

**DEPARTMENT OF HUMANITIES AND SOCIAL SCIENCES**

**COURSE OUTLINE – WINTER 2023**

**PY3000 (A3): Psychology of Sex & 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      **PHONE:** 780-539-2061  
**OFFICE:** C-311B      **E-MAIL:** [aalasadi@nwpolytech.ca](mailto:aalasadi@nwpolytech.ca)  
**OFFICE HOURS:** By appointments

**IMPORTANT: Please remember this is a university course, and you are a university student.**

**CALENDAR DESCRIPTION:**

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

**PREREQUISITE(S)/COREQUISITE:** PY1040 & PY1050

**REQUIRED TEXT/RESOURCE MATERIALS:**

- The textbook consists of 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.gprc.ab.ca/d2l/home>
- You may read and use Rathus, S. A., Nevid, J. S., Fichner-Rathus, L., Herold, E. S., & McKenzie, S. W. (2020). Human Sexuality in a World of Diversity (6<sup>th</sup> Canadian Edition). Pearson Publishing.

**DELIVERY MODE(S):** Lectures and Discussions

**COURSE OBJECTIVES:** 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

**LEARNING OUTCOMES:** As a result of taking this course, students will be able to:

- describe the evolution of our knowledge of sex and sexuality over the centuries
- describe how various cultures developed their view of sex and sexuality
- articulate the theories that explain sexuality and the relative contributions of nature and nurture to our sexual practices
- identify and describe the research that has been conducted in the area of sex and sexuality and its contributions to our understanding
- identify and explain the role of biological structures that are involved, and not so involved, in sexual behaviour and reproduction
- identify and explain the sexual response cycle and the various modifications that have been proposed
- describe the difference between healthy and unhealthy sexuality and its impact on individuals and society.
- Explain the development of sexuality and the relationship between sex and such concepts as love, attraction, desire, and fantasy.
- Identify and describe the risk associated with sexual behaviours and their consequences to the individual, family, and, ultimately, society
- identify and describe the various sexually transmitted diseases and their short and long-term cost and effect on individuals, families, and society
- articulate the difference between sexual dysfunctions and sexual disorders
- identify and explain the criteria for the diagnosis of the various sexual dysfunctions and sexual disorders
- identify and explain the treatment modalities 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 Alberta Transfer Guide at <http://transferalberta.alberta.ca/transfer-alberta-search/#/audienceTypeStep>

**\*\* Grade of D or D+ may not be accepted 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	25%
Exam 2	25%
Exam 3	30%
Project-Presentation	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 to 20 slides presentation. Each slide should have sufficient content to be informative but not too much 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 justly cover the topic. Please use superscript numbers (example<sup>1</sup>) 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-**.

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 criteria 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 male  
 Sexual Anatomy of 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 and adjustment and Prejudice

9

Love & Sexual Interactions  
 Attraction  
 Love  
 Theories of Love  
 Jealousy  
 Relationships

## Communications

10 & 11	Atypical Sexual Activity Paraphilias DSM IV 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
14-15	Sexually transmitted Diseases Attitudes toward STDs Bacterial Infections AIDS More Viral STDs Parasitic Infections Safe sex practices and risks

### **STUDENT RESPONSIBILITIES:**

Each class's assigned readings and exercises should be completed before attending that class, except for the first class. As this course depends heavily on discussion and, at times, practice exercises and illustrations, attendance at all sessions is required and is 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. If you simply want more discussion about any aspect of the course, please visit my office during office hours or at a more convenient pre-arranged time.

You are accountable for delivered lectures, assigned readings, and any announcements that will be made in class from time to time. 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 to read the assigned chapters/topics before coming to class on the dates indicated on the timetable, except, of course, for the first session. Past course records show that class attendance is highly correlated with the final grade in the course.

If you foresee that you will be unable to write a test or exam at the scheduled time due to illness or emergency, you should notify me immediately, preferably one day in advance. A message may be left on my voice mail (780-539-2061) or e-mail ([aalasadi@nwpolytech.ca](mailto:aalasadi@nwpolytech.ca)) together with a phone number where you may be reached to arrange for an alternative date to write the test, if feasible. Failure to notify the instructor will result in a grade of zero for the missed test unless proof is presented that you were physically or mentally unable to do so due to a sudden illness or 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 your fellow students and the instructor, attention

to fellow students' questions and instructor's response, determination to achieve first-class work while meeting deadlines, and constructive response to criticism.

### **STATEMENT ON PLAGIARISM AND CHEATING:**

Cheating and plagiarism will not be tolerated, and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

Instructors reserve the right to use electronic plagiarism 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.**

\*\*Note: all Academic and Administrative policies are available at <https://www.nwpolytech.ca/about/administration/policies/index.html>

### **Additional Information**

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 assigned reading (if any) and attend all lectures.
5. Lectures will not always cover the reading materials. Lectures may cover topics and include information that is not covered by your reading materials. Therefore, it is imperative that you 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 are experiencing difficulties that may negatively impact your academic performance.

**Please keep this course information sheet for future reference.**