



## HFST 1400

**Division:** Social and Behavioral Science

**Department:** Home and Family Studies

**Course:** HFST 1400

**Title:** Courtship and Marriage

**Catalog Description:**

This course is designed to help students understand the principles and skills which will help them achieve successful marital relationships. Dating and courtship, engagement, and marital adjustment are discussed within the framework of the mate selection process.

**General Education Requirements:** Social and Behavioral Science

**Semesters Offered:** Fall, Spring

**Credit/Time Requirement:** Credit: 3; Lecture: 3; Lab: 0

**Clock/Hour Requirements:** 0

**Offered for Non-Credit:** No

**Prerequisites:** N/A

**Corequisites:** N/A

**Justification:**

This course meets two separate needs: (1) to fill a requirement for a major program, (2) to fill a General Education requirement in the Social and Behavioral Sciences, (3) as an elective for students desiring the necessary information and skills for personal use.

**Student Learning Outcomes:**

Upon successful completion of this course, students will:

- be able to objectively compare the realities of marriage with the prevailing cultural illusions of romantic and sexual love
- become familiar with controversial issues and trends in marriage (such as premarital cohabitation, trial marriage, no fault divorce, role reversal, etc.) and interpret their possible implications for marriage
- gain a working knowledge of the interpersonal skills that are vital to a successful marital relationship (such as communication techniques, financial management, sexual compatibility, and parenting basics)
- be able to demonstrate through choices and decisions, an understanding of life processes related to interpersonal relationships (such as sexual behaviors, reproduction, the relationships of biological choices to psychological, emotional and interpersonal well being, etc.)
- show an increased understanding of personal, familial, and social responsibility for personal choices as related to marriage and family.

**Content:**

This course will include:

- Marriage Overview
  - Definition of Marriage
  - Negative Motivations for Marriage
- Intimacy
  - Illusion vs. Reality
  - Models of Intimacy
  - The Role of Intimacy in Marriage
- Decision Making
  - Hyrum Smith Model of Decision Making
  - Relationship of Decision to Consequences
- Self Esteem
  - Relationship of Self Esteem to Successful Relationships
  - Self Esteem Analysis
  - Self Esteem and Service - The Key
- Infatuation and Romance
  - Definition of Infatuation
  - Definition of Romance
  - Difficulties from a Romantic Approach to Relationships
- Love
  - Definition of Love
  - Barlow's Model of Love
  - Alan Lee's Theory of Love
  - Love Myths
- Dating
  - Purpose of Dating
  - Dating/Intimacy Time Line
  - Dangers of Early Dating Age
  - Who Controls Dating?
  - Developing Successful Dating Skills
  - Identifying Suitable Dating Partners
- Premarital Sex
  - Choices and Consequences - Statistics
  - Reasons Given for Unmarried Pregnancy
  - Premarital Standards
  - Natural Definition of Petting
  - Definition of Maturity
  - Jess Lair's Theory of Bonding
  - Sexually Transmitted Diseases
  - Premarital Sex and Cancer
  - Strategies for Control
- Mate Selection
  - Mating Gradient
  - Mixed Marriage
  - Mate Selection Filters
- Engagement and Honeymoon
  - Purpose of Engagement

- Engagement Topics
- Warning Signs in Engagement
- Purpose of a Honeymoon
- Honeymoon Considerations in Planning
- Getting Along with In-Laws
- Communication
  - Quarreling vs. Discussion
  - Problem Solving Techniques
  - Dealing with Stress
  - Progressive Rules of Marital Adjustment
  - Basic Elements of Communication
  - Styles of Communication
  - The Big 10 Marital Adjustments
  - Communication Rules
  - What Makes a Marriage Happy?
  - How to Keep the Marriage Happy
- Gender Roles
  - Changing Times and Changing Roles
  - Causes Behind the Changes
  - Making a Choice and Living With It
  - Sequencing
- Finances
  - Money Pitfalls
  - Purpose of a Budget
  - What is a Budget?
  - Sample Ways of Building a Budget
  - Budget Categories and Types
  - Emotional Dangers in Budgeting
  - Insurance
  - Credit
  - Ten Commandments of Purchasing
  - Shopping Guidelines
- Sexuality
  - Male and Female Differences
  - Sexual Roles and Functions
  - Sexual Continuum
  - Hormonal Roles
  - Biological Rhythms
  - Bio-sexual/Cultural Adaptations
  - Symptoms of PMS
- Marital Sexuality
  - Dangers of Sexual Ignorance
  - How to Overcome Ignorance
  - Men Have the Most to Learn
  - The Sexual/Emotional Balancing Act
  - Stages of Sexual Intercourse

