

**PJSC "Higher Education Institution "INTERREGIONAL ACADEMY OF  
PERSONNEL MANAGEMENT"**



***SYLLABUS OF THE ACADEMIC DISCIPLINE  
«PSYCHOLOGY OF SEXUALITY»***

Specialty: **C4 Psychology**

Educational level: **first (bachelor's) level**

Educational program: **Psychology**

## General information about the academic discipline

Name of the academic discipline	Psychology of sexuality
Code and name of specialty	C4
Level of higher education	First (bachelor's) level of higher education
Discipline status	selective
Number of credits and hours	3 credits/90 hours. Lectures: 20 hours. Practical classes: 14 hours. Independent work: 56 hours.
Term of study of the discipline	
Language of instruction	Ukrainian
Type of final control	Credit
Discipline page on the website	

### General information about the teacher. Contact information

Academic degree	
Academic title	
Position	
Disciplines taught by the NPP	
Areas of scientific research	
Links to identifier registries for scientists	
Teacher contact information:	
Email:	
Contact phone number	
Teacher's portfolio on the department's website	

### **Course abstract.**

"Psychology of sexuality" is a normative discipline aimed at forming ideas and knowledge that exist in psychological science regarding human sexuality, its formation, development and impact on personal and socio-psychological functioning, and acquiring skills in psychocorrection and providing assistance to individuals with psychosexual disorders.

**Subject of study of the academic discipline:** regularities of the emergence, development and resolution of conflicts, their structure, dynamics and functions, as well as psychological, social and behavioral mechanisms of interaction between conflict participants, strategies and styles of conflict behavior, methods of prevention, management and constructive resolution of conflicts in various spheres of human and society life.

**Course objective:** Taking into account the sociocultural approach and the modern biopsychosocial concept of sexual health, consider the biological foundations of sexuality, the psychophysiology of sexual manifestations, and the psychology of sexual relationships.

### **Objectives of the academic discipline:**

formation of basic knowledge and concepts about the emergence and functioning of sexuality among students, highlighting the issue of psychosexual development, the concept of norm in sexology; consideration of the issue of sexual harmony of a married couple and the features of psychological counseling on issues of sexuality.

**Prerequisites for the academic discipline:**

To effectively master the discipline, higher education students must have basic knowledge of general psychology (mental processes, states and properties of the personality), age and pedagogical psychology (psychosexual development of the personality at different stages of ontogenesis), social psychology (social norms, roles, gender stereotypes, interpersonal interaction), the basics of psychophysiology and human anatomy, as well as have an idea of the methods of psychological research and the ethical principles of the professional activity of a psychologist.

**Postrequisites of the academic discipline:**

The knowledge and skills acquired within the discipline are the basis for further study of such training courses as family and marital psychology, sexology and psychotherapy of sexual disorders, counseling on intimate and personal relationships, gender psychology, psychology of marital and family conflict, as well as for internships and professional activities in the field of psychological counseling, psychotherapy, coaching, and socio-psychological work with various categories of clients.

**Software competencies:**

<b>General competencies</b>	GC1. Ability to apply knowledge in practical situations. GC4. Ability to identify, pose, and solve problems. GC7. The ability to act socially responsible and conscious. GC8. Interpersonal interaction skills.
<b>Special competencies</b>	SC1. Ability to operate with the categorical and conceptual apparatus of psychology SC3. The ability to understand the nature of behavior, activities, and actions. SC5. Ability to use valid and reliable psychodiagnostic tools. SC7. Ability to analyze and systematize the results obtained, formulate reasoned conclusions and recommendations. SC11. Ability for personal and professional self-improvement, learning and self-development.
<b>Learning outcomes</b>	PLO1 Analyze and explain mental phenomena, identify psychological problems and suggest ways to solve them PLO2 Understand the patterns and features of the development and functioning of mental phenomena in the context of professional tasks PLO11 Develop and implement a plan for the consultative process, taking into account the specifics of the request and the individual characteristics of the client, and ensure the effectiveness of one's own actions. PLO13 Interact, communicate, be understandable, and be tolerant of people with other cultural or gender-age differences. PLO18 Take effective measures to preserve health (one's own and those around them) and, if necessary, determine the content of a request for supervision. PLO 19 Analyze the socio-psychological characteristics of a person and create a socio-psychological portrait of a person.

