

# PHE 231 : HUMAN SEXUALITY

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## Transcript title

Human Sexuality

## Credits

3

## Grading mode

Standard letter grades

## Total contact hours

30

## Lecture hours

30

## Course Description

Explores the biological, psychological, and social aspects of human sexuality. Specific topics include historical and cultural perspectives of human sexuality, sexual anatomy and physiology, sexual and reproductive health factors, gender identity, sexual orientations, and lifespan sexual development.

## Course learning outcomes

1. Describe human sexual anatomy and physiology.
2. Evaluate sexual values and ethics of self and others.
3. Describe the scope of diversity of human sexuality.
4. Describe the biological, psychological, and social factors that contribute to sexual and reproductive health and disease.
5. Analyze topics related to human sexuality using scientific, psychological, and sociological literature.
6. Explain the relationship between human behavior and health (Department of Health and Human Performance outcome).

## Content outline

1. Historical and cultural perspectives of sex and sexuality; what is sex?
2. Female and male sexual anatomy and physiology; female genital mutilation and male circumcision; conception; contraception
3. Gender identity development; biopsychosocial influences; cisgenderism and transgenderism
4. Sexual orientations; biological evidence; societal perceptions
5. Sexual health education; abstinence-based vs comprehensive-based; public health outcomes
6. Lifespan sexual development: infancy, childhood, adolescence, and adulthood
7. Sex and the law; sexual coercion and domestic violence; power and control dynamics

## Required materials

There are no required materials for this course. Textbook is optional. Access to the internet is necessary to complete homework assignments.

## General education/Related instruction lists

- Health