

**Course Outline for:** HLTH 2110 Sexuality and Health**A. Course Description:**

1. Number of credits: 3
2. Lecture hours per week: 3
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

The objective of this course is to provide students an introduction to health topics related to sexuality. It is based on present scientific analysis of sexuality and how it functions. It offers an overview of different aspects of sexuality including theoretical perspectives on sexuality, sexual development (anatomy), pregnancy and childbirth, contraception & abortion, sexuality and life cycle (childhood to adulthood), gender & sexuality, sexual orientation, sexual behaviors, sexual coercion, and sexually transmitted infections. This course examines how different dimensions of wellness influence our sexual health and behavior. The course is taught in an interdisciplinary manner that includes theories and research on biological, sociological, cognitive, and emotional aspects of sexuality

**B. Date last reviewed/updated:** February 2023**C. Outline of Major Content Areas:**

1. Sexual and Reproductive Anatomy
2. Dimensions of Sexual Wellness
3. Sexually Transmitted Infections and Sexually Related Diseases
4. Contraception
5. Pregnancy and Birth
6. Gender Identity and Gender Roles as it relates to health behavior
7. Sexual Orientation as it relates to health behavior
8. Life-Span Sexual Development
9. Love and Relationships as it relates to the health wellness spectrum
10. Sexual Victimization, Coercion, and Harassment
11. Consumerism, Social, Legal, Morals, Ethical Issues

**D. Course Learning Outcomes:**

Upon successful completion of the course, the student will be able to:

1. Explain how the six dimensions of health and wellness impact us personally and impact the society as a whole
2. Compare the characteristics of healthy and unhealthy relationships
3. Evaluate the variety of contraceptive methods on the market today
4. Analyze data to identify behaviors that increase the risk of STD/I's and pregnancies.
5. Analyze the decision-making process as it relates to sexual behavior

6. Articulate how special interest groups influence sexual health behaviors
7. Demonstrate an understanding of how to communicate effectively in relationships
8. Appreciate and respect their sexuality and that of others

**E. Methods for Assessing Student Learning**

Methods for assessment may include, but are not limited to, the following:

1. Objective and Subjective evaluation
2. Presentations
3. Community assessments and engagement
4. Discussion
5. Data analysis and reflection

**F. Special Information**

None