

DEPARTMENT OF HUMANITIES AND SOCIAL SCIENCES

COURSE OUTLINE – WINTER 2026

PY3000 (A3): Psychology of Sex and Sexual Interactions – 3 (3-0-0) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR:	Dr. Ali M. AL-Asadi, R.Psych (AB)	PHONE:	780-539-2061
OFFICE:	C311B	E-MAIL:	aalasadi@nwpolytech.ca
OFFICE HOURS:	By appointments		

CALENDAR DESCRIPTION: This course examines human sexuality from biopsychological, developmental, behavioural, and psycho social perspectives. Students will learn about healthy and unhealthy sexuality and its potential psychological consequences on individuals and society.

PREREQUISITE(S)/COREQUISITE:

PY1040 - Basic Psychological Processes (3)

PY1050 - Social and Individual Behaviour (3)

REQUIRED TEXT/RESOURCE MATERIALS:

- Rathus, S. A., Nevid, J. S., Fichner-Rathus, L., Hamilton, L. D., McKay, A., & Milhausen, R. (2024). Human Sexuality in a World of Diversity (7th Canadian Edition). Pearson Publishing.
- A collection of reading materials, articles, and other resources based on Open-Sourced texts that are posted on this course's D2L site at: <https://myclass.nwpolytech.ca/d2l/home>

DELIVERY MODE(S): On-Campus

LEARNING OUTCOMES:

This course introduces students to:

- the history and the evolution of our understanding of sex and sexuality
- the major theories, perspectives and concepts in the area of sex and sexuality and their impact on human development
- the major research that shaped our understanding of sexual behaviour and sexual practices
- the biological and psychological anatomy of sex and sexual behaviour
- the sexual response cycle and the various proposed modifications
- the relationships between concepts such as love, attraction, desire, fantasy and sexual behaviours
- healthy and unhealthy sexuality and its impact on individuals and society.
- the risk associated with sexual behaviours and their consequences
- the dark side of love and sex
- various sexually transmitted diseases and their short and long-term cost and effect
- sexual dysfunctions and sexual disorders
- the criteria for diagnosing the various sexual dysfunctions and sexual disorders
- the treatment modalities that are currently in use to treat sexual disorders and sexual dysfunctions

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page

<http://transferalberta.alberta.ca/transfer-alberta-search/#!/audienceTypeStep>

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

Exam 1	30%
Exam 2	30%
Exam 3	30%
Project-Presentation (Optional)	10%
Class and Research Construction and Participation	10%

* The nature, scope, and depth of the project presentation will be discussed in class.

* The scope and nature of the research, construction, and participation will be discussed in class.

* Remember, all exams may include questions from lectures that may not be covered by the textbook and/or reading materials.

Presentation (10% of course grade)

Once your topic is chosen and approved, prepare a 15-20-slide presentation. Each slide should have sufficient content to be informative, but not so much as to make it difficult to read. The presentation should have sufficient details to inform and educate the audience. It should have sufficient depth and breadth to cover the topic justly. Please use superscript numbers (example¹) for in-text citations, and then use these numbers to reference these citations in your last slide(s). Students may be asked to present to the class.

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Grading Chart*

Alpha Grade		4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+		4.0	95-100		C+	2.3	66-69
A		4.0	90-94		C	2.0	63-65
A-		3.7	85-89		C-	1.7	60-62
B+		3.3	80-84		D+	1.3	55-59
B		3.0	75-79		D	1.0	50-54
B-		2.7	70-74		F	0.0	00-49

*This grading criterion is specific to this course and differs from the general criteria.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Course Content*

Week

Topic

1 - 3

History & Research on Sexuality
The Science of Sex
Societal, Political, and Ethical Issues
The Process of sex research
Sexual Products
Erotica and the Law and Public Policy
Violence & Pornography
Prostitution

4 & 5

Sexual Anatomy and Physiology
Nervous System
Sexual Anatomy of the Male
Sexual Anatomy of the Female
Fertilization, Conception, & Pregnancy
Development of Sexual Differentiation
Hormones and Endocrine System
Illness and Diseases