## Content academic discipline

No.	Topic name	Number of hours, of which:			Teaching methods/assessment methods		
		Lectures	Practical classes	Independent work			
<b>1 semester</b>							
<b>Content module 1.</b> Structure and main directions of the psychology of sexuality. Concepts. Models of sexuality. Biological aspects.							
Topic 1	Psychology of sexuality: concept, subject, tasks.	2	1	6	<b>Teaching methods:</b> verbal (teaching lecture; conversation; educational discussion); inductive method; deductive method; translational method; analytical; synthetic; practical (working with plots of legal cases); explanatory-illustrative; reproductive; problem-based presentation method; partially search; research; interactive methods (situation analysis; discussions, debates, polemics; dialogue, synthesis of thoughts; brainstorming; skills development; situational modeling, processing of discussion questions); modeling of professional activity; innovative teaching methods (competence-based; project-research); case method.		
Topic 2	Structure and main directions of the psychology of sexuality. . Methodology and methods of the psychology of sexuality. History of the development of the psychology of sexuality.	2	2	6			
Topic 3	R. Whalen's concept of sexual arousal Evolutionary, theological, behavioral concepts. Sexuality: is a source of tension and sensual release; sexuality is a source of satisfaction from the realization of non-sexual psychological needs; sexuality is a factor in creating a connection with another person.	2	1	6			
Topic 4	Aspects of sexuality: biological, psychological, clinical, behavioral, legal, cultural aspects.	2	2	4			
Topic 5	Models of sexuality. Psychohydraulic model. "Stimulus-response reduction hypothesis". Ecological model (two-component model). "Sexual script" theory proposed by W. Simon and D. Gagnon.	2	1	6			
<b>Content module 2.</b> Age-related features of human psychosexual development. Sexual disorders. Sexual crimes and their types. Psychocorrection of sexual disorders.							
Topic 6	Ensuring the functioning of the sexual sphere by the formations of the central and peripheral nervous systems and the endocrine apparatus. Biological factors that determine sexuality, the connection between anatomy and physiology, between the nervous and humoral systems, and between sexual reactions and experiences.	2	1	6	<b>Evaluation methods:</b> oral control (oral survey, assessment of participation in discussions, other interactive learning methods); written control (tests, independent work, essays); test control (closed-form tests: test-alternative, test-correspondence); method of self-control and self-assessment; evaluation of case tasks.		

Topic 7	Internal and external factors of sexual arousal. Aspects of sexual arousal: readiness for sexual responses; sexual arousal to a specific partner as a desired goal; sexual arousal during fantasy or memories.	2	2	6	
Topic 8	Age-related features of human psychosexual development.	2	1	4	
Topic 9	Sexual disorders	2	2	6	
Topic 10	Psychocorrection of sexual disorders.	2	1	6	
Modular test work					
<b>Total:</b>		<b>20</b>	<b>14</b>	<b>56</b>	
<b>Form of control: credit</b>					

### Technical equipment and/or software

The educational process uses classrooms, a library, a multimedia projector and a computer for conducting lectures and seminars with presentation elements. Studying individual topics and completing practical tasks requires access to information from the World Wide Web, which is provided by a free Wi-Fi network.4.

### Forms and methods of control

Monitoring the progress of students is divided into current and final (semester).

Current control is carried out during practical, laboratory and seminar classes, the purpose of which is to systematically check the understanding and assimilation of theoretical educational material, the ability to use theoretical knowledge when performing practical tasks, etc. The possibilities of current control are extremely wide: motivation for learning, stimulation of educational and cognitive activity, differentiated approach to learning, individualization of learning, etc.

Forms of student participation in the educational process that are subject to ongoing control:

- speech on the main issue;
- oral report;
- addition, question to the person answering;
- systematic work in seminar classes, activity during discussion of issues;
- participation in discussions, interactive forms of organizing classes;
- analysis of legislation and monographic literature;
- written assignments (tests, quizzes, creative works, essays, etc.);
- preparation of theses, abstracts of educational or scientific texts;
- independent study of topics.

Monitoring the progress of students is divided into current and final.

Methods of current control: oral control (survey, conversation, report, message, etc.); written control (test work, essay, presentation of material on a given topic in writing, etc.); combined control; presentation of independent work; observation as a control method; test control; problem situations.

