

George Mason University
College of Education and Human Development
HEAL

HEAL 325. DL3– Health Aspects of Human Sexuality
3 Credits, Fall 2024
Distance Learning
10/21- 12/14/2024

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

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

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.

Course Delivery Method

This course will be delivered online (76% or more) using an asynchronous format via Mason's Learning Management System (LMS). You will log in to the course site using your Mason email name (everything before @gmu.edu) and email password. The course scheduled across 8 weeks. **The course site will be available on Monday, October 21, 2024 at Noon. The last day of instruction will be on Thursday, December 12, 2024, followed by the final exam period of December 13 to December 14, 2023.**

- To access your course in Canvas: <https://canvas.gmu.edu/login/canvas>.

Under no circumstances may students participate in online class sessions while operating motor vehicles.

Learner Outcomes

This course is designed to enable students to do the following:

1. Describe the biological components of human sexuality (e.g., anatomical, physiological, human sexual response), including the male and female reproductive systems, and sexual dysfunctions.
2. Explain key health concepts in human sexuality across the lifespan.
3. Identify and compare the different methods of contraception, and sexually transmitted infections and diseases.
4. Analyze the biological, psychological, emotional, and sociocultural influences that shape sexual attitudes, values, and behaviors.
5. Discuss the diversity of sexual behaviors and lifestyles.
6. Identify sexual health resources available for youth and adults on diverse sexual behaviors.

Professional Standards

N/A

Required Texts

Crooks, R., Baur, K. & Widman, L. (2021). *Our Sexuality (14th edition)*. Belmont, CA: Wadsworth/Cengage Learning.

Additional required readings will be posted on Canvas for each module.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed internet access with updated browsers.
 - Canvas supported browsers: <https://guides.instructure.com/a/7203291>
- Consistent and reliable access to GMU email and the course LMS, as these are the official methods of communication for this course.
- Speakers and a microphone or a microphone-enabled headset for use with the synchronous web conferencing tools.
- Note that students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.

Expectations

- Course Week: Because asynchronous courses do not have a “fixed” meeting day, please note that our week will start on Tuesday and finish on the following week’s Wednesday. The only exception is that the course will initially be posted on a Monday to launch the course at the start of the semester, though the deadline is still the following week’s Wednesday. Schedule adjustments have also been made to accommodate the Thanksgiving

Break. Deadlines for all assignments are listed below and will also be clearly indicated on the course Canvas site.

- Log-in Frequency:
Students must actively check the course Canvas site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 3 times per week.
- Participation:
Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Technical Competence:
Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues:
Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload:
Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

If a student misses an assignment during the course, they can request a one-time opportunity to make up the missed work at the discretion of the instructor if the request is submitted within a week of the module deadline. This applies for one assignment only. This one-time opportunity does not extend beyond the final date of course instruction and requires instructor approval.
- Instructor Support:
Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method (phone or video call) and suggested dates/times.
- Netiquette:
The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read

their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor.

- **Assignments and/or Examinations**

Course Evaluation Criteria	
Requirement Details	Possible # of Points
Syllabus quiz (<i>1 survey total, up to 5 points</i>)	5
Introduction post (<i>1 introduction post total, up to 5 points</i>)	5
Anonymous surveys (<i>5 surveys total, up to 20 points each</i>)	100
Infographic (<i>2 infographics per student, up to 20 points each</i>)	40
Content questions (<i>25 questions in 6 modules, up to 50 points each</i>)	300
Final Exam (<i>50 multiple choice questions, 1 point each</i>)	50
Total number of possible points	500

Syllabus Quiz: In Module 1 there will be a syllabus quiz to ensure that students have reviewed the course expectations, schedule, and required assignments. This quiz will be a multiple-choice quiz with 10 questions based on the content of the syllabus. Students will have up to 2 attempts to complete the quiz. The highest grade will count towards the final grade in the course.