6 - 8

Sexual Behaviour
Sexuality and Mental and Physical Health
Aphrodisiacs and Anaphrodisiacs
Stages of Sexual Behaviour
Sexual response cycle
Varieties of Orgasm
Sexuality and Physical Disabilities
Homosexual behaviour and Identity
Bisexuality
Explanations of Sexual Orientation
Sexual Orientation, Adjustment, and Prejudice

9

Love & Sexual Interactions

	Attraction Love Theories of Love Jealousy Relationships Communications
10 & 11	Atypical Sexual Activity Paraphilias DSM-5-TR diagnostic criteria Invasive Paraphilias Treatment of Paraphilias Sexual Assault Sexual Harassment Sexual abuse of children
12-13	Sexual Dysfunction and Therapy Contributing factors Types of Sexual Dysfunction Sex Therapy
14	Sexually Transmitted Diseases Attitudes toward STDs Bacterial Infections AIDS More Viral STDs Parasitic Infections Safe sex practices and risks
15	Contraception, Pregnancy, and Delivery (if time permits)

***Note: These discussion topics/dates may be modified, and/or other topics may be added.**

STUDENT RESPONSIBILITIES:

Each class's assigned readings and exercises should be completed before attending. As this course depends heavily on discussion, at times practice exercises, and illustrations, attendance at all sessions is required and critical to the student's success in the course. In case of illness or emergency, notify the instructor as soon as possible. If you have difficulty in this course, please contact me immediately for assistance. Please let me know if you would like to discuss any aspect of the course or your aspirations.

You are accountable for attending to the delivered lectures, assigned readings, and any announcements made in class. If you are unable to attend a particular class, it is your responsibility to find out what was missed. For optimal learning and readiness for class participation, you are expected to attend class regularly (no less than 80% attendance) and read the assigned chapters/topics before coming to class on the dates indicated on the timetable, except for the first session. Past course records show that class attendance is highly correlated with the final grade.

If you are unable to write a test or exam at the scheduled time due to illness or an emergency, you should notify me immediately, preferably at least 1 day in advance. A message may be left on my voicemail (780-539-2061) or e-mail (aalasadi@nwpolytech.ca), including a phone number where you may be reached, to arrange an alternative date to write the test, if feasible. Failure to notify the

instructor will result in a grade of zero for the missed tests unless proof is presented that you were physically or mentally unable to do so due to a sudden illness, emergency, or unavoidable circumstances beyond the student's control.

All students are expected to display a professional attitude and behaviour in the classroom. This includes reliability, respect for and cooperation with fellow students and the instructor, attention to fellow students' questions and the instructor's response, determination to achieve first-class work while meeting deadlines, and constructive response to criticism.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

****Note:** all Academic and Administrative policies are available on the same page.

Additional Information:

MOST IMPORTANT: Instructors reserve the right to use electronic plagiarism and AI detection services on written assignments. **Instructors also reserve the right to ban the use of any form of electronics (cell phones, Blackberries, iPods, tablets, scanning pens, electronic dictionaries, etc.) during class and exams.**

Cell phones, tablets, notebooks, laptops, and other electronic devices are strictly forbidden in my classes and exams. Also, I use plagiarism and AI detection software for all written assignments and essays. A score greater than 10% on these detectors will result in a mark of 0 on the assignment.

In Addition:

1. The format of each exam will be discussed in class.
2. Exam grades are final, and there is no substitute work for your poor exam grade.
3. The nature and topics of your written paper will be discussed in class
4. It is your responsibility to read each and every chapter and the assigned reading (if any) and attend all lectures.
5. Lectures will not always cover the reading materials. Lectures may cover topics and include information not covered in your reading materials. Therefore, you must attend every class, as your exams may include materials from the lectures that are not covered by the reading materials.
6. Students are expected to display a professional attitude and behaviour. These attitudes and behaviours are many and will be discussed in class. Any violation or misconduct may result in dismissal from the class.
7. Talk to me if you have concerns or if you are experiencing difficulties that may have a negative impact on your academic performance.

Please keep this course information sheet for future reference.