



COURSE UNIT INFORMATION SHEET (*SYLLABUS*)

2023/2024

Study Programme Graduation

Name Introduction to Human Sexuality
Teaching staff (Also indicate the Professor in charge) Maria João Alvarez (in charge of the course unit), Alexandra Marques Pinto, Rita Luz
ECTS 6
Functioning Elective subject offered in the 2 nd semester for students in the 3 rd year of the Graduation in Psychology. Classes are theoretical (2 hours) and practical (2 hours). The tutoring hours of Professor Maria João Alvarez (office D-311), of Professor Alexandra Marques Pinto (office D-253), and of Doctor Rita Luz should be scheduled by email at request.
Learning goals 1. to acquire and develop knowledge on the multiple determinants of human sexuality, from a perspective of the development of sexuality along the life cycle, and on the most important psychological models of sexual functioning from a psychological perspective; 2. to deepen knowledge and adopt a critical and reflexive attitude regarding non-normative and coercive sexual behaviors, sexual health and education; 3. to develop knowledge and a favorable attitude toward research in sexuality.
Skills to be developed



Students should develop skills that enable them to:

- . search for, select, and analyze scientific information about sexuality from a multi-determined perspective and as a process that develops along the life cycle;
- . be sensitive to the specificities of the scientific study of human sexuality;
- . critically reflect about non-normative and coercive sexual behaviors and about sexual health and education;
- . communicate effectively in writing and orally.

Prerequisites (precedences) *

Not applicable.

Contents

1. Introduction to the study of human sexuality: Defining the object of study and the scientific study of human sexuality
2. Theoretical perspectives on human sexuality: biological, sociological, psychological, anthropological, sociopolitical; Main classical theories.
3. Gender identity: terminologies, psycho/medical and legal approaches and intersectional experiences
4. Sexual functioning: Integrative model of male and female sexual functioning; sexual disorders in males and females
5. Sexuality along the life cycle: Childhood and adolescence; Adulthood and older adults
6. Coercive and non-normative sexual behaviors: Sexuality in minorities; Child sexual abuse; Domestic violence
7. Gender and sexuality: concepts embedded in social constructions, discourses, and metaphors; research on the sexual double standard
8. Sexuality and education: models and research in sexual education

Bibliography

Alvarez, M.J. (2005). *Representações cognitivas e comportamentos sexuais de risco: O guião e as teorias implícitas da personalidade na protecção sexual*. FCT/Gulbenkian.

López, F. (2005). *La educación sexual* (2ª ed.). Biblioteca Nueva.

Hyde, J. S., & DeLamater, J. (2008). *Understanding human sexuality* (10ª ed.). McGraw-



Hill.

Nobre, P. (2006) *Disfunções sexuais: Teoria, investigação e tratamento*. Climepsi.

Wiederman, M., & W. Bernard (Eds) (2009). *Handbook for conducting research on human sexuality*. LEA.

Teaching methods

Theoretical classes involve thematic exposition and reflection on themes of the program. These contents will serve as support for the analysis and critical reflection to be promoted in the practical classes, which involve movie viewing, information search, presentation and discussion of themes.

Evaluation Regimes (General and/or Alternative)

General or alternative.

Evaluation Elements

(Dates due, weights, minimum required grades)

The evaluation of students according to the general system consists of:

1. One individual written assignment (30% of the final mark), consisting of the formulation of one question and respective answer for one theme explored in the theoretical classes. The question and respective answer should be of no more than 5 lines each, and a rationale for each answer is required, with a maximum length of one page, 12-point font, 1.5 line spacing (maximum total of 3 pages, one for the question and answer, another for the rationale, and another for the references). The rationale should be supported in the literature and include the references used. The question must concern a theme of the theoretical classes different from the theme on which the individual written reflection of the practical classes was carried out. The theme of the theoretical class must be identified in the question heading.
2. Three assignments to be completed in the scope of the practical classes (70% of the final mark). The assignments involve the preparation of work to present in the class or the preparation of work after the class for two practical classes of the student's choice. For these two classes the work consists of the completion of one



individual written reflection (one or more pages, 12-point font, 1.5 spacing, references separately) (20%) and one group oral presentation in class (20%). The third assignment consists in an individual written reflection and critical commentary in class (30%) about the book selected from a list of works provided within the scope of the UC and respective debate in class (30%: 25% written reflection + 5% debate).

Dates for delivery of the question and answer in the 1st and 2nd seasons are to-be-determined. This assignment must be delivered via the UC e-learning platform.

The non-presential written assignment in the scope of the practical classes should be submitted on the e-learning platform 2 weeks after the exploration of the theme in class.

The presential individual written assignment in the scope of the practical classes - commentary to the book - will occur in the middle of the semester.

A minimum mark of 9.5 (out of 20) is required in each bullet (1 and 2) of the evaluation.

The evaluation in the alternative system consists of:

1. an individual final exam (70%).
2. A presential individual written assignment in the scope of the practical classes - commentary to the book (30%).

Dates for the exam in the 1st and 2nd seasons to-be-determined.

A minimum mark of 9.5 (out of 20) is required in each bullet (1 and 2) of the evaluation.

Rules for grade improvement

Grade improvement can be obtained by students in the general or in the alternative system by conducting an individual exam in the 2nd season of exams.

Rules for students having previously failed the course unit *

Not applicable.

Requirements on attendance and punctuality



Students in the general system must attend 2/3 of the classes. Students in the alternative system have no mandatory attendance.

Rules for special students

(workers, elite athletes, student body leaders, military, fathers/mothers, with special needs) *

Language of instruction

Portuguese (English and Spanish).

Disciplinary violations and penalties

According to the Evaluation of Learning Regulation of the Faculty of Psychology of the University of Lisbon, the following behaviors are considered as disciplinary offenses subject to disciplinary action:

- a) To use or attempt to use materials, information, notes, study resources or other objects and equipment not authorized in academic exercises;
- b) To help or try to help a colleague in committing a disciplinary offense;
- c) To submit the same written work for evaluation in different course units without permission from the instructors, even if with minor changes;
- d) To present someone else's work as one's own;
- e) To forge, or change without permission from the author, any information or citation in an academic work;
- f) To interfere, change or attempt to change grades;
- g) To try to prevent or interfere with the proper functioning of classes, research or other academic activities;
- h) To make false accusations regarding instructors, governance bodies, other students or non-teaching staff of the FPUL;
- i) To falsify signatures in attendance sheets, documents relating to evaluation elements or in any official document relating to an academic process or status.

Disciplinary offenses committed in any assessment element can lead to its annulment, and must be reported to the Pedagogical Council or, considering their gravity and repetition, may lead to other penalties, to be determined by the Rector of the University of Lisbon.



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* If applicable