

MINNESOTA WEST COMMUNITY AND TECHNICAL COLLEGE

COURSE SYLLABUS

DEPARTMENT: Health

COURSE NUMBER: 2210

CREDITS: 3

COURSE TITLE: Human Sexuality

CATALOG DESCRIPTION:

Explores the diverse physical, social, and psychological aspects of human sexuality at all life stages within the framework of solid scientific research and critical thinking. Topics include sexual anatomy and physiology, attraction and intimate relationships, gender issues, forms of healthy sexual expression and behaviors, fertility management, S.T.I.'s, sexual dysfunction, atypical sexual behaviors, sexual coercion, and commercial sex. Opportunities to clarify personal values and decisions regarding one's sexual wellness are woven throughout.

FULFILLS MN TRANSFER CURRICULUM AREA(S): None AUDIENCE: Anyone

PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE: None (though Health 1101 is recommended)

LENGTH OF COURSE: 16 weeks (one semester/3 hours per week/48 total class hours)

THIS COURSE IS USUALLY OFFERED:

☒ alternate even years ☐ alternate odd years
☐ fall ☒ spring ☒ summer (on demand) ☐ undetermined

INSTITUTIONAL COURSE GOALS/THEMES:

Four goals are emphasized in courses at Minnesota West Community & Technical College. This section gives an account of how the structure of this course relates to each of these goals/themes.

ACADEMIC CONTENT: *This course will help you improve your knowledge-base in the area of human sexuality through ...*

- a) exposure to the continually updated academic material of this course both in the classroom and via out-of-class assignments. (See "Topics To Be Covered" section.)*
- b) planned learning activities designed to facilitate student academic outcomes. (See "Expected Student Learning Outcomes" section.)*

THINKING SKILLS: *This course will help you improve the effectiveness of your thinking skills through ...*

- a) both structured and informal opportunities to explore and share attitudes, beliefs, and values related to healthy sexual decision-making.*
- b) the text's direct emphasis on the use of critical thinking skills.*

COMMUNICATION SKILLS: *This course will help you improve your oral and written communication skills through ...*

- a) classroom activities that encourage discussion and/or role play in pairs, small group, and whole group situations.*
- b) writing assignments.*
- c) via text and lecture, the study of both verbal and nonverbal interpersonal communication techniques related to nonsexual as well as sexual expression.*

HUMAN DIVERSITY: *This course will help you to recognize, understand and appreciate human diversity through ...*

- a) the fostering of a classroom socio-emotional climate that is sensitive, respectful, and “safe” for the exploration of diversity issues as they relate to human sexuality.*
- b) routinely presenting multiple perspectives on issues, extending the invitation to share opinions, and recognizing the impact of cumulative experiences in shaping individual views.*
- c) the text, which directly and purposefully seeks to present multicultural perspectives.*
- d) purposeful exploration of all course content from the perspective of both genders.*
- e) judicious use of gender-fair language and avoidance of “heterosexism” or other forms of sexual orientation bias.*

TOPICS TO BE COVERED:

- I. Holistic Health and Sexuality*
 - A. Definitions and Perspectives of Human Sexuality*
 - B. Thinking Critically About Sexuality*
 - C. Value Systems and Sexual Decision-Making*
- II. Research in Human Sexuality*
- III. Male Sexual Anatomy and Physiology*
 - A. Male Reproductive System*
 - B. Men’s Sexual Health Concerns*
- IV. Female Sexual Anatomy and Physiology*
 - A. Female Reproductive System*
 - B. Women’s Sexual Health Concerns*
- V. Sexual Activity - “Mechanics” and Behavior Patterns*
 - A. Arousal and Response*
 - B. Techniques and Typical Behavior Patterns*
 - C. Sexual Dysfunctions*
 - D. Sexual Dysfunctions*
 - E. Atypical Sexual Behaviors*
- VI. Psycho-social Dimensions of Sexuality*
 - A. Body Image*
 - B. Sexual Identity and Gender Identity*
 - C. Sex Roles and Gender Roles*
 - D. Sexual Orientation*
 - E. Relationships (Attraction, Building/Bonding, Continuation/Commitment, Deterioration, Ending)*
- VII. Human Reproduction*
 - A. Conception*
 - B. Pregnancy*
 - C. Childbirth*
- VIII. Developmental Sex and Sexuality Throughout the Life Span*
- IX. Fertility Management*
- X. Socio-cultural Issues*
 - A. Sexually Transmitted Infections*
 - B. Sexual Coercion*
 - C. Commercial Sex*

EXPECTED COURSE OUTCOMES:

1. See discussion of "Course goals/Themes" above.
2. See "Expected Student Learning Outcomes" section below.

LEARNING/TEACHING TECHNIQUES used in this course are:

<u> X </u> Collaborative Learning	<u> </u> Problem Solving
<u> X </u> Student Presentations	<u> X </u> Interactive Lectures
<u> X </u> Creative Projects	<u> </u> Individual Coaching
<u> </u> Project Critiques	<u> X </u> Films/Videos/Slides
<u> X </u> Lecture	<u> </u> Labs
<u> X </u> Demonstrations	<u> </u> Other

ASSIGNMENTS and ASSESSMENTS for this class include:

<u> X </u> Reading	<u> X </u> Tests	<u> X </u> Individual Projects
<u> X </u> Oral Presentations	<u> X </u> Worksheets	<u> X </u> Collaborative Projects
<u> X </u> Textbook Problems	<u> X </u> Papers	<u> </u> Writing Portfolio
<u> </u> Group Problems	<u> </u> Term Paper	<u> </u> Art Portfolio
<u> </u> Other		

Details of all major assignments and course requirements will be made in writing. (Also see "Grade Determination and Student Assessment" section of this syllabus.)

EXPECTED STUDENT LEARNING OUTCOMES: *The academic objectives of this course are that the student (that's YOU) will be able to ...*

1. Define and appropriately use terminology within the field of human sexuality.
2. Distinguish between legitimate and non-legitimate sources of sexuality information.
3. Recognize and appreciate the culturally-diverse nature of human sexuality
4. Recognize and appreciate the complex physical, intellectual, emotional, social, and spiritual dimensions of human sexuality unique to various stages of the human life cycle.
5. Identify and describe the anatomy and physiology of the male and female reproductive and sexual response systems.
6. Describe techniques, processes, and contexts for sexual response and sexual communication.
7. Identify and explain common types of sexual dysfunction and the associated therapies.
8. Describe the physiological, psychological, and socio-cultural aspects of body concepts, gender images, and gender roles.
9. Identify various patterns of interpersonal attraction, love, and bonding.
10. Appreciate the holistic aspects of sexual orientation both from an individual perspective and a socio-cultural perspective.
11. Identify and explain the causes, means of transmission, treatments, and prevention strategies for various sexually transmitted infections (STI's), including HIV infection.
12. Evaluate current fertility management options and strategies.
13. Describe and appreciate the process of conception, pregnancy, and childbirth.

14. *Recognize the socio-cultural issues surrounding STI's, unwanted pregnancies, world population growth, atypical sexual behaviors and paraphilias, commercial sex, and sexual violence.*
15. *Identify, compare and contrast nurturing/healthy forms of sexual behaviors with abusive/coercive/addictive/unhealthy forms of sexual expression.*
16. *Clarify personal values and ethics regarding your own sexuality and sexual behavior./*

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.

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The information in this course outline is subject to revision.

Students needing accommodations for a disability must notify the instructor.

This document can be made available in alternative format, allowing ample time for adaptations, to individuals with disabilities by calling Diane Graber at 800-657-3966. For TTY Communications call the Minnesota Relay Service at 800-627-3529.

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