Professor: Derek Cegelka PhD MPH CHES  
Office: HPE 217  
Credits: 3 hours  
Email: cegelkad@sfasu.edu

Course Time & Location: TR 12:30-1:45 HPE 223  
Office Phone: 936-468-2353  
Other Contact: 936-468-3503 (Main Office)  
Office Hours: T 11-12 W 9-12 R 11-12

The mission of SFASU’s Health Science Program is to provide quality academic education and structured professional experiences designed to prepare students to promote health and enhance the quality of life for individuals and their communities.

Prerequisites: HSC 121

About the Professor: After being a student of my own for quite some time, I have come to realize that every student learns in their own way. Traditional lecturing methods have been proven ineffective with retention rates and after some research, I have found that a student learns most when they’re active in the learning process. The “active” classroom allows students to engage their learning strategies by incorporating group-work, visual aids, and discussion into the lectures. Let’s face it, sexuality is all around us, but we do have to remember that it is a sensitive subject where people have their opinions. I can confidently say that within this class there are many different views and experiences that revolve around sexuality. In other words, be courteous when we discuss any topic within this course. It’s ok to have your opinion but please respect your classmates and me. My goal for this course is to show you that sexuality is very educational when presented with facts. I like to laugh and hope to get you laughing at LEAST once this semester. I want you to finish this semester and say “This class was fun, but I learned something too.” I look forward to teaching this course and having you as my students.

Course Description: Principles of human sexuality. A biological, psychological and sociological perspective. Emphasis on problematical concepts and methods for facilitating human sexuality education in public/community health setting will be covered in this course.

Course Justification: This is a face-to-face course that will meet 150 minutes of classroom time/direct instruction per week for 15 weeks and also meets for a 2-hour final examination. This course is linked to the National Commission for Health Education Credentialing standards of a health educator as well as Council for Education of Public Health. Students will have out of class assignments such as chapter readings, two individual projects, journals, and other materials related to the human body. These activities average at a minimum 6 hours of work each week to prepare outside of classroom hours.

James I. Perkins College of Education Diversity Statement is found at the following link: http://coe.sfasu.edu/about-us/

Intended Learning Outcomes/Goals/Objectives:
- This course links with SFA Initiative #4: Develop a learner-centered environment.
- This course links with SFA’s COE Goal and Initiative #2: Prepare educators and industry professionals.
- This course links with SFA Initiative #5: Create new learning opportunities through additional interdisciplinary, international, service learning, and civic engagement experiences.
- This course links with SFA’s COE Goal and Initiative #6: Collaborate with external partners.

Program Learning Outcomes:
Community Health Program
1. The student will be able to plan and evaluate a community based health lesson.
2. The student will construct a professional portfolio to be used as a personal career-marketing tool for employment opportunities.
3. The student will write a grant and submit the grant’s request for funding proposal (RFP).
4. The student will be able to communicate health information.
5. The student will design and implement a health behavior change plan that they will monitor for the semester.

Student Learning Outcomes: At the conclusion of this class, the student will be able to:
1. Learn, identify and present human sexual anatomy components. (NCHEC Standards I, VI, & VII)
2. Plan and implement an interactive teaching activity with the class. (NCHEC Standards II)
3. Communicate current issues related to sexual expression, sexuality and health. (NCHEC Standards VI & VII)
4. Learn and identify the complex issues, including legal, cultural and socioeconomic status, surrounding sexual health. (NCHEC Standards I & VI)
5. Learn the differences between gender roles, sexual orientation and gender identity and the biological, psychological and social factors that contribute to them (NCHEC Standards VI & VII)
6. Understand the contributing factors and components of healthy relationships (NCHEC Standards VI & VII)

Course Policies:

1. Late Work: I do not accept late work. Please read that phrase again – I do not accept late work. Late assignments turned in or posted after a deadline will not be accepted unless I have granted you an official extension prior to the deadline.

2. Make Up Exams/Tests/Quizzes: Students who are absent on test days without advance, person-to-person communication with me shall receive a zero for the exam and shall forfeit the opportunity of taking a “make up” test. Make up tests/exams/quizzes will not be permitted (unless you have a legitimate medical emergency or personal problem and have been granted an official extension prior to the exam/test/quiz.)

