

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

HEAL 325 – Health Aspects of Human Sexuality (3)  
Spring 2012

|                  |                         |                |                  |
|------------------|-------------------------|----------------|------------------|
| DAY/TIME:        | T 7:20 – 10:00 p.m.     | LOCATION:      | Robinson A247    |
| INSTRUCTOR:      | Diana Karczmarczyk, MPH | EMAIL ADDRESS: | dkarczma@gmu.edu |
| OFFICE LOCATION: | N/A                     | PHONE NUMBER:  | 703-253-4815 (w) |
| OFFICE HOURS:    | By appointment only     | FAX NUMBER:    | N/A              |

PREREQUISITES

None

COURSE DESCRIPTION

Covers biological, behavioral, and sociocultural factors in human sexual behavior.

COURSE OBJECTIVES

At the completion of this course, students will be able to:

1. Develop a solid basic understanding of biological, social, and psychological components of their human sexuality.
2. Form and express educated attitudes and viewpoints on several aspects of human sexuality through the interpretation of readings, lectures, guest speakers, and open discussion with peers.
3. Form and express rational and responsible decisions concerning their human sexuality and development.
4. Write and discuss the value of human sexuality education with professional teachers as well as the community.

COURSE OVERVIEW

This course relies, in part, on the use of explicit visual teaching aids such as slides, films and video clips. These materials may portray nudity, masturbation, and examples of sexual behavior. Every effort is made to present those materials in a mature and scientific manner. A person who would be offended by frank discussions and/or visual portrayals of human sexual behavior may not a good candidate for this class.

Students are expected to conduct themselves in a manner appropriate to a college classroom. Any student whose behavior is inappropriate or destructive to the learning environment will be asked to leave the class.

NATURE OF COURSE DELIVERY

Face to face

CLASSROOM POLICIES

- Please be on time to class. If you need to come in late- please do so quietly as to not disrupt others. It is expected that you attend all classes. Failure to attend will result in missed points that will result in a lower course grade. **Requests** for exceptions must be submitted in writing to the Instructor prior to missing class.
- This class has a **REQUIRED** Blackboard component. It is important that you check Blackboard for important announcements, assignments and to access the midterm and final exam.
- Weather related announcements for class will be posted on the Blackboard page and communicated through Blackboard as well as by the Mason administration.

- Be an active participant- listen, ask questions, and share ideas. It is your participation that will help to make this class more valuable. Sleeping in class is not a form of participation and you will be asked to leave.
- Please create a safe environment for people to openly communicate.
- Respect that each person is entitled to their own belief system.
- Complete all assignments on time. All written assignments are due at the beginning of class. Work must be submitted through Blackboard or turned in at the start of class as a hard copy. Late assignments will be accepted with points deducted for each day the assignment is late and must be emailed to the Instructor. If students miss class on a day when an assignment is due please note that the assignment MUST be received by the Instructor through Blackboard prior to the start of class or points will be deducted. No exceptions will be made to this policy as all assignments will be provided at least 2 weeks prior to their due date.
- Type, spell check and proofread all papers. All papers must be typed with a font size of 12 points and a margin of 1 inch. All work must be double-spaced. Papers that are not in this format will receive a deduction in points. Grading rubrics for each assignment will be posted on Blackboard.
- All work in this class must be your own. Use appropriate citation in work that is referenced.
- Students may bring food and drink items to class, but please take all personal trash at the end of the class and dispose of properly.
- Cell phones must be muted or turned off during class. Please do not answer any calls in class or send/read any text messages. Video recording or taking pictures of any lecture is only allowed with the approval of the Instructor. Audio recording of lectures is allowed.
- Due to feedback from previous classes laptops should not be used in this class. Students have used laptops in the past for checking emails, surfing the internet and working on other work while class was in session and this is very disruptive to others. The nature of this class is not conducive to using laptops because the class consists of small and large group discussions on a regular basis. If a student feels as though they need an exception made for them to succeed in the class then they should speak to the instructor personally.
- To facilitate positive class discussions the class will develop and agree on a set of “ground rules” for the discussions that will occur throughout the semester. These “ground rules” will be added to the Blackboard page once they have been finalized and will be utilized for all class discussions.

