



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING
SEPT - DEC 2025
CAMPUS: ROYSAMBU
DEPARTMENT: PSYCHOLOGY
COURSE CODE: COU4333
COURSE TITLE: INTRODUCTION TO HUMAN SEXUALITY
EXAM DATE:2025
TIME: 5.30PM-8.30PM

INSTRUCTIONS

- ☐ Read all questions carefully before attempting.
- ☐ Write your **student number** on the answer booklet provided.
- ☐ **Answer Question 1 and any other TWO in section B**

SECTION A: Compulsory: Answer ALL Questions (20 marks)

Question 1

A. Discuss the following terms as used in Human Sexuality **(8 marks)**

- i. Sexual Orientation
- ii. Gender Identity
- iii. Bisexual
- iv. Libido

B. Outline **FOUR** phases of the sexual response cycle **(4 marks)**

C. Describe any **TWO** ways that sex can be considered as Coercive **(4 marks)**

D. Discuss any **TWO** psychological impacts of rape **(4 marks)**

Section B: Attempt any Two Questions (20 MARKS)

QUESTION 2

Examine the case study below and answer the questions that follow keeping in mind Sex and Human Sexuality:

Case Study

Mukarima, a 24-year-old university student, says he “doesn’t understand what the big deal about sex is.” He feels pressured by peers who frequently discuss sexual conquests.

Mukarima reports confusion about his own sexual interests and feels guilty for not being as sexually active.

- a. Differentiate between **sex and sexuality** in Mukarima’s context **(4 marks)**
- b. Evaluate any **THREE** ways a counsellor could use to help Mukarima explore a healthy understanding of his sexuality **(6 marks):**

QUESTION 3

Examine the case study below and answer the questions that follow keeping in mind Common Anxieties during sessions:

Case Study

Makara fears talking about his sexual difficulties with his counsellor, worrying he’ll be judged. He experiences performance anxiety and has avoided intimacy for months.

- a. Identify any **TWO** common sexual anxieties that clients like Makara may bring to therapy **(4 marks)**

- b. Analyze any **THREE** ways in which a counsellor can create safety and reduce shame in sessions with Makara(**6 marks**)

QUESTION 4

Examine the case study below and answer the questions that follow:

Case Study

A female counsellor notices feeling flattered when a male client compliments her appearance. She feels uncomfortable but continues sessions.

- a. Explain any **TWO** reasons it is important for the therapist above to be aware of their own sexual identity and feelings (**4 marks**)
- b. Demonstrate any **THREE** steps the counsellor above should take to maintain ethical practice(**6 marks**)

QUESTION 5

Examine the case study below and answer the questions that follow:

Case Study

A married client, Parto, confesses to an affair and feels deep guilt. His spouse has discovered the betrayal and is considering separation.

- a. Identify any **TWO** emotional impacts of infidelity for both partners (**4 marks**)
- b. Analyze any **THREE** interventions a counsellor can use to guide the couple through recovery (**6 marks**).