

UC 11909 12F

CBM003 ADD/CHANGE FORM

APPROVED APR 24 2013

Undergraduate Council  
 New Course  Course Change  
 Core Category: \_\_\_\_\_ Effective Fall 2013

or

Graduate/Professional Studies Council  
 New Course  Course Change  
 Effective Fall 2012

1. Department: Health and Human Performance College: CLASS  
 2. Faculty Contact Person: Lisa Alastuey Telephone: 7137430456 Email: lalastuey@uh.edu

3. Course Information on New/Revised course:  
 • Instructional Area / Course Number / Long Course Title:  
KIN / 4302 / Fitness and Human Sexuality  
 • Instructional Area / Course Number / Short Course Title (30 characters max.)  
KIN / 4302 / FITNESS AND HUMAN SEXUALITY  
 • SCH: 3.00 Level: SR CIP Code: 31.0599 Lect Hrs: 3 Lab Hrs: 0

RECEIVED OCT 12 2012

4. Justification for adding/changing course: Successfully taught as a selected topics course  
 5. Was the proposed/revised course previously offered as a special topics course?  Yes  No  
 If Yes, please complete:  
 • Instructional Area / Course Number / Long Course Title:  
KIN / 4397 / Fitness and Human Sexuality  
 • Course ID: 029043 Effective Date (currently active row): 01/18/2011

6. Authorized Degree Program(s): BS KIN: Fitness and Sports  
 • Does this course affect major/minor requirements in the College/Department?  Yes  No  
 • Does this course affect major/minor requirements in other Colleges/Departments?  Yes  No  
 • Can the course be repeated for credit?  Yes  No (if yes, include in course description)

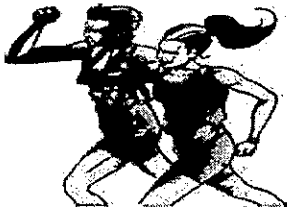
7. Grade Option: Letter (A, B, C ...) Instruction Type: lecture ONLY (Note: Lect/Lab info. must match item 3, above.)

8. If this form involves a change to an existing course, please obtain the following information from the course inventory: Instructional Area / Course Number / Long Course Title  
 \_\_\_ / \_\_\_ / \_\_\_  
 • Course ID: \_\_\_\_\_ Effective Date (currently active row): \_\_\_\_\_

9. Proposed Catalog Description: (If there are no prerequisites, type in "none".)  
 Cr: 3. (3-0). Prerequisites: KIN 1352 or instructor approval. Description (30 words max.): Relationship of fitness and contribution fitness has on human sexuality. Emphasis on how exercise, nutrition, psychological wellness, aging, and weight control influence sexual health and performance.

10. Dean's Signature: \_\_\_\_\_ Date: 10/8/12  
 Print/Type Name: Sarah Fishman

# UNIVERSITY of HOUSTON



## KINE 4397 (section 22609): Fitness and Human Sexuality Spring 2011

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### Blackboard Vista - Online INSTRUCTOR/DESIGNER:

Dr. Lisa Alastuey, CHES  
Clinical Assistant Professor  
Department of Health and Human Performance  
Email: Use Blackboard e-mail tool  
Office Hours: 11:30 am -1:00 pm or By Appointment only

### Text:

Kelly, G.F. (2010). Sexuality Today, 10<sup>th</sup> edition. McGraw Hill.

### Course Description:

A study of the relationship and contribution fitness has on human sexuality. Emphasis will be placed on biological foundations of human sexuality, understanding sex in ourselves and our relationships, dealing with sexual problems, and improving one's sexual fitness.

### Course Objectives:

This course will enable students to accomplish the following objectives as they relate to the Health Education discipline:

1. Assess the psychological and physiological processes involved in the female sexual response, including vaginal secretions and lubrication and the role of orgasm.
2. Assess the psychological and physiological processes involved in the male sexual response, including erection, ejaculation, and orgasm.
3. Discuss issues of sexuality and aging, especially those factors that affect sexual satisfaction in the later years.
4. Describe sexual conflicts, including sex and power issues, the characteristics of conflict resolution in happy and unhappy couples, and strategies for resolving conflicts.
5. Evaluate the effects of alcohol and drugs on sexuality, including their use as disinhibitors and aphrodisiacs and their relationship to sexual risk taking.
6. Evaluate the different psychologically based treatments for sexual disorders, including cognitive-behavioral, psychosexual, PLISSIT, self-help, and group therapy approaches.
7. Analyze factors involved in STI prevention, including risk taking, abstinence, and safer sex.
8. Explain how HIV can and cannot be transmitted and discuss behaviors that put one at risk.
9. Identify exercises and physical training that will improve one's sexual fitness.

