



Certified Master Sexpert Program

Continuing Education Credits & Learning Objectives

Students will be able to apply the knowledge and skills learned in the Certified Master Sexpert Program for their own practice as relationship coaches, love coaches, wellness coaches, intimacy coaches, and other professional specialties such as educators, sexologists, counselors or therapists.



The courses in this program meet the requirements of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and together are approved for 55.5 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification. Please note that AASECT applies these credits on an individual basis, and LU cannot guarantee AASECT membership based on the completion of any LU course or program. Visit AASECT for more details: <https://www.aasect.org/>



This program is also eligible for credit at the American College of Sexologists towards the 300 hours required for membership. Please note professional life experiences are also eligible for academic credit as determined by the discretion of the ACS International board, including researchers, documentary filmmakers, authors, adult toy retailers or other entrepreneurs in the field of sexual health and pleasure. Visit ACS for more details: <http://www.americancollegeofsexologists.org/>

The courses in this program follow SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). Consult the learning objectives for each course individually to review its learning objectives.

Certified Master Sexpert Program

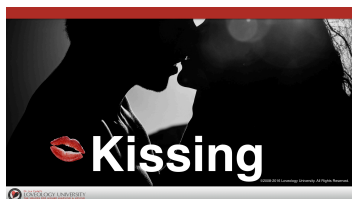
At-a-glance CE credits by course

1. KISSING COURSE = 2 CE credits
2. SELF PLEASURE COURSE = 3 CE credits
3. FOREPLAY 4 CE credits
4. PLEASING A WOMAN 4 CE credits
5. PLEASING A MAN 3 CE credits
6. EROTIC MASSAGE 4 CE credits
7. EROTIC TALK 3 CE credits
8. ORAL PLEASURE 4 CE credits
9. FANTASIES & ROLE PLAYING 2 CE credit

- 10. PLAYFUL POSITIONS 4 CE credits
- 11. THE BIG 'O' 3 CE credits
- 12. THE G-SPOT 1 CE credit
- 13. ADULT TOYS 4.5 CE credits
- 14. BACK DOOR PLAY 2.5 CE credits
- 15. BOUNDARIES & TABOOS 3 CE credits
- 16. POWER PLAY 3 CE credits
- 17. SAFER ADULT PLAY 2.5 CE credits
- 18. COACHING THE MASTER SEXPERT 3 credits
- 55.5 credits total

Learning Objectives by course:

1. Kissing Course



This course is eligible for 2 CE credit
 AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

This comprehensive course on 'osculation' explores the history, benefits, styles, and techniques of kissing including psychological benefits, brain chemical breakdown, the role of oral health and disease prevention, sensory and sexual impact (including oral sex) and much more.

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least five (3) historical kissing related events in the 15th and 16th century.
2. Describe & define MHC (major histocompatibility complex.)
3. Explain how to create a kissing barrier from a latex glove for genital kissing.
4. Identify at least five physiological effects of kissing.
5. Distinguish between three (3) brain chemicals that are activated during kissing.
6. Develop a plan for establishing kissing boundaries with an intimate partner.
7. Identify at least three (3) kissing techniques.
8. Identify two (2) types of Tantric kissing.
9. Learn about different kissing customs in countries around the world.
10. Identify (5) ways that herpes simplex 1 may be transmitted between human beings.

COURSE WORK FORMAT:

1. Video:
KISSING Narrated Multimedia Presentation Video (1hr 15m)
2. Reading Material:
Head to Toe Kissing e-book by Nikki Leigh (45 pages, estimated time to read: 30min)
3. Final Quiz – 25 questions (about 30 minutes)*

2. Self Pleasure Course



This course is eligible for 3 CE credits
AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

Masturbation is a key component to self-love and sexual health. This course thoroughly explores auto-stimulation for both the male and female sexual organs. You'll discover multiple manual masturbation techniques and a variety of sex toys you can use to enhance your sexual satisfaction. Finally, to help those overcome sexual guilt or shame, we've included the physical, emotional and sexual benefits of masturbation.

