not?
- 4) What can we do to ensure the safety and wellbeing of trans people?

Be prepared to discuss the podcast and your answers with the class.

20. Methods of Instruction

- Web Enhanced-full classroom w/online components
- Lecture
- Distance Education

Other No

21. Methods of Evaluation

Methods of Evaluation

- Exams/Tests/Quizzes
- Research Projects
- Written Assignments
- Oral Presentation
- Projects
- Group Projects
- Class Participation
- Class Work
- Home Work

Other No

22. Text and Other Materials

Representative Textbook

1. **Author(s)** Crooks, R. L., Baur, K., & Widman, L.

Title Our Sexuality

Edition 14

Publisher Cengage

ISBN-13 9780357699584

Year 2021

This textbook has no equivalent substitution. No

2. **Author(s)** Yarber, W. L., & Sayad, B. W.

Title Human Sexuality: Diversity in Contemporary Society

Edition 11

Publisher McGraw Hill

ISBN-13 9781260888591

Year 2022

This textbook has no equivalent substitution. No

24. Distance Education

Does (or will) this course have a DE component? Yes

Delivery Method(s) - Check all that apply

FULLY ONLINE (FO) (also known as "100% online") – Instruction involving regular and effective online interaction that takes place synchronously or asynchronously and is supported by online materials and activities delivered through the college's learning management system, and through the use of other required materials. All approved instructional contact hours are delivered through these online interactions. Fully online classes do not require in-person assessments or activities. If synchronous online activities are required, the schedule of classes indicates dates and times.

Yes

PARTIALLY ONLINE (PO) (also known "hybrid") – Instruction involving regular and effective online interaction for -any portion of the approved contact hours that takes place synchronously or asynchronously and is supported by materials and activities delivered in person and online through the college's learning management system, and through the use of other required materials. Any portion of a class that is delivered online must follow a separate approval process. The approved online portion must meet the regular and effective contact regulation. The schedule of classes indicates dates, times and locations of the required in-person components.

Yes

25. Library Resources

The Library has sufficient resources presently available to support this course. Yes

The Library resources are sufficient to offer this course but new materials should be added to improve and update the holdings in this subject area.

No

The Library's resources are not presently adequate to support the teaching of this course. Accordingly, it is recommended that the items listed below be purchased prior to the first offering of this course.

No

26. Dates

Board of Trustees: 01/10/2023

Effective: 02/13/2023

State Approval: 01/19/2023

Last Outline Revision: 12/08/2022

CC Approval: 12/08/2022

Content Review: 12/08/2022

Submitted to State: 01/19/2023

27. Proposed Start Date

Spring 2023

29. Need for Course

This is a required Title V update. This curriculum was last updated in 2012.

Please note: We are renaming the course from "Human Sexuality & Intimacy" to "Introduction to Human Sexuality".

This revision closely follows the C-ID descriptor that was revised on March 3, 2015. See attachments.

30. Attached Files

C-ID PSY 130 Descriptor.doc (/Form/Course/_DownloadFile/7112/4415?fileId=967)

Intro to Human Sexuality Course Content Mapping.docx (/Form/Course/_DownloadFile/7112/4415?fileId=968)

Intro to Human Sexuality Course Objectives Mapping.docx (/Form/Course/_DownloadFile/7112/4415?fileId=1074)