

**J. Sargeant Reynolds Community College**  
**Course Content Summary**

**Course Prefix and Number:** HLT 200

**Credits:** 3

**Course Title:** Human Sexuality

**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:** This course is designed to acquaint the student with the general recommendations for proper sexual health as it relates to the individual's physiology and stratification for risk of disease.

**Course Prerequisites and Co-requisites:**

None

**Student Learning Outcomes:**

Upon completing the course, the student will be able to

- a. Explain why sex education is necessary;
- b. Understand the function of the reproductive system as it relates to male and female development;
- c. Describe the nature of menstruation, fertilization, and birth;
- d. Identify levels of love;
- e. Determine the significance of values on human sexual behavior;
- f. Practice various communication techniques which would enhance a relationship; and
- g. Ascertain the cause and effect of violence and inappropriate sexual behavior on an individual and society.

**Major Topics to Be Included:**

- a. Why Sex Education
- b. Study of Male and Female Reproductive System
- c. Conception to Birth/Delivery
- d. Intimacy and Love
- e. Values and Sexual Behavior
- f. Communication and Sexuality
- g. Birth Control/Abortion
- h. Sexual Diseases
- i. Sexual Attitudes and Behavior
- j. Sexual Variance
- k. Power and Violence in Sexual Behavior
- l. Marriage and Divorce

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