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  

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