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify five (5) ways in which masturbation contributes to overall good health.
2. Differentiate between a healthy or compulsive masturbator.
3. Name three (3) important milestones in the history of thought about masturbation in the 20th century.
4. Explain the three (3) penis activities men can use to increase penis stamina.
5. Identify at least three (3) ways to avoid vaginal infections.
6. Distinguish between orgasm and ejaculation in men.
7. Understand how to reach the G-spot in a woman's body and the prostate in a man's body.
8. Explain the protocol of sex therapists upon referral from a coach.
9. Understand how sex toys can enhance masturbatory pleasure.
10. Learn how partners can initiate conversations about mutual masturbation.

Suggested resources

COURSE WORK FORMAT:

1. Video:

- a) SELF PLEASURE Narrated Multimedia Presentation Video (1hr 8m)
 - b) *Knowing Yourself: Body Assessment & Acceptance* with Jallen Rix & Elaine Floyer (36 minutes)
 - c) *Penthouse Sex Academy, Masturbation*, Hosted by Dr. Ava Cadell & Dr. Hernando Chaves, (1hr, 23m)
 - d) *Ask The Expert* – Nicholas Tana, director of masturbation documentary Sticky (14 minutes)
2. Reading Material:
The Loveology Guide To Inhibitions E-book (26 pages, estimated time to complete: 52 minutes)
 3. Final Quiz – 25 questions (about 30 minutes)*

3. Foreplay Course



This course is eligible for 4 CE credits
AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

This course on foreplay is designed to equip students with detailed information on how to build sexual anticipation that is non-coital. Exploration of sensual breathing techniques, erotic vocal signals, kissing, undressing, sensual touch, physiological response and the role of ‘outercourse’ can all be a prelude for a magical and memorable date. Learning unique foreplay techniques such as mammary, axillary and gluteal sex can open a whole new foreplay world and become your sexual main event.

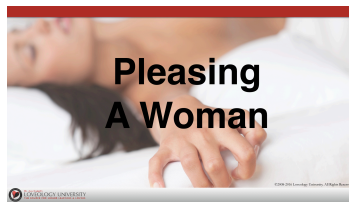
This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify three (3) ways for sexual partners to communicate their foreplay preferences.
2. Name at least ten activities that are considered foreplay.
3. Identify and explain at three (3) types of breathing exercises that enhance foreplay and create sexual anticipation.
4. Understand how a “Want, Will, Won’t” list helps sexual partners to communicate their preferences and desires.
5. Examine how oral sex can be considered foreplay.
6. Identify at least six (6) types of touch.

7. Identify at least five (5) erogenous zones that are not related to the genitals.
8. Explain the Triangular Theory of Love.
9. Understand how vocal variations can create attraction between partners.
10. Learn about outercourse and how it functions as both foreplay and safer sex.

COURSE WORK FORMAT:

1. Video:
 - a) FOREPLAY Narrated Multimedia Presentation Video (1hr 15m)
 - b) *Creative Foreplay & Communication: To Empower Yourself & Your Partner* with Dr. Nikki Goldstein (1 hour)
 - c) *Penthouse Sex Academy, Foreplay*, Hosted by Dr. Ava Cadell & Dr. Hernando Chaves, (1 hour, 23 minutes)
2. Final Quiz – 25 questions (about 30 minutes)*
4. Pleasing A Woman Course



This course is eligible for 4 CE credits
AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

Pleasing a woman is a multi-faceted enterprise that includes emotional, mental, physical and sexual elements. This course details how to meet the desires of most women, with methods of achieving good communication, trust, intimacy and respect. Tips and techniques include helping her to relax with a foot massage, get her juices flowing with passionate kissing that leads to explicit erotic video demonstrations of enabling her to orgasmic bliss.

