

# PSY-2090: PSYCHOLOGY OF HUMAN SEXUALITY

## Cuyahoga Community College

### Viewing: PSY-2090 : Psychology of Human Sexuality

**Board of Trustees:**

2013-12-05

**Academic Term:**

Fall 2019

**Subject Code**

PSY - Psychology

**Course Number:**

2090

**Title:**

Psychology of Human Sexuality

#### **Catalog Description:**

This course examines the scientific study of Human Sexuality from a psychological perspective, providing students with an introductory overview of the biological, psychosocial, and developmental perspectives of sexuality. This course will also expose students to the diversity of human sexual expression. Topics include sexual anatomy, sexual arousal, gender identity, sexual orientation, and sexual health.

**Credit Hour(s):**

3

**Lecture Hour(s):**

3

### **Requisites**

#### **Prerequisite and Corequisite**

PSY-1010 General Psychology or PSY-101H Honors General Psychology.

### **Outcomes**

**Course Outcome(s):**

Evaluate the scientific study of Human Sexuality from a Bio-psychosocial, Developmental Perspective.

#### **Essential Learning Outcome Mapping:**

Critical/Creative Thinking: Analyze, evaluate, and synthesize information in order to consider problems/ideas and transform them in innovative or imaginative ways.

Information Literacy: Acquire, evaluate, and use information from credible sources in order to meet information needs for a specific research purpose.

**Objective(s):**

1. Identify male and female sexual anatomical structures and appraise the role of these structures in sexual arousal, sexual behavior, and sexual difficulties.
2. Evaluate and synthesize the development of sexuality throughout the lifespan.
3. Analyze the influence of society on various aspects of human sexuality, such as perceptions of sexual anatomy, views on commercial sex, and expressions of sexuality.

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#### **Course Outcome(s):**

Utilize critical thinking skills to evaluate scientific research on human sexuality in order to make responsible, evidence-based decisions.

#### **Essential Learning Outcome Mapping:**

Critical/Creative Thinking: Analyze, evaluate, and synthesize information in order to consider problems/ideas and transform them in innovative or imaginative ways.

**Objective(s):**

1. Analyze the assumptions and evidence that others use when making claims about sexuality.
2. Formulate, evaluate, and critique your own beliefs and assumptions about the expression of sexuality.
3. Incorporate scientific research on human sexuality into your own opinions about the political and ethical aspects of sexuality.
4. Analyze the social and cultural influences on your sexual knowledge, beliefs, and behaviors.

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**Course Outcome(s):**

Analyze the diversity of Human Sexuality.

**Essential Learning Outcome Mapping:**

Cultural Sensitivity: Demonstrate sensitivity to the beliefs, views, values, and practices of cultures within and beyond the United States.

**Objective(s):**

1. Develop an understanding of others as unique sexual beings and demonstrate increased tolerance toward others' differences.
2. Recognize and explore the diversity of human sexuality across many dimensions, including age, gender, sexual orientation, race, and ethnicity around the world, and evaluate how societal/cultural expectations shape sexual diversity.

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**Methods of Evaluation:**

1. Discussions – Small and large group
2. Multimedia Presentations
3. Participant Observation Reports
4. Portfolio Assessment: Journal Entries, Show What You Know Opportunities, short answer, essay, multiple choice exams.
5. Papers
6. Projects
7. Written critiques of Journal Articles
8. Critical Thinking Activities – Consumer Education
9. Service Learning Opportunities
10. Research Activities

**Course Content Outline:**

1. Perspectives & Theories of Human Sexuality
  - a. Impact of advances that have affected sexual beliefs, values, attitudes, and behavior
    - i. Psychological
    - ii. Social
    - iii. Political
    - iv. Technological
  - b. Overview of major perspectives offered by psychologists to understand human sexuality
    - i. Evolutionary
    - ii. Cross-species
    - iii. Sexual health perspectives
    - iv. Psychoanalytic
    - v. Learning theories
    - vi. Social psychological theories
2. Conducting research in human sexuality
  - a. Goals of conducting research in human sexuality
  - b. Strengths and limitations of qualitative and quantitative research methods in the field of human sexuality
    - i. Case studies
    - ii. Surveys
    - iii. Self-reported questionnaires
    - iv. Interviews
    - v. Direct observation
  - c. Ethical issues and guidelines in conducting sexuality research
  - d. Major research studies in sexuality conducted by Kinsey, Masters and Johnson, and the National Health and Social Life Survey
  - e. Identify criteria that would be helpful in critically evaluating various kinds of research
  - f. Basic statistical concepts necessary to understanding sexuality research
    - i. Measures of central tendency
    - ii. Variability

