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SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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COURSE: PSY 2125 C HUMAN SEXUALITY

LECTURER : MARION MUTWIRI

CREDIT: 3 UNITS

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### **1. COURSE DESCRIPTION**

The purpose of the course is to equip students with knowledge of human sexuality, the human sexuality anatomy and physiology, gender issues and sexual behaviors. The course will be approached from a multicultural perspective and will embody historical, biological, psychological, cultural, and sociological points of view. Core topics in human sexuality that will be covered include sexual anatomy and physiology, sexual arousal and response, gender roles, attraction, love, and intimate relationships, sexual communication, sexual techniques, sexual orientation, conception, pregnancy, and childbirth, contraception, sexual behavior across a life span, sexual dysfunction and sex therapy, sexually transmitted diseases, atypical variations in sexual behavior, sexual coercion, and commercial sex.

### **2. THE UNIVERSITY MISSION OUTCOMES**

The USIU–AFRICA mission is to promote the discovery and application of knowledge, acquisition of skills and the development of intellect and character in a manner which prepares students to contribute effectively and ethically as citizens of a changing and increasingly technological world. This mission is achieved through high quality undergraduate academic programs that enable students to develop higher order thinking, literacy, global understanding and multicultural perspectives, preparedness for career, leadership and ethics, and community service and development.

### **3. SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

The mission of the School of Humanities and Social Sciences is to provide an enabling learning environment through quality programs where undergraduate students acquire knowledge, skills, positive attitudes, values and desirable behaviour.

### **4. PROGRAM LEARNING OUTCOMES**

The psychology program at USIU is designed to provide students with the necessary background to pursue a variety of professional careers within and related to the field. The following are the Program Learning Outcomes linked to this course:

1. Articulate the major concepts, theories, empirical findings, ethical standards and historical trends in psychology.
2. Conduct research in a variety of settings.
3. Demonstrate creative and critical thinking approach to psychological issues in diverse settings.

4. Communicate in multicultural settings.
5. Use psychological knowledge, skills, values and attitudes to aid in interventions.

## **5. LINK TO UNIVERSITY MISSION OUTCOMES & PROGRAMME LEARNING OUTCOMES**

The student will be able to:

1. Articulate the major concepts, theories, empirical findings, ethical standards and historical trends in psychology (PLO 1).
2. Demonstrate creative and critical thinking approach to psychological issues in diverse settings (PLO 3).
3. Communicate in multicultural settings (PLO 4).
4. Use psychological knowledge, skills, values and attitudes to aid in interventions (PLO 5)

## **6. EXPECTED LEARNING OUTCOMES**

By the time the student completes this course, they should have acquired the following:

1. Become familiar with core topics in human sexuality.
2. Describe the biological, sociological and psychological aspects of human sexuality.
3. Appreciate the diversity of sexual experiences and the factors that inform human sexual behavior.
4. Become aware of issues concerning sexual health.
5. Clarify personal values, vulnerabilities and make responsible sexual decisions bases on accurate information.

## **7. CONTENT & CLASS SCHEDULE:**

### **Week 1**

#### **Introduction & Perspectives on Sexuality**

- Defining Human Sexuality
- Importance of Studying Human Sexuality
- Different Perspectives on Human Sexuality

**Reading: Chapter 1 of Our Sexuality by Crooks & Baur**

### **Week 2**

#### **Research Methods**

- Issues in research
- Advantages and Disadvantages
- Technologies and Ethical Issues in Research

#### **Gender Issues and Socialization**

- Gender-Identity Formation
- Trans-sexualism & Trans-genderism
- Gender Roles

**Read Chapter 2 and 3**

## **Week 3 & 4**

### **Sexual Anatomy and physiology**

- Female & Male Sexual Anatomy and Physiology
- External & Internal Structures/Organs
- Females: Menstruation; Gynecological Health Concerns; The Breasts
- Males: Sexual Functions & Concerns; Circumcision; Male Genital Concerns

**Read Chapter 4 and 5**

## **Week 5**

### **Sexual Arousal & Response**

- Hormones & Brain in Sexual Arousal
- The Senses and Sexual Arousal
- Models of Sexual Response
- Age & Gender Differences in Sexual Response

**Read Chapter 6**

## **Week 6**

### **Love and Relationships**

- Love and Communication in Intimate Relationships
- Understanding Love
- Issues in Relationships
- Maintaining Satisfactory Relationships
- Sexual Communication