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

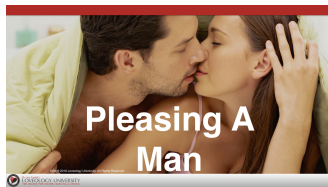
1. Identify the five (5) steps to intimacy.
2. Differentiate the between pleasing a woman emotionally, mentally, physically and sexually.
3. Name the 14 qualities that women look for in a partner.
4. Explain how stimulating all five senses can arouse a woman.
5. Distinguish between visual, auditory and kinesthetic approaches to pleasing a woman.
6. Identify all the major parts of the female genitalia.

7. Identify at least three (3) ways to stimulate the clitoris.
8. Explain where the G-spot is on a woman, and how to stimulate it.
9. Understand the meaning of “After Play” and why it’s important to women
10. Learn about the benefits of increases intimacy between partners including building confidence and creating feelings of desirability

COURSE WORK FORMAT:

1. Video:
 - a) PLEASING A WOMAN Narrated Multimedia Presentation Video (1hr 9m)
 - b) Tantric Massage: How to Relax and Arouse with Sensual Tantric Techniques (performed by a man on a woman) (48 minutes)
 - c) Dr. Ava’s How To Please A Woman, Zero Tolerance (1 hour, 27 minutes)
2. Audio:
Passion Power Audio for Men (23 minutes, 19 seconds)
3. Reading Material:
The Loveologist Guide To What Women Want in Bed (20 pages, estimated time to complete: 40 minutes)
4. Final Quiz – 25 questions (about 30 minutes)*

5. Pleasing A Man Course



This course is eligible for 3 CE credits
AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

This course offers a comprehensive look at what men want and need for their sexual, emotional & mental satisfaction. Sexual fantasies, erotic talk, oral sex, erotic massage, role playing, prostate play, quickies, sex positions and giving him the ultimate TriGasm are all explored in depth for a comprehensive understanding of male desire. Sexual knowledge results in sexual satisfaction for both the giver and receiver of pleasure.

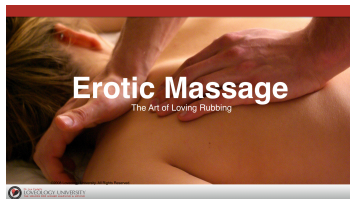
This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least three (3) findings from Bruce J. Ellis and Donald Symons’ research on male tendencies in sexual fantasies.

2. Name and define all the parts of male genitalia.
3. Explain how erotic talk enhances male sexual excitement.
4. Summarize basic generalizations about men.
5. Identify the top three (3) men's fantasies and how to execute them as a partner.
6. Understand how to find the prostate gland and how to stimulate it.
7. Identify eight types of physical touch.
8. Identify at least five (5) ways increase a man's love.
9. Explain how to give a Tantric Lingam massage.
10. Learn how to put a condom on with your mouth.

COURSE WORK FORMAT:

1. Video:
 - a) PLEASING A MAN Narrated Multimedia Presentation Video (1hr 11m)
 - b) Erotic Massage: How To Convey Love Through Mindful Touches with Jaiya (performed by a woman on a man) (36 minutes)
2. Reading Material:
The Loveologist Guide To What Men Want In Bed (19 pages, estimated time to complete: 37 minutes)
5. Final Quiz – 25 questions (about 30 minutes)*
6. Erotic Massage Course



This course is eligible for 4 CE credits
 AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

The art of erotic massage is examined closely in this how-to course that breaks down the process into step-by-step techniques including setting the scene, sensory stimulation, types of touch, basic body landmarks, permission, and orgasmic climaxes. You don't have to be a pro massager to give your lover an erotic massage. The most important component of a great massage is the desire to please your lover. But after watching the erotic massage videos, you might feel like a pro when you or your partner experience a "happy ending."