### Evaluation system and requirements

#### Table of distribution of points received by higher education applicants\*

	Current knowledge control	Modular test work	Credit	Total points

Topics	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6	Topic 7	Topic 8	Topic 9	Topic 10			
Work in a seminar class	3	3	3	3	3	3	3	3	3	3	20	20	100
Independent work	3	3	3	3	3	3	3	3	3	3			

\*The table contains information about the maximum points for each type of academic work of a higher education applicant.

When assessing the mastery of each topic for current educational activities, the student is given grades taking into account the approved assessment criteria for the relevant discipline.

The criteria for assessing the learning outcomes of students and the distribution of points they receive are regulated by the Regulations on the Assessment of Academic Achievements of Students of Higher Education at PJSC "Higher Education Institution "MAUP".

Module control is carried out in the last lesson of the module in written form, in the form of testing.

Evaluation criteria for the module test in the academic discipline "Psychology of Sexuality":

When evaluating a module test, the volume and correctness of the tasks are taken into account:

- the grade "excellent" (A) is given for the correct completion of all tasks (or more than 90% of all tasks);

- a grade of "good" (B) is given for completing 80% of all tasks;

- a grade of "good" (C) is given for completing 70% of all tasks;

- a grade of "satisfactory" (D) is given for the correct completion of 60% of the proposed tasks;

- the grade "satisfactory" (E) is given if more than 50% of the proposed tasks are completed correctly;

- an "unsatisfactory" (FX) grade is given if less than 50% of the tasks are completed.

Failure to appear for a module test - 0 points.

The above scores are converted into rating points as follows:

"A" - 18-20 points;

"B" - 16-17 points;

"C" - 14-15 points;

"D" - 12-13 points.

"E" - 10-11 points;

"FX" - less than 10 points.

The final semester assessment in the discipline "Psychology of Sexuality" is a mandatory form of assessing students' learning outcomes. It is conducted within the time frame specified in the curriculum and covers the scope of material specified in the course program.

The final assessment is carried out in the form of a test. A student who has completed all the required work is allowed to take the semester assessment.

The final grade is based on the student's performance during the semester. The student's grade consists of points accumulated from the results of the current assessment and incentive points.

Students who have completed all required assignments and received a score of 60 points or higher receive a grade corresponding to the grade received without additional testing.

For students who have completed all the required tasks but received a score below 60 points, as well as for those who wish to improve their score (result), the teacher conducts a final work in the form of a test during the last scheduled lesson in the discipline in the academic semester.

**Evaluation of additional (individual) types of educational activities.** Evaluation of additional (individual) types of educational activities. Additional (individual) types of educational activities include the participation of applicants in scientific conferences, scientific circles of applicants and problem groups, preparation of publications, participation in All-Ukrainian Olympiads and competitions and International competitions, etc. in excess of the tasks established by the relevant work program of the academic discipline.

By decision of the department, students who participated in research work and performed certain types of additional (individual) educational activities may be awarded incentive (bonus) points for a specific educational component.

#### **Assessment of independent work**

The total number of points received by a student for completing independent work is one of the components of academic success in the discipline. Independent work on each topic, in accordance with the course program, is evaluated in the range from 0 to 3 points using standardized and generalized knowledge assessment criteria.

#### **Scale for evaluating the performance of independent work (individual tasks) evaluation criteria.**

Maximum possible assessment of independent work (individual tasks)	Execution level			
	Perfectly	Good	Satisfactorily	Unsatisfactorily
3	3	2	1	0

Forms of assessment include: ongoing assessment of practical work; ongoing assessment of knowledge acquisition based on oral responses, reports, presentations and other forms of participation during practical (seminar) classes; individual or group projects requiring the development of practical skills and competencies (optional format); solving situational tasks; preparing summaries of independently studied topics; testing or written exams; preparing draft articles, conference abstracts and other publications; other forms that ensure comprehensive mastery of the curriculum and contribute to the gradual development of skills for effective independent professional (practical, scientific and theoretical) activity at a high level.

To assess the learning outcomes of a higher education applicant during the semester, a 100-point, national and ECTS assessment scale is used.