- Masters' and Johnson's Sexual Response Cycle
- Premarital Exam
- Marital Sexual Guidelines
- Birth Control
  - The Female Fertility Cycle
  - Types of Birth Control
  - Tips and Cautions
  - Should we? A Personal Decision
  - Abortion
- Pregnancy
  - Infertility
  - Prenatal Influences
  - Personal Care Suggestions
  - Dangers of Teenage Pregnancy
  - Ectopic Pregnancy
  - Changes During Pregnancy
  - Sex Differentiation
- Childbirth
  - Stages of Labor
  - Types of Childbirth Preparation
  - Delivery Options
  - Breast Feeding
- Parenting
  - Factors Influencing Parenting Tactics
  - Child Centered Discipline
  - Positive Approach Principles
  - The Ultimate Test of Discipline
- Divorce
  - The Current State of Marriage
  - Predicting Factors of Divorce
  - The Fundamental Cause of Divorce
  - Factors Contributing to Divorce
- Finding the Right Partner -- A Review.

### **General Education Outcomes:**

1) Read effectively, constructively, and critically.

Students are required to read two text books and are tested heavily on their ability to comprehend and apply their reading. The class discussions do not duplicate the text material so students must gain the text knowledge independently. The entire course is based on increasing the students ability to logically understand and analyze the consequences of behavioral decisions both in the present as well as over the long term.

2) Write clearly, informatively, and persuasively.

In order to get a passing grade, the student must complete seven written assignments. The average student will write at least thirty pages to complete those assignments. Each assignment is designed to make the student do an analysis of the assigned learning experience and be able to assess outcomes of those experiences. They

require the students to relate the course content to their lives and their personal decisions.

5) Apply a cultural and historical awareness to a variety of phenomena.

Through their reading as well as class discussions students will understand how marriage has evolved through time and cultures. Current marital and familial practices will be better understood through a study of their cultural underpinnings. This course is directed to helping the individual survive and thrive within the societal context.

6) Apply computational skills to a variety of contexts.

Students will have a hands on experience in the process of budget keeping and management including the ability to do the necessary mathematical computations.

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Students will increase in their understanding of the physical and emotional implications of various sexual and marital decisions as it applies to their long term health.

**Key Performance Indicators:**

- Students turn in questions each day and time is spent in discussing them. This enables the instructor to gauge student learning and needs. Questions that are asked are usually a reflection of what the students are perceiving as important to their learning.
- Five unit exams and a comprehensive essay final exam are administered. The exam scores represent approximately 60% of the final grade.
- Attendance is required and discussion is strongly encouraged to help measure student understanding of the content matter.
- Assignments require students to apply principles taught in class. They provide feedback on how well students are internalizing the concepts. Seven written assignments are given including a complete Autobiography/Self-Analysis. About 40% of the grade is derived from writing.
- Students are encouraged to visit with the instructor outside of class for further clarification of concepts and for aid in personalizing their information to meet individual needs.

**Representative Text and/or Supplies:**

- Frank D. Cox, *Human Intimacy: Marriage, the Family, and It's Meaning*, current edition, West Publishing Co.
- Lynn H. Poulson, *Uncommon Common Sense: A Guide for Engaged and Married Couples*, 1993, Rainbow Books.

**Optimum Class Size: 35**

**Maximum Class Size: 35**

**Signatures:**

I hereby submit this course syllabus:

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Tracie Bradley, MEd, Associate Professor

I hereby find this course consistent with the goals and resources of the Home and Family Studies Department:

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Kim Cragun, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

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Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)