Introduction post: Each student will be asked to share a welcome post to the class during Module 1. Students are required to use video or podcast tools to introduce themselves to the class and the instructor in response to specific prompts. Complete details for this assignment will be posted on Canvas.

Anonymous surveys: These surveys will be anonymous and only the instructor will see the results. The results will not contain any identifying information. Canvas will just indicate if the survey was completed. The instructor will manually add points to the gradebook for each submitted survey and use the survey results to develop course materials throughout the semester.

Infographic: Each student will develop two educational infographics in the course. One will be on a specific topic and the other will be a topic that the student chooses. The infographic will share specific health information with appropriate sources cited and offer at least one resource that can offer support of education on the issue. Complete details for this assignment will be posted on Canvas.

Content questions: There will be a lot of material covered in the course. Material will be presented from a wide variety of sources including, but not limited to, the textbook, video clips, websites,

magazines, newspaper and journals. In 6 course modules, there will be up to 25 multiple choice and true/false questions that about the content.

Final exam: The final exam in the course will be an opportunity to demonstrate understanding of key concepts from the course. The exam will be delivered online through Canvas The exam will consist of 50 multiple choice questions. Each student is expected to complete the exam independently with access to the textbook, internet and resources from the class. This is an independent assignment for each student.

- **Other Requirements**

Active participation will help to make this class more valuable. Each student has an important contribution to make in the class, so please share information appropriately as it relates to the course material and professional development of fellow classmates.

All assignments must be submitted through Canvas It is also the responsibility of students to submit the work in a file that can be opened. Files that cannot be opened may be subject to a deduction in points until a file is received that can be opened.

Type, spell check and proofread all work submitted. A deduction in points will occur for work that contains grammatical and spelling errors.

- **Grading**

Grading Scale:

A 100-94%	B+ 89-88%	C+ 79-78%	D 69-60%
A- 93-90%	B 87-84%	C 77-74%	F 59-0
	B- 83-80%	C- 73-70%	

All grades and comments on work submitted will be posted on Canvas. The final grade for the course will be determined based on the total number of points earned using the grading scale. The point scale breakdown for the final course grade will be as follows:

Final Course Grade (based on total number of points earned):

A 500 – 466 points	B+ 445 - 436 points	C+ 395 - 386 points	D 345 -296 points
A- 465 – 446 points	B 435 - 416 points	C 385 - 366 points	F 295 -0 points
	B- 415 -396 points	C- 365 - 346 points	

Use of Generative AI

Use of Generative AI tools should be used following the fundamental principles of Mason’s Academic Standards. This includes being honest about the use of these tools for submitted work and including citations when using the work of others, whether individual people or Generative AI tools.

Professional Dispositions (CEHD Student Guide)

Throughout study in the College of Education and Human Development, students are expected to demonstrate behaviors that reflect the positive dispositions of a professional. See <https://cehd.gmu.edu/current-students/cehd-student-guide>.

Class Schedule

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

DATE	CLASS TOPIC(S)	READING & ASSIGNMENTS
Week of 10/21/2024 (Module 1) Course opens on 10/21/24 at Noon	Perspectives in Human Sexuality Sex Research: Methods and Challenges	Read Chapter 1 Read Chapter 2 Read materials and watch videos posted on Canvas Assignments due 11:59 PM on 10/30 1) Syllabus Quiz 2) Introduction Post 3) Content Questions #1
Week of 10/28/2023 (Module 2) Module 2 opens on 10/29/24 at Noon	Female Sexual Anatomy and Physiology Male Sexual Anatomy and Physiology	Read Chapter 3 Read Chapter 4 Read materials and watch videos posted on Canvas Assignments due 11:59 PM on 11/6 1) Content Questions #2 2) Anonymous survey #1
Week of 11/4/2024 (Module 3) Module 3 opens on 11/5/24 at Noon	Gender Issues Sexual Arousal and Response Love and Communication in Intimate Relationships	Read Chapter 5 Read Chapter 6 Read Chapter 7 Read materials and watch videos posted on Canvas Assignments due 11:59 PM on 11/13 1) Content Questions # 3 2) Anonymous survey #2
Week of 11/11/2024 (Module 4) Module 4 opens on 11/12/24 at Noon	Sexual Behaviors Sexual Orientations	Read Chapter 8 Read Chapter 9 Read materials and watch videos posted on Canvas Assignments due 11:59 PM on 11/20 1) Content Questions #4 2) Infographic #1 3) Anonymous survey #3