#### REQUIRED READINGS

Crooks, R. & Baur, K. (2011). *Our Sexuality (11<sup>th</sup> edition)*. Belmont, CA: Wadsworth/Cengage Learning.

## EVALUATION

| <u>Requirements</u>  | <u>Points</u> |
|--|---------------|
| #1 Midterm- Multiple choice (60 question) exam taken on Blackboard     | 60            |
| #2 Final Exam - Multiple choice (60 question) exam taken on Blackboard | 60            |
| <i>Assignments (4 total at up to 10 points each)</i>                   | 40            |
| <i>In class reflections (10 at 1 point each)</i>                       | 10            |
| <i>Final class reflection (10 points total)</i>                        | 10            |
| TOTAL  | 180           |

**Assignments:** There will be 4 assignments due in the course. Details for each assignment will be provided in Blackboard. Assignments will include watching a movie and analyzing the content, analyzing research on global cultural views on sexuality, informally interviewing 2-3 people and analyzing the responses, and reviewing internet sites for information.

**In class reflection:** Throughout the course there will be at least 10 opportunities for written reflection on each class. These reflections may occur in the middle of the class or at the end of class. There will NOT be opportunities to make-up these reflections so attendance is critical.

**Final class reflection:** At the beginning of the course students will be provided with a set of questions about their views related to human sexuality. The answers will be sealed in an envelope. This document will then be collected by the instructor and redistributed to students near the end of the course. The final class reflection should be a 2-3 page paper reflecting on lessons learned in the class and how the class has impacted them personally by citing specific examples from class discussions and content. A complete rubric will be provided in Blackboard.

**Optional Bonus Points:** Students *may* work *in pairs* to each receive up to 5 additional points (per person) by developing up to a 3 minute recorded (video or audio) commercial. The commercial must address the question: "What was the most important thing I learned in the Human Sexuality class?" Commercials are due to the Instructor one week prior to the end of the semester. The commercial must be educational, creative and provide correct information. A complete rubric for the bonus points will be provided in Blackboard.

### Grading Scale

|                               |                               |
|-------------------------------|-------------------------------|
| 180 points to 169 points = A  | 143 points to 140 points = C+ |
| 168 points to 162 points = A- | 139 points to 133 points = C  |
| 161 points to 158 points = B+ | 132 points to 126 points = C- |
| 157 points to 151 points = B  | 125 points to 108 points = D  |
| 150 points to 144 points = B- | 107 points to 0 points = F    |

## **TENTATIVE COURSE SCHEDULE**

- 1/24 Intro to class, Review syllabus, Develop contact cards/class pictures
- 1/31 Chapter 1: Perspectives on Sexuality & Chapter 2: Sex Research: Methods and Problems
- 2/7 Chapter 3: Female Sexual Anatomy and Physiology & Chapter 4: Male Sexual Anatomy and Physiology
- 2/14 Chapter 5: Gender issues & Chapter 6: Sexual Arousal and Response, **Assignment # 1 Due**
- 2/21 Chapter 7: Love and Communication in Intimate Relationships
- 2/28 Chapter 8: Sexual Behaviors, **Assignment # 2 Due**
- 3/6 Chapter 9: Sexual Orientation
- 3/13 **NO CLASS- Have a safe and relaxing Spring Break!**
- 3/20 **MIDTERM on Blackboard (taken online on Blackboard)**
- 3/27 Chapter 10: Contraception & Chapter 11: Conceiving Children: Process and Choice
- 4/3 Chapter 12: Sexuality during Childhood and Adolescence, **Assignment # 3 Due**
- 4/10 Chapter 13: Sexuality and the Adult Years & Chapter 14: Sexual Difficulties and Solutions
- 4/17 Chapter 15: Sexually Transmitted Diseases **Assignment # 4 Due**
- 4/24 Chapter 16: Atypical Sexual Behavior & Chapter 17: Sexual Coercion, **Bonus Points (Videos) Due**
- 5/1 Chapter 18: Sex for Sale, **Final class reflection Due**
- 5/15 **FINAL EXAM on Blackboard (taken online on Blackboard)**

*Note: Faculty reserves the right to alter the schedule as necessary.*

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### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

