HUMAN SEXUALITY
HLTH 377

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ELMS Technical Support: (301) 405-1400

IMPORTANT
READ THE INFORMATION ABOUT EXAM DATES/TIMES ON PAGE 6
BEFORE REGISTERING FOR THIS COURSE!!!!!!

Required Textbook:

Recommended book:
Sexpertise: Real Answers to Real Questions About Sex, Robin Sawyer, first edition,

This is a survey course that examines the basic foundations of human sexuality,
in incorporating topical issues of interest and importance. Given the large size of the class,
the most common format of the course is lecture, but student participation and
involvement is encouraged. In addition to the dissemination of cognitive information, a
strong emphasis of the course is placed on the psychosocial aspects of human sexuality,
and its impact on individuals and society. Students are encouraged to develop and
maintain a personal philosophy concerning sexual decision-making and behavior. The
broad goals of the course include an increased knowledge of the biological,
developmental, and scientific aspects of human sexuality, in addition to developing a
greater awareness of self and others.

Course Objectives
At the conclusion of this course, the student will be able to:
1. list the major gender differences and similarities with respect to reproductive
   physiology.
2. list and describe the major developmental influences on human sexuality.
3. describe the major sex research that has been performed.
4. describe the process of human sexual response in terms of a response model.
5. explain the psychosocial influences on sexual decision-making, and how they impact
   specific sexual behaviors.
6. understand some basic principles of sexuality and communication.
7. select an effective method of contraception based on a sound knowledge of individual methods.
8. describe the process of conception, gestation, labor and delivery, demonstrating knowledge of the physical, emotional and consumer-related aspects of pregnancy.
9. show a greater understanding of, and more acceptance for alternate sexual orientations.
10. list the most common forms of sexual dysfunction, their etiology and treatment.
11. explain the current problems with STD & AIDS containment, and demonstrate a knowledge of the most common STDs, their symptomology and treatment.
12. experience an increase perceived susceptibility to personal risk for STD and HIV infection.
13. understand the impact of physical and psychosexual changes in aging on sexuality.
14. examine the concept of “love” - theories, meanings, effects on behavior etc.
15. explain the effects of the legal system on contemporary issues related to sexuality.
16. list and define various types of sexual behavior deemed to be atypical.
17. demonstrate an understanding of current lifestyle issues and possible future changes in this area.
18. develop and maintain a personal philosophy concerning sexual decision-making and behavior.
19. consider the total concept of human sexuality.
20. encouraged to broaden viewpoints & attitudes about diverse sexual issues.

Course Outline
1. **Female & Male Anatomy**
   - Anatomy of reproductive systems
   - Puberty
   - Hormonal influences
   - Abnormal development
   - Myths & facts

2. **Human Sexual Response**
   - Influences on sexual response
   - Psychological issues
   - Models of sexual response
   - Gender issues in response
   - Mythical enhancement of response

3. **Sexuality & Communication**
   - Barriers to communication
   - Gender differences in communication
   - Non-verbal forms of sexual communication
   - Sexual assault & date rape
   - Theoretical construct of date rape

4. **Contraception**
   - The psychology of birth control use
Contraception on campus
Available methods; effectiveness, side-effects, availability, ease of use, advantages/disadvantages
What the future holds

5. Pregnancy & Childbirth
Fertility/infertility
The menstrual cycle
Conception, fetal growth & development
Labor & delivery
Birthing methods/medical intervention
Breastfeeding

6. Alternate Sexual Expression
Etiology of sexual orientation
Homosexuality/bisexuality
Theories of sexual orientation
Political & legal issues

7. Sexually Transmitted Infections (STIs)
Current epidemiology
Historical aspects of treatment & containment
Current problems with containment & prevention
Prevalence, symptomology & treatment of the more common STIs.
STIs & college students

8. HIV/AIDS
Brief historical overview
Current demographics & trends
HIV/AIDS & the college student
Testing
Treatment & prevention