3. Class Attendance and Excused Absence: Policy 6.7. Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

I do not take attendance but rather provide positive incentives for attending class (See Checkpoints). As a future professional in your field that will represent Stephen F. Austin State University and me, I expect you to exhibit professionalism in all areas. This means that I expect you to attend every class meeting. I view class attendance as outward sign of how much you value your education and personal growth. True professionals in any field are prompt, reliable, and faithfully report to work when scheduled. Therefore, it is my expectation that you will be prompt, reliable, and faithful to attend class. If you must be absent from class, I expect the professional courtesy of a telephone call or e-mail notifying me in advance.

See Professionalism and Civility under section III: Course Assignments, Activities, Instructional Strategies, use of Technology regarding class attendance and tardiness policy.

4. Excused Absences: If I do not receive advance communication (i.e. prior to class) from you via phone or in writing regarding an absence, it will be considered an “unexcused” absence. In contrast, excused absences are for specific, unavoidable situations such as:

* personal emergencies, including, but not limited to, illness of the student or of a dependent of the student [as defined by the Board of Trustees’ Policy on Family and Medical Leave], or death in the family;

* religious observances that prevent the student from attending class;

* participation in University-sponsored activities, approved by the appropriate University authority, such as intercollegiate athletic competitions, activities approved by academic units, including artistic performance, R.O.T.C., functions, academic field trips, and specific events connected with coursework;

* government-required activities, such as military assignments, jury duty or court appearances; and any other absence that the professor approves.
If the absence is communicated to me in advance and approved by me as an "excused absence," students shall be given the opportunity of completing course work or exam that was due during the excused absence. I alone determine whether an absence is excused or not.

Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.

5. University Policies and Student Handbook: As a student at SFA, you are required to know the policies described in the General Catalog and in the Student Handbook. My policies in this course are guided by the policies described in the student handbook.

6. Academic Dishonesty Policy: Academic dishonesty will not be tolerated. Students are responsible for knowing what constitutes academic dishonesty. If students are uncertain about what constitutes academic dishonesty, they should seek the instructor's advice. Examples of academic dishonesty include, but are not limited to:

- Plagiarizing or representing the words, ideas or information of another person as one's own and not offering proper documentation; Plagiarizing includes: (a) copying materials from other students from previous years or using another student's work, (b) unauthorized collaboration in the preparation of reports, term papers or theses, and (c) adopting, paraphrasing or reproducing ideas, opinions, theories, formulas, graphics, or pictures of another person without acknowledgment.
- Giving or receiving, prior to an examination, any unauthorized information concerning the content of that examination;
- Referring to or displaying any unauthorized materials inside or outside of the examination room during the course of an examination;
- Communicating during an examination in any manner with any unauthorized person concerning the examination or any part of it;
- Giving or receiving substantive aid during the course of an examination;
- Commencing an examination before the stipulated time or continuing to work on an examination after the announced conclusion of the examination period;
- Taking, converting, concealing, defacing, damaging or destroying any property related to the preparation or completion of assignments, research or examination;
- Submitting the same written work to fulfill the requirements for more than one course, without the instructor's permission.

Should cases of academic dishonesty be found among students, the instructor may choose any of the following actions:

* The instructor may provide a verbal warning to the student.

* The student may be assigned an F for the work in question.

* The student may be assigned an F for the course. In this case the instructor should inform the Chair of the department, the Dean and the student of this action. The Chair and/or Dean will make certain that the student receives the F grade and is not permitted to withdraw from the course.

* The student may be placed on probation or suspended for some definite period of time, dismissed or expelled by the Dean if either the seriousness of the offense or a record of repeated offenses warrants it. A notation that such a sanction has been imposed will be made part of the student’s permanent record. It is expected that the Dean will consult with the instructor and the student in making such a judgment, and that the Dean will notify the student of the sanction imposed and of the appeals procedure.

* A record of the academic dishonesty will be filed with the department.

7. Academic Grievance Policy: A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3). If you have a concern or complaint about the course or about your grade, you should meet with me privately during office hours. This is the best way to resolve issues. If issues cannot be resolved between the two of you, you should put your concerns in writing and follow the chain of command listed below:
Meet with the Department Chairperson

Meet with the Associate Dean for Undergraduate Studies

Meet with the Dean of the College of Education.