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify the five (5) factors to consider when deciding the type of massage to give to a

- partner.
2. Differentiate between breast and nipple massage, and learn to do both.
 3. Name the seven sacred chakras and how they relate to body “landmarks.”
 4. Explain how trust intersects with massage.
 5. Summarize the list of limitations to be considered before giving an erotic massage.
 6. Identify at least eight (8) types of physical touch.
 7. Identify all the major parts of female and male genitalia.
 8. Identify at least three (3) penis massage techniques and how to execute them.
 9. Explain how to massage the clitoris to achieve a clitoral orgasm.
 10. Learn how to give an erotic foot massage.

COURSE WORK FORMAT:

1. Video:
 - a) EROTIC MASSAGE Narrated Multimedia Presentation Video (51m)
 - b) Penthouse Sex Academy Erotic Massage, hosted by Dr. Ava Cadell & Dr. Hernando Chaves (1 hour)
2. Audio
Sensual Massage Audio (23 minutes)
3. Final Quiz – 25 questions (about 30 minutes)*

7. Erotic Talk Course



This course is eligible for 3 CE credits
AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

Communicating erotically is one of the foundational elements of a great sex life. This course explores the many motivations and benefits of erotic talk including enriching sensual experiences and fulfilling sexy fantasies. Practical exercises with sample scripts offer guidelines for everything from communicating sexual boundaries to having great phone sex. So, if you want to hear some dirty talk with or without your partner, these erotic audios on masturbation, oral sex and lesbian massage might give you an eargasm!

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify the six (6) basic questions that can be used to initiate erotic talk.

2. Differentiate between similes and metaphors and how they can be used to create erotic phrases.
3. Explain how the five senses can be mined for erotic talk topics.
4. Examine how erotic talk increases arousal and influences sexual behavior.
5. Develop a plan for your clients to overcome any embarrassment or resistance to use erotic talk and improve their intimacy.
6. Identify ten positive reasons for partners to engage in erotic talk.
7. Identify at least three (3) common sexual fantasy tendencies each for men and women.
8. Explain how erotic talk works to continue a man's sexual ability during a refractory period after sex.
9. Understand the basic formula for putting together an erotic sentence.
10. Learn about erotic talk exercises and how they break the ice to overcome shyness or awkward tension.

COURSE WORK FORMAT:

1. Video:
EROTIC TALK Narrated Multimedia Presentation Video (49m)
2. Audio:
 - a) Ava's Hot Lips (58 minutes)
 - b) Soundz of Sex (54 minutes)
3. Final Quiz – 25 questions (about 30 minutes)*

8. Oral Pleasure Course



This course is eligible for 4 CE credits
 AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

Oral sex history, origins, technique and skill are covered comprehensively in this detailed course that focuses on cunnilingus, fellatio, oral sex positions, oral sex locations, tongue exercises, anilingus and much more. So if you want to learn how to put a condom on with your mouth or watch three hours of explicit oral sex tips, then this course is for you.

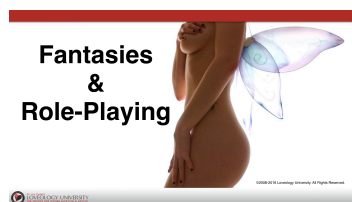
This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least five (5) ways to stimulate the penis.
2. Name all the parts of the male and female genitalia.
3. Explain how to make an oral sex dental dam / finger cot combination from a rubber glove.
4. Identify at least three (3) different types of female orgasms.
5. Distinguish between the number of nerve endings in the penis versus the clitoris.
6. Identify at least twelve (12) oral sex positions and their pros and cons.
7. Identify at least three (3) findings by Alfred Kinsey in his research on oral sex.
8. Explain how to put a condom on with your mouth.
9. Understand how the tongue can be exercised like any muscle, and how to do it.
10. Learn about oral sex history and where it is still technically illegal.

