

# North Hennepin Community College

## HLTH 1900: Healthy Sexuality

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Healthy Sexuality will examine how the dimensions of wellness--physical, intellectual, emotional, social, spiritual, environmental and occupational-- influence our sexual health. It is also the intention of this class to show how healthy expressions of sexuality can improve one's overall wellness.

### B. COURSE EFFECTIVE DATES: 08/25/2005 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Exploring what Healthy Sexuality means
2. Female and Male Sexual anatomy
3. Sexual Identity and what shapes it
4. STI /Ds
5. Fertility Control
6. Human Sexual Response

#### **D. LEARNING OUTCOMES (General)**

1. Explain how the six dimensions of health and wellness impact us personally and impact the society as a whole (NHCC Core Ability-Critical Thinking; comps a-d; NHCC Core Ability Human Diversity comps a-e; NHCC Core Ability Global Perspective comp c; NHCC Core Ability Ethical and Civic Responsibility comp a-e; NHCC ELOs 1, 2, 3)
2. Compare and contrast behaviors that enhance or inhibit sexuality (NHCC Core Ability-Critical Thinking; comps a-d; NHCC Core Ability Human Diversity- comps a-e; NHCC Core Ability Global Perspective comp c; NHCC Core Ability Ethical and Civic Responsibility comp a-e, NHCC ELOs 1, 2)
3. Compare the characteristics of healthy and unhealthy relationships (NHCC Core Ability-Critical Thinking; comps a-d; NHCC Core Ability Human Diversity - comps a-e; NHCC Core Ability Global Perspective comp c; NHCC Core Ability Ethical and Civic Responsibility comp a-e; NHCC ELOs 1, 2, 3)
4. Identify and locate key structures and functions of the female and male anatomies (NHCC Core Ability-Critical Thinking; comps a-d; NHCC Core Ability Human Diversity comps a-e; NHCC Core Ability Global Perspective comp c; NHCC Core Ability Ethical and Civic Responsibility comp a-e; NHCC ELOs 1, 2)
5. Identify, explain and evaluate the variety of fertility control methods on the market today (NHCC Core Ability-Critical Thinking; comps a-d; NHCC Core Ability Human Diversity comps a-e; NHCC Core Ability Global Perspective comp c; NHCC Core Ability Ethical and Civic Responsibility comp a-e; NHCC ELOs 1, 2, 3, 4)
6. Assess a variety of sexual lifestyles and the risk of STD/Is that they represent (NHCC Core Ability-Critical Thinking; comps a-d; NHCC Core Ability Human Diversity comps a-e; NHCC Core Ability Global Perspective comp c; NHCC Core Ability Ethical and Civic Responsibility comp a-e; NHCC ELOs 2, 3)

#### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.
4. Integrative and Applied Learning--Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.