

HED 533
Colloquium in Human Sexuality
Sam Houston State University
Department of Health and Kinesiology
Summer 2008

Course: HED 533 Colloquium in Human Sexuality
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Textbook: *Human Sexuality in a World of Diversity*. Rathus, Spencer, Nevid, J., and Fichner-Rathus, L., Allyn & Bacon, 6th Edition, 2005.
ISBN: 0205406157

Course Description: A comprehensive study of the multiple dimensions of human sexuality within the diverse cultures and lifestyles represented within the U.S. The material in this course centers around developing and maintaining relationships built on the foundation of trust, honor, and respect which encompass tolerance of the unique differences of other individuals. Emphasis is placed on forming a positive sexual identity that will be an asset within intimate relationships particularly marriages and families. Course content focuses on sexuality development through the stages of life, functional and dysfunction relationships, emotional and physical sexual responses, love and attraction, pregnancy and childbirth, contraception, sexual responsibility, sexual dysfunctions, cultural relationship patterns, and relationship violence.

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

1. To develop a thorough understanding of the components of human sexuality and the role they play in functional relationships.
2. To discover and accept the unique differences within the realm of human sexuality that relate to personal lifestyle and cultural variations.
3. To examine the facets of safe and unsafe relationships and dating practices.
4. To develop constructive attitudes, values, and practices of sexuality.
5. To examine physical, emotional, and social aspects of sexuality.
6. To develop an understanding of alternative lifestyles reflected within society.
7. To examine traditional beliefs, myths, and prejudices pertaining to sexual practices.
8. To reduce fears and anxieties about personal sexual development, feelings, intimacy and relationships.
9. To accomplish more informed, responsible, and successful decision-making in all types of relationships.
10. To facilitate communication about sexuality with salient others.
11. To develop skills for the management of sexual and intimacy problems and personal relationships.
12. To integrate sex into a balanced and purposeful pattern of living.

13. To reduce sex-related problems such as disease and unwanted pregnancies.
14. To acquire positive feelings about one's self in regard to relationships—friends, family or marriage.
15. 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 in a distance learning on-line format using the SH Blackboard system. Lecture notes will be posted on the Blackboard with content presented via announcements, assignments, and e-mail. Learning will be enhanced through discussion boards, assessments, review of articles, literature reviews, interviews, and life experiences. The purpose of the course is to enable individuals to make informed decisions about his/her own relationships, and to be informed about diversity issues relating to lifestyle choices within the U.S.

Rationale: The ultimate goal of HED 533 is for each individual to assess their unique dimensions of their personal sexuality and evaluate what they can contribute to a meaningful relationship built on trust, honor, and respect of those involved within the 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 among other class members via discussion boards.

Confidentiality: Due to the sensitive nature of the content of the course and to the electronic transfer of information during discussion board conversations, CONFIDENTIALITY must be maintained between the students and the instructor. All reactions, comments, and discussions electronically stated during the progression of the course must remain within the privacy of the students enrolled in HED 533. Individuals wishing to discuss sensitive issues may do so through individual e-mails with the instructor and class participants.

Course Content:

Unit I: Dimensions of human sexuality

- a. Sex and sexuality
- b. Perspectives and traditions in human sexuality

Unit 2: Male and female anatomy and physiology

- a. External anatomical features
- b. Internal anatomical features

Unit 3: Attraction and arousal

- a. Physiological response of attraction
- b. Sexual response
- c. Theories of sexual arousal

Unit 4: Gender identity and gender roles

- a. Gender typing
- b. Gender issues in sexuality
- c. Sexual Orientation

- Unit 5: Love and attraction
 - a. Theoretical models
 - b. Types of love
 - c. Stages of love
- Unit 6: Communication patterns
 - a. Types of communication
 - b. Conflict resolution
 - c. Strategies
- Unit 7: Sexual behavior patterns
 - a. Physical and psychological problems
 - b. Paraphilia and dangerous sexual practices
- Unit 8: Conception, pregnancy, and childbirth
 - a. Fertilization process
 - b. Maternal and infant changes
 - c. Stages of labor and delivery
- Unit 9: Responsible decision making
 - a. Safe dating behaviors
 - b. Acquaintance, date, and marital rape
 - c. Sexual coercion
- Unit 10: Contraception and abortion
 - a. Personal preference and responsibility
 - b. Behavioral, barrier, and chemical methods
 - c. Abortion-categories and outcomes
- Unit 11: Sexually transmitted diseases and infections
 - a. Types of pathogens
 - b. Modes transmission
 - c. Prevention techniques and lifestyles
- Unit 12: Sexuality through life stages
 - a. Sexuality in childhood and adolescence
 - b. Sexuality in adulthood
 - c. Sexuality in later years

Course Requirements:

1. Each student will research a human sexuality trend or issue that is prevalent within the current US society. Each paper will follow APA format, include a minimum of 10 references, and range in length from 5 to 7 pages. Specific guidelines for the research paper will be posted on Blackboard. Research ideas must be approved by the instructor and cannot be duplicated from previous work. Ethical procedures and guidelines (plagiarism) will be reinforced. (100 points).
2. Each student will develop 10 research abstracts from scholarly articles relating to various aspects of human sexuality. The abstracts will summarize a recent article (published since 2000) and will include a brief summary and reaction to the content of the article. The abstracts could reflect articles used as references in the

research paper described in course requirement #2. Research articles should accompany the abstracts and can either be faxed, hand submitted, or e-mailed to the instructor. More information will be given via Blackboard describing the requirements of the project (100 points).

3. Each student will participate in “Interactive Internet Activities” that involve completing assessments, developing various reactions, conducting interviews, and creating instructional activities. Tasks will be assigned through the course and are valued at 100 points.
 4. All students are expected to participate in discussion boards as assigned. Critical thinking questions will be posted following chapter lecture notes and will be discussed between course participants each day. Discussion board participation is valued at 100 points.
- * Please confirm your ideals with the instructor about each project for the course. This course is a unique university course that requires dedication on the part of each student to improve his or her personal relationships. Your participation in class activities, individual, and group projects is critical to the success of this course!

Course Evaluation:

Your final grade will be determined by the number of points you earn as described in the following section. The grade scale is as follows:

Human Sexuality Issue Paper	100
Research Abstracts (10 x 10 points)	100
Interactive Internet Activities	100
Discussion Board Participation	100
TOTAL POINTS	400

Point Scale for Grade:

- 360 - 400 = A
- 319 - 359 = B
- 288 - 318 = C
- 247 - 287 = D
- Below 246=F

Academic Integrity Policy: Refer to SHSU student guidelines handbook

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.