COURSE WORK FORMAT:

1. Video:
 - a) ORAL PLEASURE Narrated Multimedia Presentation Video (1hr 50m)
 - b) Dr. Ava's Guide To Oral Sex, Zero Tolerance (3 hours)
 - c) Ask The Expert – Valerie Baber on Fellatio (5 minutes, 28 seconds)
2. Reading Material:
Loveologist's Guide To Oral Pleasure ebook (16 pages, approximately 32 minutes to complete)
3. Final Quiz – 25 questions (about 30 minutes)*

9. Fantasies & Role-Playing Course



This course is eligible for 2 CE credits
AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

Fantasies and role playing can play a key role in unleashing passion and erotic, playful sexuality. This course covers some common and unusual fantasies, what triggers them and how to make them come true creatively. Discover how getting into character can be an effective communication tool for many couples, and how fantasy and role-playing can help to shed inhibitions for deeper intimacy.

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Explain Hock's assertion that sexual fantasies are an adaptive evolutionary survival mechanism.
2. Summarize how Somatization works.
3. Distinguish between legal and illegal sexual acts that are popular in fantasies.
4. Examine types of fantasy, and sexual fantasy writing samples to be able to explain to others the main elements of fantasy.
5. Develop a plan for couples to share and explore their sexual fantasies with each other in a safe and healthy way.
6. Identify the ways in which sexual fantasies affect partnered relationships, and their pros and cons.
7. Identify at least three (3) findings from Bruce J. Ellis and Donald Symons' study of fantasies.
8. Explain the generalized differences between male and female sexual fantasies.
9. Understand the rules for acting out role-playing games or erotic fantasies to create a safe stage for healthy play.
10. Learn how female sexual fantasies were treated in the Victorian era.

COURSE WORK FORMAT:

1. Video:
 - a) FANTASIES & ROLE PLAYING Narrated Multimedia Presentation Video (55m)
 - b) Penthouse Sex Academy, Fantasies hosted by Dr. Ava Cadell & Dr. Hernando Chaves (1 hour, 28 minutes)
2. Final Quiz – 25 questions (about 30 minutes)*

10. Playful Positions Course



This course is eligible for 4 CE credits
AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

This course on sexual positions is an all-inclusive how-to guide for a variety of different sexual masturbation, oral sex and intercourse positions including how to perform them, the pros and

cons of each position, and the best time to engage in them. Techniques include multiple gender combinations and positions for physical limitations such as pregnancy or disabilities.

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify and explain the eight (8) physical and mental qualities to assess when deciding on sexual positions.
2. Name several important questions to ask of oneself and one's partner before engaging in any new sexual position.
3. Explain how to identify trust between partners in the context of sexual positions.
4. Identify the methods and benefits of "outercourse" including as an alternative to women with dyspareunia.
5. Distinguish between heterosexual and homosexual sex positions and name the benefits per position.
6. Understand the risks of standing sexual positions and how height, strength, weight, balance and coordination factor in to safety.
7. Identify all the major Tantric sex positions and the benefits physically and emotionally.
8. Identify at least three (3) intercourse and oral pleasure positions for each partner category.
9. Understand how threesomes and foursomes work to create more possibilities for anatomical configurations.

COURSE WORK FORMAT:

1. Video:
 - a) PLAYFUL POSITIONS Narrated Multimedia Presentation Video (1hr 18m)
 - b) Arousing Sex Techniques & Sexual Positions For Female Satisfaction with Dr. Sadie Allison (46 minutes)
 - c) Penthouse Sex Academy, Sexual Positions hosted by Dr. Ava Cadell & Dr. Hernando Chaves (1 hour, 25 minutes)
2. Reading Material:
 - a) Selections from: Idiot's Guide to the Kama Sutra by Dr. Ava Cadell (estimated time to complete: 10 minutes)
 - b) Sexual Positions e-book by Dr. Ava Cadell (25 pages, estimated time to complete: 50 minutes)
3. Final Quiz – 25 questions (about 30 minutes)*

11. The Big 'O' Course



This course is eligible for 3 CE credits
AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

Orgasms have been defined as everything from a natural stress reliever to a spiritual experience. This course dives deep into the history, facts and research about the 'Big O' including orgasm stages, pleasure scales, orgasm barriers, erogenous zones and types of orgasms including blended orgasms, bigasms, trigasms and more.

