

PSYCH105 : Human Sexuality

General Information

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Course Code (CB01) :	PSYCH105
Course Title (CB02) :	Human Sexuality
Department:	PSYCH
Proposal Start:	Winter 2025
TOP Code (CB03) :	(2001.00) Psychology, General
CIP Code:	(42.0101) Psychology, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000338678
Curriculum Committee Approval Date:	04/10/2024
Board of Trustees Approval Date:	06/18/2024
Last Cyclical Review Date:	04/10/2024
Course Description and Course Note:	PSYCH 105 examines human sexuality from psychological, biological, sociocultural, and historical perspectives. Topics may include sex research, sexual anatomy and physiology, sexual arousal and response, sexual behaviors, and sexual communication and consent. The influence of culture and social values will be explored along with contraception and pregnancy, sexually transmitted infections, the nature and origins of sexual difficulties, and sex therapy.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Author:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Psychology
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

Transferability & Gen. Ed. Options

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

No value

Comparable Course

No Comparable Course defined.

D-Social Sciences

Social Sciences

Approved

08/28/2023

IGETC Area

4-Social Sciences

Area

Social Sciences

Status

Approved

Approval Date

08/28/2023

Comparable Course

No Comparable Course defined.

C-ID

PSY

Area

Psychology

Status

Approved

Approval Date

08/28/2023

Comparable Course

PSY 130 - Introduction to Human Sexuality

Units and Hours

Summary

Minimum Credit Units (CB07)

3

Maximum Credit Units (CB06)

3

Total Course In-Class (Contact) Hours

54

Total Course Out-of-Class Hours

108

Total Student Learning Hours

162

Credit / Non-Credit Options

Course Type (CB04)

Noncredit Course Category (CB22)

Noncredit Special Characteristics

Credit - Degree Applicable

Credit Course.

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience
 Education Status (CB10)

Weekly Student Hours

Course Student Hours

	In Class	Out of Class
Lecture Hours	3	6
Laboratory Hours	0	0
Studio Hours	0	0

Course Duration (Weeks)	18
Hours per unit divisor	0
Course In-Class (Contact) Hours	
Lecture	54
Laboratory	0
Studio	0
Total	54

Course Out-of-Class Hours	
Lecture	108
Laboratory	0
Studio	0
Total	108

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Advisory

ENGL101 - Introduction to College Reading and Composition

Objectives

- Read, analyze, and evaluate a variety of primarily non-fiction readings for content, context, and rhetorical merit with consideration of tone, audience, and purpose.
- Apply a variety of rhetorical strategies in writing unified, well-organized essays directed by a well-reasoned thesis statement with persuasive support.
- Develop varied and flexible strategies for generating, drafting, and revising essays.
- Analyze stylistic choices in their own writing and the writing of others.
- Write timed, in-class essays exhibiting acceptable college-level control of mechanics, organization, development, and coherence.
- Integrate the ideas of others through paraphrasing, summarizing, and quoting without plagiarism.
- Find, evaluate, analyze, and interpret primary and secondary sources, incorporating them into written essays using appropriate documentation format.
- Proofread and edit essays for presentation so they exhibit no disruptive errors in English grammar, usage, or punctuation.

Advisory

ESL151 - Reading And Composition V

Objectives

- Read and critically analyze various academic readings.
- Summarize readings.
- Organize fully-developed essays in both expository and argumentative modes.
- Compose a 500 to 550-word essay which: summarizes and cites appropriately a reading passage; includes a clear thesis statement; uses evidence to support the thesis; shows clear organization into an introduction, body, and conclusion.
- Revise writing to eliminate errors in syntax, and grammatical constructions;
- Employ basic library research techniques.
- Compose one research paper (1,000 words) or two short research papers (500-700 words each) with citations.

Entry Standards

Entry Standards

Course Limitations

Cross Listed or Equivalent Course

Specifications**Methods of Instruction**

Methods of Instruction

Lecture

Methods of Instruction

Collaborative Learning

Methods of Instruction

Discussion

Methods of Instruction

Multimedia

Out of Class Assignments

- Research papers (e.g. writing a five-page essay on a topic of the student's choice with a minimum of 3 outside sources and relevant course content)
- Individual and group projects (e.g. informational poster presentations of different types of STIs)

Methods of Evaluation	Rationale
Exam/Quiz/Test	Three to five one-hour in class examinations
In-Class Activity (answering journal prompt, group activity)	Peer review or critique of student work
Presentation (group or individual)	Instructor evaluation of in-class presentations
Activity (answering journal prompt, group activity)	Collaborative learning after watching multimedia in class

Textbook Rationale
No Value

Textbooks				
Author	Title	Publisher	Date	ISBN
Hyde, Janet and John DeLamater	Understanding Human Sexuality	McGraw Hill Education	2023	9781264296774

Other Instructional Materials (i.e. OER, handouts)
No Value

Materials Fee
No value

Learning Outcomes and Objectives	
Course Objectives	
Explain sexual diversity and values of various cultures.	
Evaluate how media influences and reflects sexuality.	
Locate systematic studies of human sexuality.	
SLOs	
Use appropriate vocabulary for the discussion of sexuality.	Expected Outcome Performance: 70.0
SOC 5 Social Justice: Gender Studies	Articulate connections between global, regional, and local issues pertinent to the study of gender and sexuality.
ILOs Core ILOs	Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.