9. Human Sexual Dysfunction
Origins of sexual difficulty
Organic versus psychogenic problems
Diagnosis, treatment, & prognosis of major dysfunctions
Dysfunction & the college student

10. Love
What it is ... what it isn’t!
Love versus lust
Theories of love
Attraction & falling in love
Falling out of love ... failed relationships
Love & sex
11. **Sex & the Law**
   Impact of legal involvement with sexuality issues
   Prostitution
   Pornography
   Sodomy Laws

12. **Atypical Sexual Behavior**
    The continuum of sexual behavior
    What is “normal”
    What is legal
    Klismaphilia, frotteurism, coprophilia ... & much more!

**Disability**

If you have a documented disability and wish to discuss academic accommodations for test taking, please talk to me as soon as possible. You will need documentation from Disability Support Service (314-7682).

**Academic Integrity**

The University's code of academic integrity is designed to ensure that the principle of academic honesty is upheld. Any of the following acts, when committed by a student, shall constitute academic dishonesty:
- **CHEATING**: intentionally using or attempting to use unauthorized materials, information, or study aids in an academic exercise.
- **FABRICATION**: intentional and unauthorized falsification or invention of any information or citation in an academic exercise.
- **FACILITATING ACADEMIC DISHONESTY**: intentionally or knowingly helping or attempting to help another to violate any provision of this code.
- **PLAGIARISM**: intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise.

For more information see:
[http://www.inform.umd.edu/CampusInfo/Departments/PRES/policies/iii100a.html](http://www.inform.umd.edu/CampusInfo/Departments/PRES/policies/iii100a.html)

**Extra Credit**

There is NONE! With many students in the class, I’d have to offer that option to every student who didn’t like the grade he/she earned… not practical! So come to class, take good notes and study hard, then you won’t be in the uncomfortable position of needing any extra credit … which doesn’t exist anyway!
# SYLLABUS

<table>
<thead>
<tr>
<th>Jan 4-7</th>
<th>Textbook Chapter</th>
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<tbody>
<tr>
<td>A Century of Sex</td>
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<td>Sexuality Researchers</td>
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<td>Female Anatomy</td>
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<td>Male Anatomy</td>
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<tr>
<td>Human Sexual Response I</td>
<td>11 (p. 217-234)</td>
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<tr>
<td>Human Sexual Response II</td>
<td>11 (p. 217-234)</td>
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<td>Sexuality &amp; Communication</td>
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**Friday Jan 8 (Open 7:00am to 6:00pm)**
Exam 1

<table>
<thead>
<tr>
<th>Jan 9-14</th>
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<tbody>
<tr>
<td>Contraception I</td>
<td>13 (up to p. 284)</td>
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<tr>
<td>Contraception II</td>
<td>13 (up to p. 284)</td>
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<tr>
<td>Pregnancy &amp; Childbirth I</td>
<td>12</td>
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<tr>
<td>Pregnancy &amp; Childbirth II</td>
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<td>Sex &amp; the Law</td>
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<td>Love</td>
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<td>Sexuality &amp; Aging</td>
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**Friday Jan 15 (Open 7:00am to 6:00pm)**
Exam 2

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<th>Jan 16-21</th>
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<tr>
<td>STIs I</td>
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<td>STIs II</td>
<td>14 (up to p. 303)</td>
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<td>HIV/AIDS I</td>
<td>14. (p. 303-314)</td>
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<td>HIV/AIDS II</td>
<td>14 (p. 303-314)</td>
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<tr>
<td>Sexual Dysfunction I</td>
<td>11 (p. 234-240)</td>
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<td>Sexual Dysfunction II</td>
<td>11 (p. 234-240)</td>
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<td>Alternate Sexual Expression</td>
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<td>Transsexuality</td>
<td>3</td>
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<tr>
<td>Atypical Sexual Behavior</td>
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</tbody>
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**Friday Jan 22 (Open 7:00am to 6:00pm)**
Exam 3
Course Structure – IMPORTANT … READ THIS SECTION CAREFULLY!

