

Sam Houston State University
Department of Health and Kinesiology

Course: HED 390—Intimate Relationships
Margo Mancuso English t
Office Room 223 HKC

Phone: 294-1168
661-8467

Textbook: Rice, E.P. *Intimate relationships, marriage, and families* (5th ed.).
Mountain View, CA: Mayfield Publishing Co., 1999.

Course Description: The material in this course centers around forming and maintaining intimate relationships, particularly marriages and families, in our society, past and present. The material encompasses various aspects of relationships—strengths, dysfunctions, sexuality, and romance.

Objective: The student will acquire knowledge and understanding by successfully completing the following objectives:

1. To discover and accept themselves as they really are and to analyze what they contribute to a relationship.
2. To develop constructive attitudes, values, and practices of sexuality.
3. To examine physical, emotional, and social aspects of sexuality.
4. To dispel myths about sex and sexuality.
5. To facilitate insights into personal sexual behavior.
6. To reduce fears and anxieties about personal sexual development, feelings, intimacy and relationships.
7. To accomplish more informed, responsible, and successful decision-making.
8. To facilitate communication about sexuality with parents and others.
9. To develop skills for the management of sexual and intimacy problems and personal relationships.
10. To integrate sex into a balanced and purposeful pattern of living.
11. To create satisfying interpersonal relationships.
12. To reduce sex-related problems such as disease and unwanted pregnancies.
13. To acquire positive feelings about one's self in regard to relationships—friends, family or marriage.
14. To accept one's self as a healthy sexual being that needs and desires to establish healthy intimacies with others in our society.

Methodologies: This course is taught by lecture, formation of small groups for sharing, videotapes, activities, and group projects. The ultimate aim of the course is to assist individuals so they are able to make informed decisions about his/her own relationships.

Rationale: The ultimate goal of HED 390 is for each individual to honestly look inward to determine whom he or she really is and what they bring to a meaningful relationship.

The content of the course will include personality types, interests, dreams, fears, families, childhood, trauma, and sexuality. Some of the course requirements will be personal and private, while some activities will be shared in class.

If any of these methods are threatening or unacceptable, please drop the course and locate another class with a more traditional content.

Course Content:

Unit I: Social and Psychological Perspectives of Relationships

- a. Current demographics concerning relationships
- b. Ethnic variables in families
- c. Effect of family values and mores on relationships
- d. Qualities of successful relationships

Unit II: Intimate Relationships: growth, choices, and change

- a. Living single
- b. Dating and courtship
- c. Attraction, lust and love
- d. Sexual transmitted diseases
- e. Non-marital cohabitation

Unit III: Challenges of Relationships

- a. Relationships over the family life cycle
- b. Sex and gender: identity and roles
- c. Work, material resources, and family roles
- d. Personal companionship and relationships
- e. Balance of power in relationships
- f. Conflict and Communication

Unit IV: Parenthood

- a. Planning a family
- b. Pregnancy prevention and intervention
- c. Parenting
- d. Extended family relationships

Unit V: Family Stress and Reorganization

- a. Identifying family crisis
- b. Crisis intervention skills
- c. Divorce
- d. Remarriage and step parenting

Course Requirements:

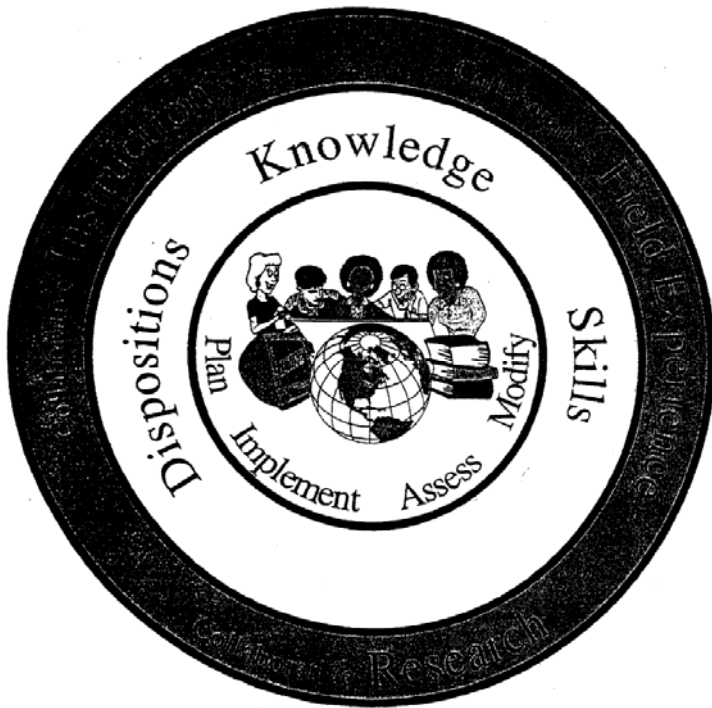
HED 390W has been designed as a "Writing Enhanced" course. "Writing Enhanced" courses require that 50% of the student activities in the course involve some type of written format--abstracts, letters, journals, investigations, and other related assignments. Some are considered to be "free" writing and others will be graded for grammar, punctuation, and sentence structure. Specific information concerning the content of these assignments will be given in class.

Course Requirements:

1. Each student will be required to complete 3 exams worth 100 points each.
2. Each student will write a paper. Each paper will follow APA format, include a minimum of 4 references, and range in length from 5-7 pages. Ethical procedures and guidelines will be enforced. (50 points).
3. Each student will participate in a group project that will investigate the impact of a specific culture or lifestyle (traditions, values, and morals) on the relationships of the family. (50 points).
4. Each student will develop a "Relationship Montage". The purpose of the assignment is to generate critical thinking and creative skills. Each student will create an original music, movie, or TV. collection that describes the progression of a specific period with in a relationship. Examples include: dating and breaking up // dating and engagement// marriage and pregnancy // sexual promiscuity vs. monogamy // loss of a loved one and death.
5. Each student will participate in "Family, Friends & Foes" interactive activities. Tasks will be assigned through the course and may include writings, opinions, conflict resolution techniques, developing reaction papers, and other interactive assignments. Each activity will be explained in class and will be given an individual numerical value (Usually 10 points each for a total of 50 points).
6. Each student will be expected to be in class everyday. More than three absences will result in a deduction of your final grade. Cell phone usage (talking or texting) is not allowed in class. Your phone will be taken up and you will be asked to leave the class. Repeated offenses will result in the student being asked to permanently leave.
7. Differently-abled students: "students with a disability which affects their academic performance are expected to arrange for a conference with the instructor in order that appropriate strategies can be considered to ensure that participation and achievement opportunities are not impaired". Please contact the Director of the Counseling Center, ext. 41720

Exams	300	A = 450-500
Paper	50	B = 400-449
Group Project	50	C = 350-399
Montage	50	D = 300-349
Friends & Foe	50	F = 299 and below ☹

Total points possible are 500



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Through programs dedicated to collaboration in instruction, field experience, and research, the candidates in Sam Houston State University's Educator Preparation Programs acquire the knowledge, dispositions, and skills necessary to create a positive learning environment. Employing a variety of technologies, these students learn to plan, implement, assess, and modify instruction to meet the needs of our communities' diverse learners