- iii. Incidence
- iv. Frequency
- v. Correlation coefficients
- g. Working with empirical research articles, literature reviews, and library databases
- 3. Female sexual anatomy and physiology
  - a. Location, structure, and function of the major female sexual anatomy
  - b. Importance of knowledge of sex structures, how visibility impacts self-knowledge of sex structures, and how genital self-examinations improve knowledge.
  - c. Menstruation
    - i. Variations in timing of first menarche
    - ii. Cultural and psychological attitudes toward menstruation
    - iii. Physical phases of the menstrual cycle
    - iv. Menstrual problems
  - d. History, practice, and recent research and controversies
    - i. Breast augmentation
    - ii. Female genital modification
      - 1. genital surgeries/modifications
      - 2. piercings
  - e. Women's health care issues, diagnostic tests and treatment options
- 4. Male sexual anatomy and physiology
  - a. Location, structure, and function of the major male sexual anatomy
  - b. Sex hormone systems in men
  - c. Mechanics of sperm production and ejaculation
  - d. Penis size and genital modification
    - i. Cultural meanings
    - ii. Impact on men's masculinity and self-image
    - iii. Circumcision
    - iv. Penile augmentation
  - e. Men's health care issues, diagnostic tests and treatment options
- 5. Gender and sexuality
  - a. Sex versus gender versus gender identity versus gender role
  - b. Process of prenatal sexual differentiation and how it is related to gender-identity formation from a biological perspective
  - c. Intersex and other variants of prenatal sexual differentiation
  - d. Formation and variations of gender identity
  - e. Cause and effects of gender roles and stereotypes
- 6. Sexual arousal & response
  - a. Sexual arousal phases
    - i. Masters and Johnson four stage model
    - ii. Kaplan's three stage model
  - b. Influence of the brain, neurotransmitters, hormones, and pheromones in sexual arousal and behavior
  - c. Aphrodisiacs and anaphrodisiacs
  - d. Erogenous zones
  - e. Gender differences in sexual responses
- 7. Sexual behaviors
  - a. Celibacy
  - b. Typical sexual behaviors: incidence, techniques/content, function, risks/benefits, and variations in practice based on gender, ethnicity, and sexual orientation.
    - i. Sexual fantasy and erotic dreams
    - ii. Masturbation
    - iii. Kissing
    - iv. Fondling
    - v. Oral stimulation
    - vi. Coitus
    - vii. Anal intercourse
  - c. Attitudes regarding various sexual behaviors
- 8. Attraction, Love, and Communication
  - a. Factors that affect attraction
    - i. Biological factors
    - ii. Proximity

- iii. Similarity
- iv. Reciprocity
- v. Physical appearances

- b. Gender, cultural, and ethnic differences in mate selection
- c. Theories of love
  - i. Sternberg's triangular theory of love
  - ii. Attachment styles theory
  - iii. Hatfield's two-factor theory of love
- d. Gender, cultural, and ethnic differences in defining love and/or intimacy
- e. Jealousy
- f. Effective strategies for maintaining relationship satisfaction
- g. Relationship between love and sex

- 9. Sexual Orientations
  - a. Variations of sexual orientations
  - b. Theories regarding the origin of sexual orientation
  - c. The coming out process
  - d. The evolution of cultural attitudes towards homosexuality
  - e. Heterosexism, homophobia and the gay rights movement
  - f. Sexual orientation and its diverse experiences based on gender, ethnicity, and culture

- 10. Contraception
  - a. History of contraception
  - b. Concern and controversy surrounding reliable contraception
  - c. Comparative analysis of the major forms of contraception including behavioral methods, barrier methods, hormonal methods, implantable devices, and surgical methods
  - d. Variables that influence the effectiveness of birth control
  - e. Technological advancements for contraceptive methods

- 11. Conception, Pregnancy, Childbirth, & Abortion
  - a. Infertility
    - i. Factors that influence infertility
    - ii. Prevalence
    - iii. Psychological and physical impact
    - iv. Treatment
  - b. Healthy pregnancy
    - i. Nutrition
    - ii. Prenatal guidelines
    - iii. Risks to fetal development
    - iv. Detection of birth defects and other problems
    - v. Pregnancy after the age of 35
  - c. Initial signs of pregnancy
  - d. Emotional and physical reactions to pregnancy from both a female and male perspective
  - e. Pregnancy and sexual interaction
  - f. Stages and processes of childbirth
  - g. Postpartum physical and psychological familial adjustments
  - h. Miscarriage and abortions