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least three (3) findings from Alfred Kinsey's research on orgasms.
2. Differentiate between at least five (5) types of orgasms and how they occur.
3. Name two (2) beliefs about orgasms in early Christianity.
4. Explain the female orgasm evolutionary theories of Morris and Baker and Bellis.
5. Summarize Dr. Gemma O'Brien's research on orgasms.
6. Identify the hormones released by orgasms in men and women.
7. Distinguish between the four stage model of sexual response developed by Masters and Johnson and Dr. Ava's five stages of orgasm.
8. Understand how the Pleasure Scale can increase pleasure between couples.
9. Examine how to find and stimulate the G-spot in women and P-spot in men.
10. Develop a plan to help clients who have difficulty reaching orgasm, and understand which type of professional should be consulted.
11. Identify at least three (3) results from the Loveology University orgasm research study.
12. Identify at least three (3) types of sex toys and how they work to create orgasms.
13. Explain how multiple orgasms occur for women and men.
14. Understand how the Cowper's glands work, and what fluid they secrete.
15. Learn about physical exercises for men and women to increase orgasmic potential.

COURSE WORK FORMAT:

1. Video:
 - a) THE BIG 'O' Narrated Multimedia Presentation Video (1hr 2m)
 - b) Unique Orgasms: Discovering Ultimate Pleasure for your Sexual Health with Dr. Ava Cadell & Dr. Hernando Chaves (45m)
 - c) Ask The Expert – Brandon Maxwell on Male Multiple Orgasms (21 minutes)
 - d) Ask The Expert – Orgasmic Birthing with Jaiya (24 minutes)

- e) Documentary - Orgasm, Inc. (1 hour, 23 minutes)
- 2. Final Quiz – 25 questions (about 30 minutes)*

12. The G-Spot Course



This course is eligible for 1 CE credit
AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

Learn exactly what the G-spot is, what it's made of, where it's located, its function, and the best techniques to stimulate it digitally or without toys. This course covers the ongoing scientific research on the G-spot and female ejaculation, all aspects of the G-spot orgasm, physical responses to its stimulation, and how best to communicate desires for exploration to a partner.

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify which sex toys and personal lubricants are appropriate for G-spot stimulation.
2. Explain the emotional and physical challenges to finding the G-spot in a solo and partner context.
3. Name the best sexual positions for heterosexual partners to stimulate the G-spot during intercourse.
4. Explain the common emotional responses to G-spot orgasms in women.
5. Summarize Beverly Whipple's response to the King's College London study on the G-spot.
6. Identify the ten (10) steps to stimulating the G-spot.
7. Distinguish between male ejaculation and female ejaculation.
8. Understand how female ejaculation works.
9. Examine the life history and revolutionary findings of Ernest Grafenberg.
10. Develop a plan to help client's find and stimulate their G-spots to achieve G-spot orgasms and / or female ejaculation.
11. Identify the Skene's glands and G-spot.
12. Identify all the parts of female reproductive anatomy.
13. Explain what the male G-spot or P-spot is, and which gland it stimulates.
14. Describe the G-shot, its purpose, and how it works.
15. Learn about the Venus Butterfly technique and Trigasms for women.