#### **Final assessment scale: national and ECTS**

Total points for all types of learning activities	ECT8 assessment	National scale assessment		
		for exam, course project (work), practice	for credit	
90 – 100	AND	perfectly	Enrolled	
82-89	IN	good		
75-81	WITH			
68-74	D	satisfactorily		
60-67	THERE			
35-59	FX	unsatisfactory with the possibility of reassembly	not passed with the possibility of retaking	
0-34	F	unsatisfactory with mandatory re-study of the discipline	not passed with mandatory re-study of the discipline	

#### **Course policy**

For successful completion of the course "Psychology of sexuality" the student must:

- regularly attend lectures and practical classes;
- work systematically, systematically and actively in lectures and practical classes;
- make up for missed classes or unsatisfactory grades received in classes;
- to fully perform the tasks that the teacher requires to prepare, their quality is appropriate;
- perform control and other independent work;
- adhere to the norms of academic conduct and ethics.

Course «Psychology of sexuality» involves the assimilation and observance of the principles of ethics and academic integrity, in particular the orientation towards preventing plagiarism in any of its manifestations: all works, reports, essays, abstracts and presentations must be original and authorial, not overloaded with quotations, and must be accompanied by references to primary sources. Violations of academic integrity are considered to be: academic plagiarism, self-plagiarism, fabrication, falsification, copying, deception, bribery, and biased evaluation.

The assessment of the student is focused on receiving points for activity in seminar classes, completing tasks for independent work, as well as completing tasks that are capable of developing practical skills and abilities for which, at the teacher's decision, additional (bonus) points may be awarded (participation in round tables, scientific conferences, olympiads and scientific competitions among students).

### **Recommended sources of information:**

#### **Main sources:**

1. Hupalovska V., Avramenko O. Sexual scripts of persons with different types of sex education // EUROPEAN HUMANITIES STUDIES: State and Society. – Krakow, 2020. – Issue 2. – P. 58-65. Access mode: <https://doi.org/10.38014/ehs-ss.2020.2.05> Index Sorernicus International
2. Shevtsov A.G., Gupalovska V.A. Psychosemantic content of the concept of sexuality in the linguistic consciousness of adults. Psycholinguistics. Psycholinguistics (2020), 27 (1), 310–334. doi: 10.31470/2309-1797-2020-27-1-310-334 Web of Science
3. Arshava I. F. Human sexuality. Research methods in sexology: Textbook / I. F. Arshava, S. D. Alekseenko – Dnipropetrovsk: Accent PP, 2014.
4. Introduction to Human Sexuality — free online textbook (PDF / ePub / digital PDF) Free access: you can read/download PDF. This textbook introduces the topics of psychosexuality, theories of sexuality and current research. PDF is available directly from the open source: Introduction to Human Sexuality — free PDF book (Pressbooks)
5. The Psychology of Sexuality & Mental Health, Vol. 2: Modern Approaches (2025)

#### **Auxiliary**

1. Gupalovska V.A. Sexual aggression: psychological aspect // Multidimensionality of personality: psychological perspective: collective monograph / [N. P. Gapon, S. L. Grabovska, V. A. Gupalovska et al.]; ed. by S. L. Grabovska, R. I. Karkovska. – Lviv: Ivan Franko National University of Lviv, 2013. – P. 320-344.
2. Gupalovska V.A. Peculiarities of the sexuality of women with different self-attitudes / V. A. Gupalovska, S. T. Ustianych // Scientific Bulletin of the Kherson State University. Series "Psychological Sciences". – Kherson. – 2015. – Issue 2. – T.2. – P. 87-95
3. Didenko S. V. Psychology of sexuality: a textbook / S. V. Didenko, O. S. Kozlova. – K.: "Akademvydav", 2009. – 304 p. (Series "Alma Mater")
4. Hupalovska V. CHAPTER 4. PERSON'S SEXUAL SCRIPTS IN THE CONTEXT OF HOME SEX EDUCATION. PERSONALITY IN SOCIETY: PSYCHOLOGICAL MECHANISMS OF ACTIVITY. LihaPress. 2020. P. 53-75. DOI:<https://doi.org/10.36059/978-966-397-209-1/53-75>.
5. Shevtsov A.G., Gupalovska V.A. Psychosemantic content of the concept Sexuality in the linguistic consciousness of adults. Psycholinguistics. Psycholinguistics (2020), 27 (1), 310–334. doi: 10.31470/2309-1797-2020-27-1-310-334 Web of Science

#### ***14. Information resources***

- 1.<https://sexology.education/878-2/> National Institute of Sexology and Sexual Health.
- 2.DB Education. ua. —<http://osvita.ua/school/psychology>.