

# AASECT Core Knowledge Areas

All candidates for AASECT certification must have knowledge of the following as they relate to sexual health and pleasure:

- Ethics and ethical behavior.
- Developmental sexuality from a bio-psycho-social perspective across the life course.
- Socio-cultural, familial factors (e.g., ethnicity, culture, religion, spirituality, socioeconomic status, family values), in relation to sexual values and behaviors.
- Issues related to sexual orientation and/or gender identity: heterosexuality, issues and themes impacting lesbian, gay, bisexual, pansexual, asexual people; gender identity and expression.
- Intimacy skills (e.g., social, emotional, sexual), intimate relationships, interpersonal relationships and family dynamics.
- Diversities in sexual expression and lifestyles, including, but not limited to, polyamory, swinging, BDSM and tantra.
- Sexual and reproductive anatomy/physiology.\*
- Health/medical factors that may influence sexuality, including, but not limited to, illness, disability, drugs, mental health, conception, pregnancy, childbirth & pregnancy termination, contraception, fertility, HIV/AIDS, sexually transmitted infection, other infections, sexual trauma, injury and safer sex practices.\*
- Range of sexual functioning and behavior, from optimal to problematic, including, but not limited to, common issues such as: desire discrepancy, lack of desire, difficulty achieving or maintaining arousal, sexual pain, penetration problems and difficulty with orgasm.
- Sexual exploitation, including sexual abuse, sexual harassment, and sexual assault.
- Cyber sexuality and social media.\*
- Substance use/abuse and sexuality.\*
- Pleasure enhancement skills.
- Learning theory and its application.
- Knowledge of professional communication skills used with clients, students, and colleagues.
- History of the discipline of sex research, theory, education, counseling, and therapy.
- Principles of sexuality research and research methods.

\*Please note: Sections G, H, K, and L are time sensitive and should have reasonable up to date information and training. It is expected that the applicant will document at least three (3) clock hours [one (1) clock hour = sixty (60) minutes] per content area listed above (A-Q). The remaining hours can be spread as desired amongst the seventeen (17) core areas, with a maximum of twenty (20) hours in any one area.

Education should be from an accredited university or college, may include some AASECT CE credits, or be a combination of both.