

**Common Course Outline**  
**HLTH/MNTH/PSYC 221**  
**Human Sexuality**  
**3 Credits**

**Community College of Baltimore County**

**Description**

**HLTH/MNTH/PSYC 221 – 3 credits – Human Sexuality** explores the nature of sexuality, love, and relationships through the focus of biological, psychological, social, emotional, spiritual, cultural, economic, legal, and historical viewpoints. Topics such as gender formation, reproductive technology, sexually transmitted infections (STIs), sexual expression, and interpersonal relationship dynamics are presented. Empirical and theoretical research related to personality, developmental, social, clinical, evolutionary, learning, and cognitive perspectives are examined. In addition, students are encouraged to reflect on the influences that impact their own sexuality.

**Note:** Credit may be received for HLTH 221, MNTH 221, or PSYC 221, but not for more than one.

**3 Credits**

**Prerequisites:** ACLT 052 or ACLT 053

**Overall Course Objectives**

Upon completion of this course students will be able to:

1. identify factors that influence human sexuality (i.e.: biological, social, emotional, spiritual, psychological, cultural, economic, legal, and historical) and discover the effect each has on their own lives;
2. compare methods of sexual research;
3. describe the structure and function of sexual anatomy;
4. explain theories of gender identity and sexual orientation;
5. explain relationship development and the factors that influence relationships;
6. use effective interpersonal communication skills;
7. compare current American sexual attitudes and practices throughout the lifespan with other times and cultures;
8. assess current reproductive technology in terms of cost, effectiveness and values;
9. identify sexual problems, current sexual therapy and enhancement techniques; and
10. examine and evaluate information on human relationships in a culturally diverse society found in film, television, radio, print, or internet sources.

**Major Topics**

- I. Perspectives on sexuality

- A. Historical perspectives
- B. Cultural perspectives
- C. The media and sexuality
- II. Sexual research
- III. Reproductive anatomy and function
  - A. Female sexual anatomy
  - B. Male sexual anatomy
  - C. Sexual health
- IV. Gender identity formation
  - A. Sex and gender
  - B. Gender identity formation
  - C. Gender roles
  - D. Transsexualism and transgenderism
- V. Sexual arousal and response
  - A. The senses and sexual arousal
  - B. Aphrodisiacs and anaphrodisiacs
  - C. Hormones and sexual response
  - D. Aging and sexual response
  - E. Differences between sexes and sexual response
- VI. Love and communication in intimate relationships
  - A. Issues in loving relationships
  - B. Dating, courtship and marriage patterns
  - C. Communication skills and conflict resolution
- VII. Sexual behaviors
- VIII. Sexual orientations
- IX. Contraception
- X. Conceiving children, pregnancy and parenting
- XI. Sexuality through the lifespan
  - A. Childhood
  - B. Adult years
- XII. Sexual difficulties and solutions
- XIII. Sexually transmitted infections (STIs)
- XIV. Atypical sexual behaviors
- XV. Sexual coercion
  - A. Rape
  - B. Sexual abuse of children
  - C. Sexual harassment
- XVI. The sex industry
  - A. Pornography
  - B. Prostitution

### **Course Requirements**

Grading procedures will be determined by the individual faculty member but will include the following:

**Grading/exams**

1. A minimum of two (2) written and/or oral examinations
2. A minimum of three (3) reading and writing assignments such as journaling and textbook assignments
3. A minimum of three (3) classroom activities such as presentations and discussions.
4. Attendance and participation are required to meet course objectives

Written Assignments: Students are required to use appropriate academic resources.

**Other Course Information**

This course is an elective for health, mental health and psychology majors and may be used as an elective for other majors.

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