COURSE WORK FORMAT:

1. Video:
THE G-SPOT Narrated Multimedia Presentation Video (39m 29s)
2. Final Quiz – 25 questions (about 30 minutes)*

13. Adult Toys Course



This course is eligible for 4.5 CE credits
AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

Sex toys have been around for thousands of years, but never has there been such a huge industry for sexual aids as the present time. Filled with photos and examples of vibrators, dildos, penis rings, butt plugs, nipple clamps, dolls, wands, BDSM gear, sex furniture and much more, this course comprehensively covers the world of sex toys. Learn how to inform your Love Coach clients about the benefits of toys, whether they are singles, couples or groups of any gender or orientation. Also included is information on how to become a sex toy 'party planner' and related business opportunities.

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

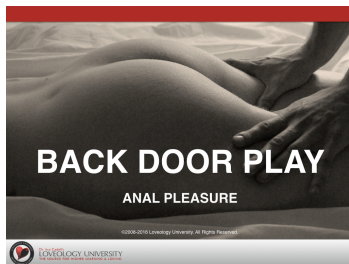
1. Identify at least five (5) bondage toys and how they work.
2. Differentiate between silicone, water-based and hybrid personal lubricants.
3. Name & describe at least four (4) categories of sex toys for women.
4. Name & describe at least two (2) categories of sex toys for men.
5. Explain how couples toys can improve partnered sex.
6. Understand how kegel balls improve the strength of women's pelvic floor.
7. Explain how to use toys safely with proper hygiene and appropriate lubricants.
8. Summarize the factors involved in choosing a sex toy.
9. Identify the A, U and G-spots in women's anatomy.
10. Distinguish between silicone, latex and jelly rubber toy materials.
11. Define female "hysteria" as it was understood as a medical condition in the Victorian era and the role of early 'sex toys' in 'curing' it.

12. Examine which toys can be used therapeutically to help anorgasmia or other sexual dysfunctions.
13. Develop a plan for couples or partners to incorporate sex toys into their sexual relationships.
14. Identify at least three (6) events by year to date in the historical evolution of vibrators.
15. Learn about the history of sex toys and be able to identify at least three (3) landmark events in the historical timeline.

COURSE WORK FORMAT:

1. Video:
 - a) ADULT TOYS Narrated Multimedia Presentation Video (1hr 40m)
 - b) History of Sex Toys: How To Use Sex Toys For Pleasure & Fantasies with Dr. Carol Queen (1hr 9 minutes)
 - c) Sex Toys with Dr. Ava Cadell (50 minutes, 19)
 - d) Ask The Expert – Home Party Planning with Tamara Bell (13 minutes)
 - e) Ask The Expert – Sex Toys with Dave Levine (12 minutes)
 - f) Ask The Expert – Dave Levine & Dr. Ava Cadell (11 minutes)
2. Final Quiz – 25 questions (about 30 minutes)*

14. Back Door Play Course



This course is eligible for 2.5 CE credits
 AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

Anal sex has been enjoyed since ancient times, but has often been subject to controversy and taboo. This course thoroughly examines anal pleasure for men and women, anilingus, consent, cleaning, preparation, anal care, breathing techniques, positions, prostate play, risk for STDs, how to talk about desire for anal sex and much more.

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify three (3) physical ways to prepare for pleasurable and safe anal penetration.

2. Summarize Alfred Kinsey's research findings about anal sex.
3. Distinguish between myths and facts about anal sex and homosexuality.
4. Examine types of treatment for anal fissures caused by anal penetration.
5. Develop a plan for couples to communicate about and explore anal pleasure safely.
6. Identify the major parts of male reproductive anatomy including the prostate gland.
7. Identify the three (3) main anatomical parts to the Anus.
8. Explain how to use a prostate massager toy to locate and stimulate the prostate gland.
9. Understand how to give a buttocks massage.
10. Learn how to self-administer an anal douche.