8. Grade Changes: If you believe that I have made an error or misjudgment in grading, you may request that I review the grade and consider a grade change. All grade change requests must be put in writing and must include a written rationale as to why you believe the grade should be changed. Verbal requests to change a grade will not be accepted. I reserve the right to make all final decisions regarding grades.

9. Drops/Incompletes: You may drop the course or withdraw from the course as long as you do it by the posted university deadline. After the deadlines have passed, I do not issue “drops” or “instructor withdraws.” If you stop attending my class without notice and do not complete the work, I will give you and “F” for failing in professional courtesy. The deadlines for dropping or withdrawing from this class are listed on the university academic calendar.

Withheld Grades: Policy 5.5 At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

10. Email Procedures: Please use my SFA email address. Please use the examples listed below for e-mail and phone communication.

   Email etiquette (adapted from Dr. John Janowiak at UNC Chapel Hill) and Professionalism:
   When you e-mail friends, you can be as informal as you wish. However, when you write to your employer, professor, or supervisor you should use proper and polite language. By training yourself to write properly, you develop skills necessary to deal with future clients and supervisors, who are unlikely to tolerate bad e-mail manners. Please use the following guidelines when e-mailing me and other professors.

   - Even telephone conversations start with “Hello” and end with “Goodbye.” Therefore, please use a formal salutation when e-mailing professors, such as: “Dear Dr. Cegelka,” or “Professor Cegelka,”
   - When e-mailing faculty, remember that you are not communicating with a friend or relative, therefore do not use informal language in your e-mails.
   - If you have a request, say it politely. You can start with “I would like to ...,” “I wonder if you can ...,” “May I ...,” “Is it possible to ...,” “Do you mind ...?” DO NOT WRITE: “I want to know ...,” “I want you to,” “Send this to me”, “Tell me when ...”. Just adding the word “please” does not mean that you are being polite.
   - Your identity is an important clue to the context of the message. Every semester I teach hundreds of students in numerous classes; therefore identify yourself as a student in the class you are enrolled in, such as: “Dear Dr. Cegelka, I am a student enrolled in your online HSC 216 course.” Also, please include a brief description of the subject of your email in the subject line of the email.
   - Be concise.
   - Always re-read your e-mails and check for spelling and grammatical mistakes before sending them. (Also, recommended for the assignments you submit).
   - When needing to schedule an appointment outside of my office hours, please suggest a few time slots, but always say something like “If these times do not suit you, please feel free to let me know any other time that you prefer / that is convenient to you.” If you cannot make the date suggested, say, “I am sorry, but I cannot come to see you on [Monday].” Do not say, “I am not available on [Monday].”

   In conclusion, if you do not use a formal salutation and my name (Dr./Professor Cegelka) or establish who you are and in what class you are enrolled, your e-mail message will not be read or responded to.

11. Writing Quality/Assignments: All assignments shall be typed using Microsoft Word. Student writing should be of the highest quality in terms of appearance, grammar, spelling, punctuation, and organization. If an assignment is poorly written, I reserve the right to return it to you and request that you visit the Writing Center before I issue a grade. Visiting
the Writing Center to receive some good feedback and assistance with your written assignments is a good idea for all students.

12. Extra Credit: Occasionally I offer extra credit projects or assignments. If you are interested in extra credit, you must notify me before the start of the 3rd week of class. Students are responsible to notify the professor of their intentions.

13. Cell Phones: Due to the proliferation of cell phones in my classes, I have had to add this policy to all my syllabi. Please turn off your cell phone when you enter my classroom and place it inside your book bag. Please familiarize yourself with the student code of conduct (Policy 10.4).

14. Limited consumption of food or beverages is permitted in the public areas of the Steen Library. Consumption of food or beverages is prohibited in all indoor classrooms and laboratories. **NO FOOD OR DRINK IN THE HPE CLASSROOMS.**

15. Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6 To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to [http://www.sfasu.edu/disabilityservices/](http://www.sfasu.edu/disabilityservices/).