### Course Expectations:

1. This course offers you the flexibility to complete your assignments when you chose; however, such a structure requires you to take a lot of self-discipline to make sure that you do not miss deadlines.
2. If you have special learning needs, please inform me immediately (i.e., first week of the semester).
3. **Academic dishonesty** will not be tolerated (i.e., copying, plagiarism, cheating) and will result in a failing grade for the semester.

**ADA Statement:** When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please call the Center for Students with Disabilities at ext. 3-5400 for more assistance.

**Academic Dishonesty Policy (copying, plagiarism, cheating):** Students are expected to abide by the university's academic honesty policy in all matters concerning this course. In particular, plagiarism, "Representing as one's own work the work of another without acknowledging the source," whether intentional or unintentional, will not be tolerated. Penalties include failure of the entire assignment (0 points) and referral to the department chair for consideration of additional action. Such action can include failure of the course and suspension from the university. If you have any questions concerning academic honesty, please discuss them with me. To read the UH academic dishonesty policy, see the following website: <http://hhp.uh.edu/clayne/4315/academicdishonesty.htm>

**Evaluation:**

Final grades will be determined based on the total number of points that you accumulate during the semester.

Evaluation Component	Possible Points
Syllabus / Orientation Quiz	10
Learning Module Quizzes (9 quizzes, 10 pts each)	90
Class Discussions (3 discussion topics, 20 pts each)	60
Midterm Exam	120
Final Exam	120
<b>Total Possible Points</b>	<b>400</b>

Final letter grades will be determined using the grading scale provided below: For example, your total points divided by the total points that can be earned in the class multiplied by 100. An example is below:

Student's total points earned = 315 pts.  
 Total points that can be earned in the class = 400 pts.  
 $315/400 * 100 = 78 = C+$

Letter Grade	Points Range
A	94+
A-	90-93
B+	87-89
B	83-86
B-	80-82
C+	77-79
C	73-76
C-	70-72
D+	67-69
D	63-66
D-	60-62
F	Less than 59

**Note:** Students will not be allowed to take an Incomplete in this course due to poor planning on their part. If you find you do have a legitimate reason for an Incomplete, please talk with me as soon as possible to discuss the situation and to identify the documentation that will be required to support your request. Please consult the University of Houston catalog to review conditions under which an incomplete may be granted.

**Blackboard Learning Units (LU):**

You will begin this course by completing a series of orientation activities to help you understand the expectations for you in this course. These will be presented to you via the online orientation and netiquette learning units (LU). Similar LUs will be available for the remaining nine-lecture topics listed on the tentative schedule (see page 5). A learning unit in this course will consist of: a downloadable PowerPoint based lecture, study questions, content related websites, and additional learning resources.

### **Blackboard LU Quizzes:**

After you have completed the activities in the Blackboard Learning Unit for a given topic, you are required to take a graded quiz (10 questions, 1 points per question, timed for 10 minutes) to test your level of knowledge. The first quiz that you will take is over the orientation and netiquette learning module. You will be allowed an unlimited number of attempts to take each quiz. Your grade will be reported as the "highest" of your attempts. Please note that each time you attempt the quiz you will be given a random set of questions from the quiz question bank and you will not be provided the answer to the questions that you miss. All quizzes must be taken by 11:59 am of their deadline date. No extension will be granted if errors arise in Blackboard; so it is recommended that you do not wait until the last minute to take quizzes. During the semester, you will take a total of 10 quizzes (orientation/syllabus and 9 content learning units) worth 10 points each.

**Note: In order to "unlock" new learning units, you have to get at least 60% of the questions correct on the previous learning unit (at least 6 out of 10 points) and meet the date requirements shown on page 5. For example in order to unlock learning unit 2, you have to get 60% correct on learning unit 1. In order to unlock learning unit 1, general questions link, and posting bios link you will have to get 100% correct on the orientation quiz. Please watch the deadline dates carefully and plan accordingly.**

### **Blackboard Discussions:**

For the purposes of the topics in this class, it is useful to have regular class discussions on Blackboard. On the date assigned on the syllabus, a topic will be posted to start the discussion. Students in the course are expected to post responses to the original post and posts of other students in the class. During the discussion process, you should treat you peers and the instructor in a respectful manner. **Students who do not observe this rule will be banned from the discussion forum without notice and receive a zero for the assignment.** Discussions will be available beginning at 6:00 am and expire by 11:59 pm on the dates shown below. In order to receive full credit for a discussion, you need to answer my initial question and make at least three additional substantial posts per discussion question. At the conclusion of "each" discussion question, the top 5 students in the class who made the most substantial posts will receive 5 points extra credit. **If you miss a discussion, NO make-up will be offered.**