This is an online course that you might find to be a little different. Rather than just providing links to boring articles that will put you to sleep, this course comprises videotapes of my regular and summer school classes, so this will be as close to sitting in a real class as you will find. The course is divided into three sections as indicated on the syllabus with exams at the end of each section. All the links (except the exams) will be open to you throughout the course so you can view the individual links any time that you choose. However, the exams are scheduled for Friday January 8, Friday January 15, and Friday January 22 and those dates are non-negotiable. You will be able to access and complete the exams any time between 7:00am and 6:00pm on those days, so I am providing lots of flexibility. If you cannot take an exam on one of those dates you need to withdraw from the course now, as those dates will not be changed under any circumstances.

Tips for Success

- You need to treat this like a real class experience and actually watch the videotapes indicated for each unit, taking notes as you would in a regular classroom. I will provide PowerPoint slides for you to download to help your note-taking, and in addition, most of the videotapes also include a view of the PowerPoint slides on the screen.

- The vast majority of exam questions will come from the class lectures, so obviously you see the importance of watching the tapes and taking notes.

- The exams are not comprehensive so you will only see material from the section of the course that directly precedes each exam.

- The best studying strategy would be study your notes from the classes, and skim the relevant book chapter as a reinforcer.

- You are covering an entire 16-week regular semester course in 21 days so this is a pretty intense experience. You need to be prepared to commit some serious time and effort to viewing the tapes, taking notes and studying for the exams. But after all, this course is about sex, so at least it should be somewhat interesting and engaging to you!
<table>
<thead>
<tr>
<th>Evaluation</th>
<th>Grading</th>
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<tbody>
<tr>
<td>Examination I</td>
<td>194-200 points A+</td>
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<td>187-193 points A</td>
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<td></td>
<td>179-186 points A-</td>
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<td>173-178 points B+</td>
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<tr>
<td>Examination II</td>
<td>167-172 points B</td>
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<td>Examination III</td>
<td>159-166 points B-</td>
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<td>152-158 points C+</td>
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<td>147-151 points C</td>
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<td>139-146 points C-</td>
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<td>132-138 points D+</td>
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<td>126-131 points D</td>
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<td>119-125 points D-</td>
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<tr>
<td>Grades close to interval breaks will NOT be changed … what you earn is what you get … there’s no whining in sex!!!</td>
<td>118 &amp; below F</td>
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If you have any technical problems you should first call the ELMS/Blackboard support line: (301) 405-1400
IMPORTANT EXAM INFORMATION - PLEASE MAKE SURE YOU READ THESE POINTS

The first exam will be available on **Friday January 8** from 7:00am to 6:00pm only.

1. Make VERY sure you have a strong Internet connection before beginning the exam. (Taking this while on a train moving through a tunnel, for example, would not be a good idea).

2. **WATCH YOUR TIME. YOU WILL ONLY HAVE 45 MINUTES TO COMPLETE THE EXAM.**

3. Once you begin the exam you must complete it. You cannot stop and return to it later in the day, it will have timed out - again, you have 45 minutes from the time you begin.

4. **DON’T LEAVE IT UNTIL THE LAST MINUTE TO START.** The exam will close at 6:00pm, so common sense would suggest that you’d be crazy to start the exam after 5:00pm … if you have any problems, you’ll have no time to correct them – be warned!

5. The first two exams will consist of 66 multiple choice items, the third will have 68 multiple choice items - no true/false, no diagrams to label.

6. **PLEASE FOLLOW** the above instructions to avoid technical difficulties.

7. Don't panic - if you've studied effectively, you will have plenty of time to answer the questions, and given that, unlike your peers in the regular classroom, I can't prevent you from using your notes/books, this really shouldn't be a problem!

8. If you contact me by email, I will try to respond fairly quickly, so when I do, please get back to me as instructed. Do not send me a frantic email and then disappear off the radar while you go out for lunch!