**Read Chapter 7**

## **Week 7: Mid Term Examination**

## **Week 8**

### **Sexual Techniques and Behavior Patterns**

- Sexual Techniques
- Sexual Behaviors
- Sexual Orientations: Types, causes and attitudes

**Read Chapter 8, 9 and 10**

## **Week 9**

### **Conception and Contraceptives**

- How one can maximize on chances of contraception
- Factors in use and selection of contraception
- Methods of Contraception Advantages and Disadvantages
- Health Pregnancy
- Causes and Consequences of Male and Female Infertility

**Read Chapter 11, 12,13, and 24**

## **Week 10**

### **Sexual Dysfunctions**

- DMS V Classifications of sexual Dysfunctions - *Male Dysfunctions & Female Dysfunctions*
- Possible interventions/treatment options

**Read Chapter 15**

**Week 11**

**Sexual Health**

- Sexuality across the life cycle Childhood, adolescence & adulthood
- Sexually Transmitted Diseases & HIV/AIDS
- Sexuality & Disability
- Responsible sexual health

**Read Chapter 16**

**Week 12**

**Atypical Sexual Behavior**

- Types, Causes, and treatment
- Survey of these behaviors

**Read Chapter 17, 18, and 19**

**Week 13**

**Making Responsible Sexual Decisions**

- Factors
- Individual considerations

**Sex for Sale**

- Pornography
- Sex Work
- Rape and Attempted Rape
- Sexual Abuse and Sexual
- Paraphilias: Noncoercive and Coercive

**Read Chapter 20**

**Week 14: Final Examination**

**8. TEACHING METHODOLOGIES**

- Assigned readings
- Class Activities including lectures, large and small group discussions and exercises
- Continuous assessment of learning through quizzes, mid and final semester examinations
- Written assignments, short papers will be assigned to encourage application of learning material
- Use of video and relevant images for illustrations.

**9. COURSE TEXT:**

Crooks, R. & Baur, K. (2008). *Our Sexuality*. (10<sup>th</sup> Ed). Wadsworth, USA

***Additional Reading***

Janelle, L. C. (2007). *Sexuality Now*. (2<sup>nd</sup> Ed).

Rathus, S. A., Nevid, J. S., & Fischner-Rathus, L. (1997). *Human Sexuality in A World of Diversity* (3<sup>rd</sup> Ed). Boston: Allyn and Bacon.

**10. COURSE EVALUATION**

Class Participation and Attendance	05%
Class Assignments	20%
Group Work	10%
Term Paper	15 %
Mid-Semester	20%
Final Exam	30 %
<b>TOTAL</b>	<b>100 %</b>

**11. OTHER REQUIREMENTS**

**Absolutely** no make-up testing and grade change will be allowed. Consistent with University regulations, students experiencing any difficulties must consult the office of the Dean of the School of Arts and Sciences.

All assignments **MUST** be submitted through **SAFE ASSIGN** before submitting a **HARD** copy for marking.

**12. Key Institutional Academic Policies**

Students should note the following are key policies as outlined in the University Catalogue and Students Handbook.

***1. Academic dishonesty***

- a. **Examinations:** Any intentional giving or use of external assistance during an examination without the express permission of the faculty member giving the examination.
- b. **Fabrication:** Any falsification or invention of data, citation or other authority in an academic exercise;
- c. **Plagiarism:** Any passing off of another's ideas, words, or work as one's own;
- d. **Previously Submitted Work:** Presenting work prepared for and submitted to another course.

***2. Class Attendance***

Students are expected to attend all classes. Upon being absent for more than **THREE** classes in classes that meet once a week or **SEVEN** classes for those that meet twice a week will earn give a student an “**F**” grade in the course.

### **3. *Special Exams***

In the event that a student is unable to complete the Final Exam when it is due, he/she will write a letter to the Dean stating reason(s) for missing the exam and if justified, special exams are written on the 3<sup>rd</sup> Friday of the subsequent semester.

### **13. USIU GRADING SCALE**

A 90 - 100	C 70 - 73
A- 87 - 89	C- 67 - 69
B+ 84 - 86	D+ 64 - 66
B 80 - 83	D 62 - 63
B- 77 - 79	D- 60 - 61
C+ 74 - 76	F 0 - 59