

ALHS 4326 Health & Human Sexuality (Spring 2025)

Tuesday & Thursday, 5:30 PM – 6:50 PM Central Time (Online)

Location: Teams

Instructor: Christina Tuell, EdD, CHES ctuell@uttyler.edu or ctuell@wacotx.gov
903.969.0782 call or text

Audience: Undergraduate Students

Prerequisites: Understanding of basic human anatomy would be helpful

Office Hours: The instructor is available by appointment to provide help and inspiration.

Reading: **REQUIRED Atlas of the Heart by Brene Brown ISBN:978-0-399-59255-3**

Note this book is available as an audio book included in Spotify Premium. You should be able to get the book for under \$20.

Catalog Description

Study of the biological, psychological, sociocultural, and ethical aspects of human sexual behavior as they relate to health.

Learning Goals

By the end of this course, students will be able to

- Increase self-awareness regarding:
 - personal sexual identity.
 - the evolution and maintenance of personal sexual values, biases, and attitudes.
 - the influence and compatibility of personal sexual values and attitudes with previous and current sexual behaviors.
- Describe the major ideas and concepts behind sexual consent and absence of consent: Coercion, harassment, abuse, rape, etc.
- Explore the tension between culture, sexuality, and social acceptance.
- Understand human sexuality development within the life-cycle framework.
- Describe the causes and epidemiology of major sexually transmitted infections.
- Explore the relationship between business and sex.
- Compare and contrast gender and sex orientation roles and states.
- Accept a comfort level about sexuality indicative of rational conversation.

First Day of Class

By the end of the first day complete two surveys – Skills Assessment I Sexual Profile

Lecture Schedule

Week	Tues	Thurs	Notes
1 (1/13 – 1/17)	1/14	1/16	
2 (1/20 – 1/24)	1/21	1/24	
3 (1/27 – 1/31)	1/28	1/30	1/27 – census date
4 (2/3 – 2/7)	2/4	2/6	
5 (2/10 – 2/14)	2/11	2/13	
6 (2/17 – 2/21)	2/18	2/20	
7 (2/24 – 2/28)	2/25	2/27	3/1 Final filing for Spring Graduation
8 (3/3 – 3/7)	3/4	3/6	
9 (3/10 – 3/14)	3/11	3/13	
10 (3/17 – 3/21)	Holiday	Holiday	Spring Break
11 (3/24 – 3/28)	3/25	3/27	3/25 – last day to withdraw
12 (3/31 – 4/4)	4/1	4/3	
13 (4/7 – 4/11)	4/8	4/10	
14 (4/14 – 4/18)	4/15	4/17	
15 (4/21 – 4/25)	4/22	4/24	
16 (4/28 – 5/2)	Final Due 4/30		5/6 grades due

Topics covered include, but are not limited to: Sexual anatomy, sexual history, HIV, STI's, stigma, LGBTQ+, consent, rape, trauma responses, title IX, kinks and fetishes.

Course Policies and Expectations

- Students are expected to attend and actively participate in every class session, including asking and answering questions and contributing to class discussions. This includes the camera on and actively engaging in class
- Any material submitted to meet course requirements is expected to be a student's own work.
- Instructors prefers students to keep their camera on during synchronous sessions.
- This is a synchronous online course. You will not be able to work and actively engage in class.

Grading Procedures*

- Reflections: 25%
- Presentations: 25%
- Major Project: 25%
- Class Participation: 25%

Reflections

- Reflections are due weekly. Questions will be posed over the materials for that week. These are not research papers, rather personal narratives.

Presentations

- Students will be split into groups and will need to prepare and present as a group their assigned topic from Atlas of the Heart. Presentations will begin the third week of class

Major Project

- The semester will end with a culminating project composed of short essays, reflections, and/or videos. Half of this will be due at the midterm.

Participation

- Half of this is subjective the other is not. The subjective half comes from your active participation in classes. The other is from you attending class, completing the weekly check-ins and posting your comments/questions/concerns.

Late Assignment Policy: Late assignments will be accepted until the 13th week of class at a penalty of 10%-40% depending on the assignment type and how late it is.

Class Philosophy:** a well-rounded approach-- reading, writing, discussing, and listening mostly about the psychological, sociocultural and ethical issues within human sexuality; you are expected to participate in each of these branches of communication.

Many questions raised during discussion may not have a single right or wrong answer. You will see that perception and point-of-view are important issues. As will soon be apparent, everyone in the class, including your instructors, is fallible and may not always have a “perfect” answer. This is not a reflection of their lack of study or expertise, but of the complexities in society. If a topic point or answer seems incorrect or implausible to you, you are encouraged to bring these issues up for discussion. **Your attention and vocalization in class is a good gauge to your attention.**

Expectations: Course goals are to present factual information and to promote scholarly examination of social and personal factors in sexual expression. We are operating on the assumption that sex and relationships are appropriate topics of study and that our psychological understanding will be enhanced by reading about, thinking about, and talking about all aspects of human sexuality. While you may be asked to express opinions on various sexual topics, your personal sexual history, sexual experiences, or preferences will not be topics for class discussions. Virtually everyone will feel some self-consciousness and discomfort with some of the subject matter, but this usually gets better fairly quickly. However, if you do not share our belief that it is appropriate and worthwhile to study and discuss sexual issues, then the course is probably not for you.

You must read and review materials before class since class will build on that information and it will not be discussed in class.

Attendance is mandatory. Class participation is an important component of this course. You are allowed two absences during the semester, notifying the instructor of the reason is not necessary. The instructor reserves the right to determine if an absence is excused or not. The following will not be considered excused absences: have an appointment, have to work, no parking, didn't feel like it.

***NOTE:** These assignments are incredibly personal in nature. The instructors will keep all assignments confidential (except for the video presentation whereby your classmates may also view your statements) and absolutely no other person will share in the knowledge of what the essays or portfolios portray. Instructors are assessing writing and expression ability, and creativity, and not the views or opinions expressed in the writing.

****NOTE:** Extra investigation by the student on the internet, for this course, may harbor particular risks. For example, a student writing an essay on abuse may stumble on a website that hints of offering child pornography. Besides being illegal (and therefore incurring a risk of being monitored by law enforcement), these splinter websites are likely loaded with malware viruses. The instructors are not responsible for any negative consequence which occur from internet surfing for this course. Care and caution is urged for the student.