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**PBHE 210: Sexual Health**  
Winter 2021  
Department of Applied Health  
Southern Illinois University at Edwardsville (SIUE)

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Office Hours: By Appointment (Zoom)



**Online Course Overview:**

Please note that online courses are typically **more work** than face-to-face courses. Some students may find it difficult to self-monitor their progress in the course compared to one that meets regularly. It requires a high level of self-discipline and avoidance of procrastination. The convenience of accessing course materials on your own time should **not** be mistaken for flexibility with course completion.

Although readings and activities may be completed at your pace, this course is **not** self-paced for assignments and quizzes. There are due dates for assignments and quizzes, some of which cannot be completed if you miss the due date. I have provided a course schedule/calendar with due dates to facilitate your course progress. *Failure to complete work by the due dates will negatively affect your grade in the course.*

You **may** work ahead in the class if you wish. You are welcome to complete materials at your own pace as long as it's **before** the posted due date. The only exception to this are discussion boards where you are required to reply to others. If no one else has posted, you must come back to that discussion board at a later time to contribute if you wish to earn full points.

**Course Description:**

This class will survey the dynamics of human sexuality. We will identify and examine basic issues in human sexuality as relating to the larger society. The course situates sexual health in a broader conceptualization of overall health. The format for the course includes lectures, videos, and discussions.

*Sexual health* is a state of physical, emotional, mental and social wellbeing in relation to sexuality; it is not merely the absence of disease,



dysfunction, or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination, and violence (WHO, 2017).

**Teaching and Learning Objectives [TLO]:**

***[Public Health Domains: Analytical/Assessment Skills, Cultural Competency Skills, Community Dimensions of Practice Skills]***

1. Identify and describe feelings about their own sexuality.
2. Apply a new understanding of human sexuality to their own personal life.
3. Demonstrate the competency to explore the contribution of a variety of disciplines to our understanding of human sexuality and critique points of view in the literature.
4. Apply new understandings of human sexuality that help dispel current myths and misunderstandings.
5. Describe the range of sexual beliefs, attitudes and behaviors that exist in a diverse society.
6. Identify sexual organs, their functions, potential dysfunctions, and associated treatments.
7. Recognize their own value system and show objectivity and self confidence when making decisions concerning personal and social aspects of sexuality throughout the lifespan.
8. Illustrate how people function sexually at different stages of life.
9. Explain how to prevent unwanted pregnancy and sexually transmissible infections using various techniques.

**Course Materials:**

- Yarber, W. L., & Sayad, B. W. (2015). *Human sexuality: Diversity in contemporary America* (9<sup>th</sup> or 10<sup>th</sup> ed.). New York, NY: McGraw Hill.\*\*
- Supplemental materials are posted on Blackboard [BB].

***Ensure you obtain your textbook in advance of the course start date – otherwise, you may not have the textbook in time!***

**Technology Requirements and Capabilities:**

At a minimum, you will need the following software/hardware to participate in this course:

- Access to a private (not public) computer with an updated operating system (e.g., Windows, Mac)
- Updated Internet browser (e.g., Safari, Chrome, Firefox)
- 1.2 GHz or greater; Intel Pentium, Celeron, or Centrino
- 256KB RAM or greater
- Windows 2007 or higher
- Media player such as QuickTime, Windows Media Player, or VLC Media Player (free)
- Adobe Reader or alternative PDF reader (free):  
<http://get.adobe.com/reader/?promoid=HRZAC>

- Java plugin (free): <http://java.com/en/download/index.jsp>
- Microsoft Office 2007 or higher. Students can download Microsoft Office365 (free): <http://www.siue.edu/its/office365/index.shtml>
- Computer accessories: web camera, microphone, speaker, and Zoom (free): <http://www.siue.edu/zoom/>

Students in an online course should be able to:

- Create documents in a word processor, such as MS Word, and turn them in via BB
- Attach files to emails or course areas
- Navigate websites and course materials
- Reach out to tech support staff when issues arise and troubleshoot to resolve problems

### Technical Support

Since this is an online course, you are expected to have reliable Internet access on a regular basis. It is your responsibility to address any computer problems that might occur. Such problems are not an excuse for delays in meeting expectations or for missing course deadlines. Be sure to contact ITS at 618-650-5500 or at [help@siue.edu](mailto:help@siue.edu) with any technical concerns. You can also check the functionality of University systems, including BB, at the ITS System Status page (<https://status.siue.edu/>), or search the ITS Knowledge Base (<https://kb.siue.edu/>) for various how-to and troubleshooting guides. Tips for taking online assessments:

