

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.