- 12. Sexuality across the lifespan
  - a. Infant capacity for sexual pleasure and response
  - b. Features of sexual development in children and preadolescents in Western society
  - c. Adolescent sexuality
    - i. Physical and social changes that occur for males and females during this time
    - ii. Incidence, motivation, and variations of sexual behavior
    - iii. Effect of media
    - iv. Types of teen sexual relationships
    - v. Teen pregnancy
  - d. Living single and cohabitation
  - e. Marriage
    - i. Sexual behavior and satisfaction
    - ii. General marital satisfaction and discord

- iii. Extramarital relationships
- iv. Widowhood and divorce
- f. Impact of physical reproductive changes on sexual functioning
- g. Attitudes toward aging and sexuality
- h. Sexual expression and relationships in the later years

13. Identification and treatment of sexual difficulties, diseases, and infections

- a. Common sexual difficulties
  - i. Prevalence
  - ii. Causes
  - iii. Treatment
  - iv. Practical information for dealing with sexual difficulties
- b. Sexually transmitted diseases
  - i. Frequency
  - ii. Causes and transmission
  - iii. Symptoms
  - iv. Treatment
  - v. Complications/consequences
  - vi. Prevention
  - vii. Stigmatization of the contraction of an STI

14. Variations in Sexual Behavior

- a. General concept of paraphilia
- b. Fetishism
- c. Transvestism
- d. Sadism and masochism
- e. Exhibitionism
- f. Autoerotic asphyxiation
- g. Zoophilia
- h. Frotterism
  - i. Coprophilia
  - j. Urophilia
  - k. necrophilia
  - l. Sexual addictions
- m. Treatment and prevention of coercive and/or unhealthy paraphilic behaviors

15. Sexual coercion

- a. Rape
  - i. False beliefs regarding rape
  - ii. Factors that contribute to unwanted sexual activity
  - iii. Characteristics of rapists and victims
  - iv. Effects of rape on survivors
  - v. Male victims of rape
  - vi. Rape prevention and response
- b. Pedophilia, incest and child molestation
  - i. Characteristics of sex offenders and victims
  - ii. Prevalence
  - iii. Controversies in recovered memory of childhood sexual abuse
  - iv. Prevention and response
- c. Sexual harassment
  - i. Types
  - ii. Prevalence
  - iii. Same-sex sexual harassment
  - iv. Effects of sexual harassment on victims
  - v. Prevention and response

16. Sex for Sale

- a. Prostitution
  - i. Definition
  - ii. Characteristics of the typical prostitute
  - iii. Characteristics of the typical customer
  - iv. Role of third parties

- v. Consequences of sex work on prostitutes
- vi. Teenage prostitution
- vii. Legalization and decriminalization of prostitution
- viii. Sex tourism and human trafficking
- b. Pornography
  - i. Definition
  - ii. Types of sexually explicit materials
  - iii. Legal controversies surrounding pornography, freedom of speech, and regulation of its dissemination
  - iv. Effects of pornography
  - v. Legal, social, and personal aspects of child pornography.

## Resources

Crooks Baur. *Our Sexuality*. 11. Wadsworth Publishing, 2010.

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Hyde and Delamater. *Understanding Human Sexuality*. 11. McGraw Hill, 2010.

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## Resources Other

The Journal of Sex Research (Taylor & Francis)

Archives of Sexual Behavior (Springer)

Psychology and Sexuality (Taylor & Francis)

Journal of Sex and Marital Therapy (Taylor & Francis)

Journal of Psychology and Human Sexuality now known as The International Journal of Sexual Health (Taylor & Francis)

Annual Review of Sex Research (A publication of the Journal of Sex Research, Taylor & Francis)

Motivation and Emotion

Journal of Personality and Social Psychology

Psychological Bulletin

Psychological Review

Canadian Journal of Human Sexuality

Harvey, J. H., Wenzel, A., & Sprecher, S. (2004). *Handbook of sexuality in close relationships*, (Mahwah, NJ: Lawrence Erlbaum Associates).

The Society for the Scientific Study of Sexuality

<http://www.sexscience.org/>

International Academy of Sex Research

<http://www.iasr.org/>

The Kinsey Institute

<http://www.kinseyinstitute.org/>

American Psychological Association Division 44: Society for the Psychological Study of Lesbian, Gay, Bisexual, and Transgender Issues

<http://www.apadivision44.org/>

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