ILOs
General Education

recall, analyze, and synthesize theories and real-world issues and topics related to social, political, and/or economic institutions

Describe the physiological, psychological, and cultural aspects of sexual expression.

Expected Outcome Performance: 70.0

ILOs
Core ILOs

Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

SOC S
Social Justice: Gender
Studies

Articulate connections between global, regional, and local issues pertinent to the study of gender and sexuality.

Knowledge and skills to critically examine individual experiences, social institutions, and historical perspectives through the lens of gender and sexuality

PSYCH
Psychology - AA-T

Communicate how genetics and environmental factors interact to affect behaviors. Students will be able to critically analyze research articles.

SOC S
Social Sciences

Demonstrate critical thinking skills and a basic understanding of the complex interrelationships between human kind and the biophysical environment

Developed a broad and critical understanding of the complex interconnections between the human and environmental forces in their world

ILOs
General Education

recall, analyze, and synthesize theories and real-world issues and topics related to social, political, and/or economic institutions

Explain the historical development of our cultural attitudes toward sexual expression.

Expected Outcome Performance: 70.0

ILOs
Core ILOs

Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

SOC S
Social Justice: Gender
Studies

Articulate connections between global, regional, and local issues pertinent to the study of gender and sexuality.

Knowledge and skills to critically examine individual experiences, social institutions, and historical perspectives through the lens of gender and sexuality

PSYCH
Psychology - AA-T

Communicate how genetics and environmental factors interact to affect behaviors. Students will be able to critically analyze research articles.

SOC S
Social Sciences

Demonstrate critical thinking skills and a basic understanding of the complex interrelationships between human kind and the biophysical environment

Developed a broad and critical understanding of the complex interconnections between the human and environmental forces in their world

ILOs
General Education

apply methodologies used by social and behavioral scientists

recall, analyze, and synthesize theories and real-world issues and topics related to social, political, and/or economic institutions

Course Content

Lecture Content

Perspectives on Sexuality: Cultural and Social Values (4 hours)

- Cross-cultural comparisons of sexual behavior
- Historical comparisons of sexual attitudes and behavior
- Impacts of sociocultural values on sexual behaviors of the individual

Sex Research (4 hours)

- Important researchers in the field of human sexuality
- Types of sexual research and methods commonly used
- Overview of the breadth and depth of topics addressed in sex research

Gender Issues (3 hours)

- Biological aspects of sex and intersex development
- Cultural and social aspects of gender roles
- Gender identity and gender variation

Female Sexual Anatomy and Physiology (4 hours)

- Internal and external structures
- Hormones and the endocrine system
- Menstrual cycle
- Psychological responses to anatomy and anatomical differences

Male Sexual Anatomy and Physiology (3 hours)

- Internal and external structures
- Hormones and the endocrine system
- Psychological responses to anatomy and anatomical differences

Sexual Arousal and Response (4 hours)

- Physiological processes related to sexual arousal and orgasm
- Research and theories of sexual response, including Master's & Johnson, Kaplan, Bancroft & Janssen, and Basson
- Sociocultural and psychological facts of the orgasm gap

Sexual Orientation (3 hours)

- Theories of attraction
- Social and cultural construction of the concepts of sexual orientation
- Experiences of LGBTQIA+ individuals

Sexuality Throughout Lifespan (4 hours)

- Life-span sexual development from infancy to old age
- How to talk to kids about sex and sex education
- Sex & disability

Love, Attraction, Relationships, and Sexual Communication (4 hours)

- Theories of attraction, love, and commitment
- Relationship Styles (monogamous, consensual nonmonogamy)
- Elements of effective and ineffective sexual communication

Contraception, Conception, and Childbirth (3)

- Conception and implantation
- Different methods of contraception and the efficacy
- Abortion
- Stages of pregnancy

Sexual Behaviors (4 hours)

- Masturbation
- Partnered sex positions and types, including vaginal, anal, and oral sex
- Use of sexual aids

Sexually Transmitted Infections (3 hours)

- Causes and prevention
- Symptoms, treatments, testing options
- Sociocultural and psychological effects of stigma

Nature and Origins of Sexual Difficulties and Sex Therapy (4 hours)

- Sexual dysfunctions and biopsychosocial causes
- Therapy types and techniques
- Sociocultural and psychological effects of stigma

Atypical Variations (3 hours)

- Common fetishes and paraphilias
- Psychological origins of kinks and fetishes
- BDSM and the kink spectrum

Sexual Coercion and Commercial Sex (4 hours)

- Definitions and characteristics of sex workers and customers
- Legality of sex work
- Pornography and its effects
- Sex trafficking
- Sexual assault and rape

Total hours: 54

Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

Yes

GCC Major Requirements

No Value

GCC General Education Graduation Requirements

Social Sciences

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liason?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value