

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

**Course Prefix and Number: HLT 200**

**Credits: 3**

**Course Title:** Human Sexuality

**Course Description (including lecture hours, lab hours, total contacts)**

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/Corequisites** (*Entry-level competencies required for enrollment*): none

**Course Objectives** (Each item should complete the following sentence.)

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.  
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

**Effective Date of Course Content Summary (Month, Date Year):** August 1, 2008