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| <ul style="list-style-type: none"> <li>• Set up a wired (Ethernet) Internet connection on your computer</li> <li>• Do not use a mobile device, such as a phone or tablet</li> </ul> | <ul style="list-style-type: none"> <li>• Read the instructions and directions carefully</li> <li>• Be prepared to complete the assessment in the allotted time</li> </ul> |
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### Classroom Environment and Decorum:

Students should be aware that the content of this course may be considered by some to be sensitive and controversial. Course content will include a diverse range of sexual attitudes, beliefs, and behaviors. Explicit sexual videos are an important part of this course. As such, **you must be at least 18 years of age to enroll in this class.** Students concerned about particular topics should discuss their participation with the instructor prior to the date the topic is scheduled to be covered. *Although I provide the video resources, you are responsible for securing a safe space to view sexually explicit videos (i.e., not on a public computer).*

***Continued enrollment in this course indicates that you have been informed of the nature of the content, and you have made an active decision to participate.***

### Inclusivity and Confidentiality

The course site is intended to be **inclusive, open, and safe** for all students in this course. I believe that the dignity of all persons should be respected and maintained, and that every

student should feel free to openly discuss the topics presented in class, their opinions, and practices with respect at all times. We should be inclusive of all forms and types of diversity including, but not limited to, ability/disability, age, culture, race, ethnicity, gender, sex, language, religion, sexual orientation, and socioeconomic status. Hatred or disparaging remarks will not be tolerated. Making any such remarks, including in discussion boards, will result in removal from the class. You will be asked to meet with the instructor to discuss your remarks and any disciplinary action that may be taken.

### **Special Needs**

Students needing accommodations because of medical diagnosis or major life impairment will need to register with Accessible Campus Community & Equitable Student Support (ACCESS) and complete an intake process before accommodations will be given. The ACCESS office is located in the Student Success Center, Room 1270. You can also reach the office by e-mail at [myaccess@siue.edu](mailto:myaccess@siue.edu) or by calling 618.650.3726. For more information on policies, procedures, or necessary forms, please visit the ACCESS website at [www.siue.edu/access](http://www.siue.edu/access) –SIUE

### **Course Overview & Expectations:**

#### **Course Engagement**

Students are expected to remain engaged in the course throughout the term. This means reading assigned chapters, viewing online lectures and videos, and participating in activities and discussion boards. Regularly check your e-mail and BB for course updates and announcements (i.e., **at least** once per day). If you fail to do so, you take responsibility for missing course information.

#### **Online Behavior**

- **Reflect before** you post an emotional response and **reread** what you have written to be sure it is professional. Communicate as if your comments are printed in a newspaper.
- **Communicate** effectively.
  - Do not use all caps.
  - Be sure to define or explain acronyms, jargon, or uncommon terms, so everyone can understand and participate in the discussion.
- **Foster community.** Share your ideas and contribute to ongoing discussions. Make comments that add to, not detract from, a positive learning environment for the course.
- **Be constructive.** Challenge ideas and the course content, but do so in positive ways. It's fine to disagree, but when done politely, you stimulate and encourage helpful discussion, and you maintain positive relationships with fellow students.
- **Keep the conversation on topic.** Online dialogue is like conversation. If there is a particular dialogue going on, please add to it, but if you have something new to say, start a new thread.

#### **Assigned Readings**

Students are expected to read the assigned textbook chapters. Recorded lectures will only cover selected topics related to the assigned readings. Students should expect to be quizzed on assigned readings, regardless of whether they are covered in lecture.

## **Course Policies:**

### **Academic Integrity**

SIUE Legal and Ethical Standards will be followed. Detailed information can be found at <https://www.siue.edu/policies/3c2.shtml>. Students should be aware that, *“Plagiarism includes either presenting someone else’s words without quotation marks (even if you cite the source) or presenting someone else’s ideas without citing that source. When paraphrasing from another source, at the very least the student should change the wording, sentence syntax, and order of ideas presented in the paper. Ideally, the student will integrate ideas from multiple sources while providing critical commentary on the topic in a way that clearly identifies whether words and ideas are those of the student or are from another source. Plagiarism is one type of academic misconduct described in SIUE’s Student Academic Code. University policy states that ‘Normally a student who plagiarizes shall receive a grade of F in the course in which the act occurs. The offense shall also be reported to the Provost.’ The University policy discusses additional academic sanctions including suspension and expulsion from the University.”* –Dept. of Applied Health & SIUE

