

Common Course Outline
PSYC 221/MNTH 221/ HLTH 221
Human Sexuality
3 Semester Hours

The Community College of Baltimore County

Description

Human Sexuality

Explores the nature of sexuality, love and relationships; uses physiological, psychological, sociological, economic, legal, and health and wellness perspectives; historical and contemporary cultural perspectives; and individually oriented discussion.

Overall Course Objectives

The student will be able to:

1. Utilize different modes of learning (cognitive, affective, and psychomotor) in the development of goals, behaviors, values, and methodologies that promote lifelong health and wellness.
2. Assess and evaluate the credibility of sources of sexual health and relationship information.
3. Analyze the impact of technology on sexual health, reproduction and relationship values and behavior.
4. Form personal goals appropriate for promoting life-long personal health, wellness and relationship well being.
5. Develop and implement behaviors, attitudes, and values to promote lifelong sexual health and relationship well being.
6. Develop and utilize effective skills of interpersonal communication to assert ones sexual and relationship goals.
7. Identify the risk factors contributing to sexual, emotional and relationship dysfunction and be able to minimize these risk factors in the student's life.

Major Topics

1. Historical context of current American sexual attitudes and values.
2. Cultural differences in sexual and relationship values and behaviors.
3. Anatomy and physiology of the female and male sexual systems.
4. Menstruation, conception, prenatal development and birth.
5. Parenthood as a responsibility which can be planned.
6. Signs, symptoms, prevention, and treatment of sexually transmitted infections.
7. Gender roles and stereotypes that society has evolved and presents to its members.
8. Theories of love.
9. Dating, courtship and marriage patterns and issues.
10. The sexual response cycle.
11. Constructive handling of conflict in an intimate relationship.
12. Broad continuum of human sexual behavior patterns.
13. Physical, medical, social, emotional and psychological factors contributing to sexual dysfunction.
14. Legal statutes attempting to prevent and control the abuse of sexuality in our society.
15. How to communicate with children concerning sexuality.
16. Sexual orientation issues.
17. Sexuality throughout the lifespan.

Course Requirements

Grading:

Evaluation and student feedback in this course will combine several of the following:

1. Tests/Quizzes
2. Research papers
3. Oral presentations
4. Cooperative learning group assignments
5. Computer projects
6. Classroom participation

Other Course Information

- a) HLTH/PSYC/MNTH 221 is an elective.
- b) Students are responsible for conforming to the college attendance and conduct policies.