Course Assignments & Evaluation Requirements:

A. **Exams (240 points):** There will be a total of four exams. Each exam will be worth 60 points. Make-up exams will only be administered and scheduled for absences excused *prior* to the exam date! Content of tests will include, but is not limited to, materials covered in the class text, material discussed/presented in class, material presented in media format (i.e., videos or video clip segments used in presentations), material from handouts provided by the instructor, materials gathered by students to complete homework assignments, and material presented by guest speakers. Both specific content and application of content are stressed on examinations. Exams are NOT open book nor open note and are to be completed individually.

B. **Individual Project 1- Media Analysis (50 points):** For this assignment, the student will examine how the media portrays various aspects of human sexuality and write a synopsis/report.

C. **Individual Project 2- Field Trip or Interview (50 points):** For this assignment, the student will choose between doing a field trip or an interview and write a synopsis/report.

D. **Checkpoints (125 points):** Class attendance/participation activities that may be in the form of quizzes, reflections, in-class assignments that will be reflected in the final grade.

E. **Office Visit (15 Points):** In order to learn about you as a person, you will stop by my office and have an informal chat with me. Introduce yourself and tell me a little bit about who you are outside of SFA.
Curriculum Alignment

<table>
<thead>
<tr>
<th>Assignments/Assessments</th>
<th>NCHEC Competencies</th>
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<tbody>
<tr>
<td>Individual Projects</td>
<td>VI &amp; VII</td>
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<tr>
<td><strong>Exam 1</strong></td>
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<tr>
<td><em>Perspectives on Sexuality, Sex Research,</em></td>
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<td><em>Female &amp; Male Sexual Anatomy &amp; Physiology, Gender Issues</em></td>
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<td><strong>Exam 2</strong></td>
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<td><em>Sexual Arousal and Response, Love and Communication in</em></td>
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<td><em>Intimate Relationships, Intimate Partner Violence,</em></td>
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<td><em>Sexual Behaviors</em></td>
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<td><strong>Exam 3</strong></td>
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<td><em>Sexual Orientations, Contraception, Conceiving Children:</em></td>
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<td><em>Process and Choice, Sexuality During Childhood and</em></td>
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<tr>
<td><em>Adolescence, Sexuality and the Adult Years,</em></td>
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<tr>
<td><em>Sexual Difficulties and Solutions</em></td>
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<td><strong>Exam 4</strong></td>
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<tr>
<td><em>Sexually Transmitted, Infections,</em></td>
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<tr>
<td><em>Atypical Sexual Behavior,</em></td>
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<td><em>Sexual Coercion,</em></td>
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<td><em>Sex for Sale</em></td>
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**Evaluation Criteria: Grading Criteria:**