Academic and personal misconduct by students is defined and will be addressed according to the *SIUE Student Academic Code*. Students should take credit only for the ideas and efforts that are their own. Academic misconduct includes but is not limited to:

- Submitting other students’ ideas/writing as your own
- Engaging in group work or collaboration on individual assignments
- Submitting the same or similar work to different classes without prior approval of the instructor
- Cheating or soliciting cheating during quizzes

***You are responsible for the information contained in the Code.*** If any violation occurs, the following actions may be taken at the discretion of the instructor:

- The student(s) will be required to re-do the assignment, or receive a grade of 0 for that assignment.
- The student(s) will receive a grade of 0, with no opportunity to re-submit the assignment/exam.
- The student(s) will receive a grade F for the course.

In all cases of violations, the Provost and Vice Chancellor of Academic Affairs may be notified regarding the situation of academic misconduct, and you may be formally charged with academic misconduct. Students with questions about this policy should read the Code and discuss it with the instructor.

### **Email Etiquette**

The best way to reach me is email! I will typically respond to students' e-mails during working hours on the weekdays (Monday–Friday). I prioritize responding to students' emails in my inbox first and attempt to address all e-mails as soon as I can (within 24 hours, at most); however, in some instances, it may take me a bit longer to respond. I always try to reply, even if it is just a 'thank you' or brief message of acknowledgement. Please also note that electronic communications can be prone to misinterpretation. Thus, appropriate e-mail etiquette should be practiced (e.g., do not use all caps).

*Your e-mails should include 'PBHE 210' in the subject line to help filter class messages in my inbox for this course. Please address your e-mails with a descriptive subject line with 'PBHE 210', a salutation ("Hello, Dr. Ma"), your message, and your full name at the end.*

### **Late Assignments**

Any assignments or other student products will be counted late if they are not submitted on time by the deadline. Students should regularly save and back-up their electronic work (e.g., flash drive, cloud). Computer issues are not sufficient grounds for an extension. Students are also expected to securely store all returned graded materials.

If you are experiencing any personal issues that may affect your submission of assignments on time, I encourage you to reach out to me, so that we can find the best solution forward. Please contact me as soon as you are able to, so that I can best provide support of your situation. Please do not wait until the last minute to reach out to me, so we can resolve your situation as soon as we can.

### **Grading and Grade Appeals**

Grading will begin after submission (if submitted early) or after the due date for the assignment. Grades for online quizzes will be available after they close. You will have 24 hours to view your quizzes. It is your responsibility to check your grades on BB. You must **wait 24 hours after you receive notice of a grade before contacting the instructor with questions.** You will have **one week from the day the grade or assignment is returned** to you to request a reconsideration of your grade. All requests must be made in writing and you must indicate how you feel that you met the objectives for the assignment. No changes will be possible after one week.

### **Course Registration & Withdrawal**

*"It is the student's responsibilities to officially withdraw from a course by the dates set by the University if the student is not intending to complete the course for any reason. Students who do not withdraw from the course will receive the grade earned. Students will NOT be given a grade of Incomplete ("I") for activity courses." –Dept. of Applied Health & SIUE*

### **Course Assignments and Grades:**

<b>Assessment</b>	<b>TLOs</b>	<b>Points (% Final Grade)</b>
Discussion Board Participation (5 x 40 points)	1-9	240 points (40%)
Quizzes (5 x 20 points)	4-6,8-9	100 points (20%)

Personal Reflections (2 x 100 points)					1,2	200 points (40%)				
						500 points (100%)				
Grading Scale										
A	500–449.5	B	449.4–399.5	C	399.4–349.5	D	349.4–299.5	F	<299.4	

### Discussion Board Participation (200 points)

Your level of engagement with course topics is vital to the success of the class and to fellow classmates' learning. Participation in 5 discussion board topics will be required throughout the course (5 discussions x 40 points each). For each discussion board prompt, you will submit 1 post **and** respond to 2 other student's post (= 3 posts total per discussion board). These posts **and** responses should both be substantive reflections to the prompt (at least 5-7 sentences, with a main idea and support for your main idea). See "Discussion Board" on BB for further instructions.

