



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 the following needs: (1) it fills a requirement for several major programs; (2) it fills a General Education requirement in the Social and Behavioral Sciences; (3) and it fills elective credit for students desiring the 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 tendencies of romantic and sexual love
- know about controversial issues and trends in marriage and interpret their possible implications for marriage
- have a working knowledge of the interpersonal skills that are vital to a successful marital relationship
- have an increased understanding of personal, familial, and social responsibility for personal choices as related to marriage and family.

Content:

This course will include the following topics as related to marriage:

- Marriage Overview
- Intimacy
- Decision Making

- Self Esteem
- Infatuation and Romance
- Love
- Dating
- Premarital Sex
- Mate Selection
- Engagement and Honeymoon
- Communication
- Gender Roles
- Finances
- Male and Female Sexual Differences
- Marital Sexuality
- Birth Control
- Pregnancy
- Childbirth
- Parenting
- Divorce

General Education Outcomes:

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.

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

Students will increase 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:

- Five unit exams and a comprehensive essay final exam are administered. The exam scores represent approximately 60% of the final grade.
- 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.

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*, current

edition, Rainbow Books.

Optimum Class Size: 35

Maximum Class Size: 35

Signatures:

I hereby submit this course syllabus:

Tracie Bradley, MEd, Associate Professor

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

Kim Cragun, MS, Associate Professor, Chair

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

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:

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

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)