<p>Week of 11/18/2024 (Module 5)</p> <p>Module 5 opens on 11/19/24 at Noon</p>	<p>Contraception</p> <p>Conceiving Children: Process and Choice</p> <p>Sexuality During Childhood and Adolescence</p>	<p>Read Chapter 10 Read Chapter 11 Read Chapter 12</p> <p>Read materials and watch videos posted on Canvas</p> <p>Assignments due 11:59 PM on 12/4 1) Content Questions #5 2) Anonymous survey #4 <i>Note: Extension on due date because of the Thanksgiving Recess</i></p>
<p>Week of 11/25/2024</p>	<p>**No new course module posted this week due to recess **</p>	<p>George Mason closed 11/27-12/1 due to Thanksgiving Recess</p>
<p>Week of 12/2/2024 (Module 6)</p> <p>Module 6 opens on 12/3/24 at Noon</p>	<p>Sexuality and the Adult Years</p> <p>Sexual Difficulties and Solutions</p> <p>Sexually Transmitted Infections</p>	<p>Read Chapter 13 Read Chapter 14 Read Chapter 15</p> <p>Read materials and watch videos posted on Canvas</p> <p>Assignments due 11:59 PM on 12/11 1) Content Questions # 6 2) Anonymous survey #5</p>
<p>Week of 12/9/2024 (Module 7)</p> <p>Module 7 opens on 12/3/24 at Noon</p> <p><i>Note: Module opens early on 12/3 instead of 12/10</i></p>	<p>Atypical Sexual Behavior</p> <p>Sexual Coercion</p> <p>Sex for Sale</p>	<p>Read Chapter 16 Read Chapter 17 Read Chapter 18</p> <p>Read materials and watch videos posted on Canvas</p> <p>Assignments due 11:59 PM on 12/14 1) Infographic # 2 <i>Note: Assignment is due by 11:59 PM on 12/14 (the same deadline as the final exam)</i></p>
<p>Week of 12/9/2024 (Final Exam)</p>	<p>Final Exam</p> <p><i>Note: The exam will be available by 9 AM on 12/13/2024.</i></p>	<p>Final Exam due 11:59 PM on 12/14 <i>Final Exam must be accessed by 11:59 PM on 12/14 and submitted within 2.5 hours.</i></p>

CEHD Commitments

The College of Education and Human Development is committed to fostering collaboration and community, promoting justice and equity, and advancing research-informed practice. Students are expected to adhere to, and contribute to, these commitments, the CEHD Mission, and Core Values

of George Mason University. More information can be found here:
<https://cehd.gmu.edu/about/culture/>

GMU Policies and Resources for Students

Policies

- Students must adhere to Mason’s Academic Standards (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to VIA should be directed to viahelp@gmu.edu or <https://cehd.gmu.edu/aero/assessments>.
- Questions or concerns regarding use of your LMS should be directed to:
 - Canvas: <https://its.gmu.edu/service/canvas/>
- For information on student support resources on campus, see:
 - TimelyCare: <https://caps.gmu.edu/timelycare-services/>
 - Writing Center: <https://writingcenter.gmu.edu/>

Notice of mandatory reporting of sexual assault, sexual harassment, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, interpersonal violence, and stalking to Mason’s Title IX Coordinator per [University Policy 1202](#). If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as [Student Support and Advocacy Center](#) (SSAC) at 703-380-1434 or [Counseling and Psychological Services](#) (CAPS) at 703-993-2380. You may also seek assistance or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.