### Quizzes (100 points)

Short quizzes will be given on BB (5 quizzes x 20 points each). Sixty (60) minutes will be allotted to complete each quiz. Quizzes will consist primarily of multiple choice and multiple answer (10 questions). They will be cumulative and include questions about previous readings and topics. You may use class materials to complete the quizzes (e.g., textbook, notes, Powerpoints), but do NOT consult with other students. *There is NO final exam for this course.* See "Quizzes" on BB to complete the quizzes.

### Personal Reflections (200 points)

You will complete 2 personal reflection papers (2 papers x 100 points each) – one toward the beginning of the course and one toward the end (1.5-2 pages each). These reflections are designed for you to assess your own sexuality and perspectives on sexual health, and how your sexual attitudes, values, and beliefs have changed from taking this course. *You do NOT need to include references and citations in your papers.* See "Personal Reflection Assignment" on BB for further instructions.

#### ***\*Use the below formatting for your Personal Reflections:***

- Save with your name and assignment title (e.g., "Carroll, Caitlyn\_Personal Reflection #1")
- Formatted in .doc, .docx, or .pdf (not .pages)
- Times New Roman, Cambria, or Calibri font
- Font size 12, double-spaced, 1-inch page margins on all sides
- *Please submit your assignment via BB. If you experience any issues submitting via BB, you are welcome to email your document to me.*

***You are welcome to work ahead in this course!  
I encourage you to plan ahead and manage your time!***

**Course Schedule: \*subject to change – final schedule will be posted via Blackboard\***

#### **Week 1**

Chapters 1-4

Due Sunday, December 26: Personal Reflection #1, Quiz #1, Discussion Board #1

## **Week 2**

Chapters 5-11

Due Sunday, January 2: Quiz #2 & #3, Discussion Board #2 & #3

## **Week 3**

Chapters 12-18

Due Sunday, January 9: Personal Reflection #2, Quiz #4 & #5, Discussion Board #4 & #5

## **Campus Resources:**

**Writing Center:** If you are concerned about your ability to present your thoughts in written form, the Writing Center provides free services to SIUE students. Call 618-650-2045, email [wcenter@siue.edu](mailto:wcenter@siue.edu), or visit <http://www.siue.edu/lss/writing/index.shtml>

**Counseling:** There are various resources for students who wish to talk with a professional about their mental health, such as Counseling Services. Call 618-650-2197 or visit [www.siue.edu/counseling/](http://www.siue.edu/counseling/)

**Sexual Assault:** Counseling Services also provides education, advocacy, and support for issues concerning sexual assault. Call 618-650-2842 or visit [http://www.siue.edu/counseling/Resources\\_Sexual\\_Violence.shtml](http://www.siue.edu/counseling/Resources_Sexual_Violence.shtml)

**LGBTQ+:** If you are gay, lesbian, bisexual, transgender, or identify with another sexual or gender identity and would like to connect with local campus resources (or just want to learn more), you can visit <http://www.siue.edu/lgbt>

**Sexual Health:** Know your status! Some students may decide they want to get tested for STIs or obtain contraception. Here are some local resources:

1. **SIUE Health Service Center** is an excellent resource for students. Testing for STIs is confidential but not anonymous and is available. You may also obtain contraception. Call 618-650-2842 or visit [www.siue.edu/healthservice/](http://www.siue.edu/healthservice/)
2. **Southern Illinois Healthcare Foundation** also provides sexual health screenings, pelvic exams and PAP tests, pregnancy tests, and birth control at the Alton Health Center. You may be eligible for free or reduced cost screening. Call 618-463-5905 or visit <https://www.sihf.org/>
3. **Madison County Health Department** in Wood River, IL, provides low cost testing and treatment for STIs, free condoms, and vaccines for Hepatitis A and B. Call 618-692-8954 (ext. 2) or visit <http://www.co.madison.il.us/departments/health/index.php>
4. **Madison County AIDS Program** provides free anonymous and confidential HIV testing using no needles. They also have free condoms, lube, dental dams, and more. Call 618-877-5110 or visit <http://www.cyhs.com/index.php/madcap>



*Note: "This syllabus, and all course-related materials, are the intellectual property of Dr. Ma and SIUE. Students who give or sell this syllabus or course-related materials, without the written permission of Dr. Ma to any outside agency or person who is not currently enrolled in this*



*class or at SIUE, will be in violation of the University's code of conduct and may be subject to disciplinary action, including but not limited to, immediate removal from the class." –SIUE*