#### **Discussion Dates**

Discussion One:	2/01/11 - 2/21/11
Discussion Two:	3/01/11 - 3/21/11
Discussion Three:	4/01/11 - 4/21/11

### **Blackboard Midterm Exam:**

The midterm exam for this course will cover the learning unit 1-5. It will consist of a mixture of questions from LU 1-5 quiz banks and new questions within these topic areas. The exam will be completed on Blackboard. The format will be similar in style to the quiz questions. The midterm exam will consist of 60 questions (2 points per question). You will be allowed two attempts to take the midterm exam. Please note that each time you attempt the exam you will be given a random set of question from the midterm exam question bank and you will not be provided the answer to the questions that you miss. Your grade will be reported as the "average" of your two attempts. You must take the midterm exam by scheduled date. **If you fail to complete the midterm exam by the due date, NO make-up will be offered. Please note if you are happy with your first grade attempt you do not have to take it twice.**

### **Blackboard Final Exam:**

The final exam for this course is comprehensive and will cover all learning units. It will consist of a mixture of questions from LU 1-9 quiz banks and new questions within these topic areas. The exam will be completed on Blackboard. The format will be similar in style to the quiz questions. The final exam will consist of 60 questions (2 points per question). You will be allowed two attempts to take the final exam. Please note that each time you attempt the exam you will be given a random set of question from the final exam question bank and you will not be provided the answer to the questions that you miss. Your grade will be reported as the "average" of your two attempts. You must take the midterm exam by scheduled date. **If**

you fail to complete the final exam by the due date, NO make-up will be offered. Please note if you are happy with your first grade attempt you do not have to take it twice.

**How do I get answers to my Questions?**

I am here to help you achieve success in this class. Unfortunately it is very difficult from a time perspective for me to reply to individual e-mail questions about course content. Also, there is a good chance that several of your classmates may have a similar question as you. Thus, if you have a question concerning lecture material, please post these in the discussion forum (general questions) on Blackboard. This will allow all students in the course to view my responses. If you have grade related questions, you are welcome to e-mail me directly via Blackboard e-mail. For emergencies only (i.e. if Blackboard is down) you can email me at [lalastuey@uh.edu](mailto:lalastuey@uh.edu), please include course name in the subject line). *\*Reminder – you must complete the orientation quiz with 100% before you can see this link or other links.*

IMPORTANT DATES: The University of Houston requests that all students familiarize themselves with the following important dates:

First day of classes	18 January 2011
Last day to drop or withdraw without receiving a grade	2 February 2011
Last day to drop a course or with a "W"	5 April 2011
Spring Holiday	14-19 March 2011

**KIN 4397: Fitness and Human Sexuality Tentative Order of Topics:**

Topic	Learning Unit Available	Blackboard Quiz Due	Corresponding Textbook Chapter
Online Orientation, Netiquette, & Syllabus	1/18/11	1/31/11	
1. Female and Male Sexuality Anatomy & Physiology	1/24/11	3/10/11	2 & 3
2. Human Sexual Arousal and Response	2/07/11	3/10/11	4
3. Solitary Sex and Shared Sex	2/14/11	3/10/11	12
4. Sexual Dysfunction and Their Treatment	2/21/11	3/10/11	18
<b>Midterm Exam</b>	<b>3/06/11-3/10/11</b>		
5. Cardio-respiratory Training, Kinesthetic Awareness, Flexibility, Balance Core Exercises, Muscular Strength/Endurance for Sexual Fitness	3/21/11	4/28/11	TBA
6. Exercise, Psychological Wellness and Sexuality	3/28/11	4/28/11	TBA
7. Nutrition and Sexual Performance	4/04/11	4/28/11	TBA
8. Fitness and Human Sexuality of Overweight/Obese	4/11/11	4/28/11	TBA
9. Maintaining Sexual Fitness in Older Age	4/18/11	4/28/11	TBA
<b>Final Exam</b>	<b>4/24/11-4/28/11</b>		

**Note:** The following information is designed to help the class run smoothly. The instructor reserves the right to make additions and adjustments as necessary. Some of the writings, lectures, films, or presentations in this course may include material that conflicts with the core beliefs of some students. Please review the syllabus carefully to see if the course is one that you are committed to taking. If you have a concern, please discuss it with me at your earliest convenience.

**\*Once a LU Quiz/Exam/Discussion Assignment Date has passed you cannot make them up, please watch your dates carefully and plan accordingly.**

**\*\*Have a great semester**