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<thead>
<tr>
<th>Evaluation Criteria</th>
<th>Points</th>
<th>Grading Scale:</th>
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<tbody>
<tr>
<td>Exams (60 points each)</td>
<td>240 points</td>
<td>A=90% or higher</td>
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<tr>
<td>Individual Projects</td>
<td>100 points</td>
<td>B=80%-89%</td>
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<tr>
<td>Checkpoints</td>
<td>125 points</td>
<td>C= 70-79%</td>
</tr>
<tr>
<td>Office Visit</td>
<td>15 points</td>
<td>D=60%-69%</td>
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<tr>
<td><strong>Total Points</strong></td>
<td>~480 points</td>
<td>F=Below 59%</td>
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| January 16   | **Course Introduction**  
Student and instructor introductions, overview of course objectives, assignments and expectations for the class. |
| January 21   | **Chapter #1: Perspectives on Sexuality**  
Covers sexual rights, definition of sexual intelligence, controversies and diversity in sexuality, cultural aspects of sexuality, historical perspectives of sexuality and media and politics. |
| January 23   | **Chapter #2 Sex Research**  
Covers goals of sexology, methods of sexuality research, technology and research, ethics of sexuality research and evaluation guidelines for sex research. |
| January 28   | **Chapter #2 Sex Research (continued)**                                      |
| January 30   | **Chapters #3 & #4 Female & Male Sexual Anatomy & Physiology**  
Covers anatomical structures of male and female sexual anatomy, functions of these structures and physiological responses of anatomical structures. |
| February 4   | **Chapters #3 & #4 (continued)**                                             |
| February 6   | **Chapters #3 & #4 (continued)**                                             |
| February 11  | **Chapter #6-Sexual Arousal and Response**  
Covers how the brain influences sexual arousal, senses involved in sexual arousal, substances that influence sexual arousal, role of hormones, physiological changes during sexual arousal, age and sexual arousal and difference in sexes. |
| February 13  | **EXAM #1 (Chapters 1-4 and 6)**                                             |
| February 18  | **Chapter #5-Gender Issues**  
Covers difference between sex and gender, gender identity formation, gender roles and transcending gender roles |
| February 20  | **Chapter #5 (continued)**  
**Individual Project 1 Due**                                                |
| February 25  | **Chapter #7 Love and Communication in Intimate Relationships**  
Covers the definition of love, types of love and relationships, factors influencing choice of mates, styles of attachment, definition of intimacy, factors in relationship satisfaction, effective communication and its role in relationships, and how to say "no". |
| February 27  | **Chapter #8-Sexual Behaviors**  
Covers various sexual behaviors including but not limited to celibacy, fantasy, self-stimulation and coitus and the importance of context in sexual expression and how it influences sexual behaviors. |
| March 3      | **Chapter #9-Sexual Orientations**  
Continuum of sexual orientations, determinants of sexual orientation, social attitudes and influences, gay rights movement, the process of coming out and how to support someone in their process/be an ally and research about the differences between heterosexual and homosexual relationships. |
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<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>March 5</td>
<td>EXAM #2 (Chapters 5 and 7-9)</td>
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<tr>
<td>March 10</td>
<td>SPRING BREAK!!! NO CLASS- BE SAFE</td>
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<tr>
<td>March 12</td>
<td>SPRING BREAK!!! NO CLASS- BE SAFE</td>
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| March 17   | Chapter #10-Contraception  
  *Historical and social perspectives, sharing responsibility, choosing a birth control method, hormone based contraception, barrier and spermicide methods, intrauterine devices, emergency contraception, fertility awareness, sterilization and new directions.* |
| March 19   | SOPHE Conference- NO CLASS                                             |
| March 24   | Chapter #10-Contraception (continued)                                 |
| March 26   | Chapter #15-Sexually Transmitted Infections  
  *Covers risks, symptoms, treatments and prevention of viral, bacterial, manageable and curable sexually transmitted infections.* |
| March 31   | TPHA Conference- NO CLASS                                              |
| April 2    | Chapter #15-Sexually Transmitted Infections (continued)                |
| April 7    | Chapter #11-Conceiving Children: Process and Choice  
  *Pros and cons of parenting and remaining child-free, causes of infertility and artificial reproductive technologies, spontaneous and elective abortion, pregnancy and sexuality, components of a healthy pregnancy, childbirth and after childbirth.* |
| April 9    | EASTER BREAK!!! NO CLASS- BE SAFE                                      |
| April 14   | Chapter #12-Sexuality During Childhood and Adolescence  
  *Sexual behaviors during infancy and childhood, physical changes in adolescence, sexual behavior during adolescence, adolescent pregnancy, sex education and age appropriate sexuality education.* |
| April 16   | EXAM #3 (chapters 10-12, 15)                                           |
| April 21   | Chapter 13-Sexuality and the Adult Years  
  *Single living trends in the US, differences in sexual activity between single people and married couples, cohabitation, marriage in collectivist and individualistic cultures, nonmonogamy, polyamory, divorce and sexuality and aging.*  
  **Individual Project 2 Due** |
| April 23   | Chapter #16 Atypical Sexual Behavior  
  *Covers definition of atypical sexual behavior, coercive and non-coercive paraphilias, and sex addiction including potential causes and treatment* |
| April 28   | Chapter #16 Atypical Sexual Behavior (continued)                       |
| April 30   | Chapter #18 Sex for Sale  
  *Covers the characteristics of pornography versus erotica, how online pornography has influenced sexual behavior, the “pornification” of mainstream culture, prostitution and sex work and human trafficking and the sex trade.* |
| April 30   | Individual Project 2 Due                                               |
| April 30   | EXAM #4 (chapters 13, 16, 18)                                          |

This is a tentative schedule and is subject to change**
Recommended Readings:

Course Evaluations:
Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including:
1. Course and program improvement, planning and accreditation.
2. Instruction evaluation purposes
3. Making decisions on faculty tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, ad accurate in completing the evaluation. Please know that the COE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who completed the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after the final grades are posted.