

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY  
HLT 200 – HUMAN SEXUALITY (3 CR.)**

New 12/05/13

**Course Description**

Provides a basic understanding of human sexuality. Includes anatomy, physiology, pregnancy, family planning, venereal diseases, and sexual variations. Lecture 3 hours per week.

**General Course Purpose**

Through lectures, readings, discussions, films, and assignments, this course will give you a basic understanding of a wide array of topics pertaining to human sexuality. We will often spend only a day on topics that could easily take entire semesters to cover. To offset this loss of "in depth" coverage, assignments and readings will be used to contribute to your understanding of the course material. Furthermore, every effort will be made to present the relevance and applicability of the course topics within your own lives.

By the end of the semester, students should have a greater understanding of their own and others' sexual functioning and practices. Students should gain information that will help them improve their own communication involving sexuality and understand relationships with respect to gender identity and cultural issues. In addition, students should acquire a better understanding of the impact of sexuality on decision-making processes and personality development.

**Prerequisites/Corequisites:**

None

**Objectives**

Upon successfully completing this course, students will be able to:

- Identify, describe, and explain how historical developments, social structures and cultural contexts shape human sexuality
- Describe and explain the biological, anatomical, and physiological aspects of both human sexuality and human reproduction
- Compare and contrast the research methods used in psychology for the study of human sexuality.
- Identify, describe, compare and contrast the main theoretical frameworks in psychology for the study of human sexuality
- Analyze how gender influences sexual behavior
- Review and synthesize the current scientific literature on sexual orientation
- Evaluate current methods of contraception and other reproductive technologies
- Identify the symptoms, methods of transmission, and treatment of sexually transmitted diseases including AIDS
- Understand the anatomy and physiology of sexual functioning including genetics, fetal development, the birth process, sexual response and sexual dysfunction.
- Understanding developing and changing attitudes regarding love, intimacy, sensuality and male and female roles in conventional as well as non-conventional lifestyles, including marital and non-marital relationships
- Develop, as a result of the group process of educational relating, a greater overall appreciation of self as a sexual being, in the light of an evolving understanding of cross cultural, religious, historical and physiological perspectives and to develop a greater tolerance and understanding of others as unique sexual beings
- Understand related sexual issues such as contraception, sexual violence, sexually transmitted diseases and non-conventional sexuality

**Major Topics to be Included**

- Introduction to the Study of Sex and Sexuality
- Male Sexual Biology
- Female Sexual Biology
- Pregnancy and Childbirth
- Fertility Control and Abortion
- Avoiding Sexually Transmitted Diseases and AIDS
- Genetics and Inheritance
- Sexuality Development Across the Lifespan
- The Sexual Self
- Sexual Arousal and Response
- Love and Intimate Relationships
- Sexual Coercion and Assault