COURSE WORK FORMAT:

1. Video:
 - a) BACK DOOR PLAY Narrated Multimedia Presentation Video (46m)
 - b) Dr. Ava's Guide To Anal Sex For Women, Zero Tolerance (1 hour, 42 minutes)
2. Final Quiz – 25 questions (about 30 minutes)*

15. Boundaries & Taboos Course



This course is eligible for 3 CE credits
 AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

Sexual taboos exist in most cultures, and this course identifies the behaviors and fetishes that have been or are currently considered outside of 'normal' sexuality in various societies, including nudism, prostitution, incest, cheating, multiple partners, sploshing, piercings, public sex & much more.

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

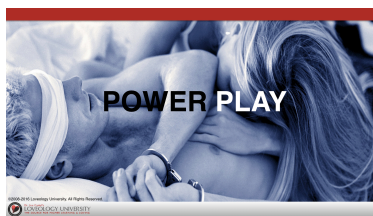
1. Identify at least five (5) research findings from the Loveology University Sexual Boundaries Survey.
2. Differentiate between the terms hooker and sex worker, and explain how language creates stigma.
3. Name the ways in which the LGBTQI community has been harmed by the 'taboo' of homosexuality.

4. Explain the risks of anal penetration.
5. Summarize the reach and results of the 1873 anti-pornography law in the U.S..
6. Identify at least five (5) benefits to legalizing sex work.
7. Define BDSM and give at least three (3) examples of BDSM activities.
8. Define compersion and its role in polyamory.
9. Examine at least five (5) paraphilias.
10. Develop an actionable plan for couples looking to push their own sexual boundaries by engaging in behavior they consider taboo.
11. Identify the legalities of polyamory and polygamy in the U.S. and around the world.
12. Identify the most and least sexually active cultures and explain how they illustrate the globally disparate views about sexual taboos.
13. Explain the Westermarck Effect as it relates to incest.
14. Understand the reasons that people cheat on their partners and identify at least three (3) findings from Loveology University's Cheating Survey.
15. Learn about cultural reactions to nudity in the U.S..

COURSE WORK FORMAT:

1. Video:
 - a) BOUNDARIES & TABOOS Narrated Multimedia Presentation Video (1hr 25m)
 - b) BDSM & Role playing: Erotic Confidence For Women With Kinky Desires with Mistress Minax (1hr 12 minutes)
 - c) Ask The Expert – Paraphilia & Fetishism with Dr. Hernando Chaves (24 minutes)
2. Final Quiz – 25 questions (about 30 minutes)*

16. Power Play Course



This course is eligible for 3 CE credits
 AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

Power Play explores Sado Masochism, Bondage, Discipline and Domination for sexual pleasure and fulfillment. Techniques include spanking zones, restraint styles and props, humiliation, domination and submission dialogue. You will learn how to bring these practices into a relationship with power play vocabulary including safe words and role-play scripts.

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least five (5) bondage scenarios and how they can be executed safely.
2. Differentiate between four different types of dominance / submission relationships.
3. Name and define the four (4) components to safe power play between adults.
4. Summarize the definition and importance of consent within BDSM activities.
5. Distinguish between nylon, hemp and cotton bondage ropes and explain how to determine appropriate lengths and restraint points for bondage.
6. Examine how the 'Want, Will, Won't' list can be used to define boundaries for individuals and couples engaging in power play.
7. Develop a plan for clients to connect their current sexual behavior with more advanced power play activities to enhance their excitement and pleasure safely.
8. Identify at least five (5) types of bondage furniture and how it works.
9. Explain how at least five (5) different types of body restraints are used.
10. Learn how to form a Dragonfly knot and be able to demonstrate it for others.

COURSE WORK FORMAT:

1. Video:
 - a) POWER PLAY Narrated Multimedia Presentation Video (1hr 12m)
 - b) Dr. Ava's Guide To Sensual BDSM for Couples, Zero Tolerance (2 videos 1 hour each = 2 hours)
 - c) Ask The Expert – BDSM with Sandra Daugherty (19 minutes, 33 seconds)
2. Final Quiz – 25 questions (about 30 minutes)*

17. Safer Adult Play Course



This course is eligible for 2.5 CE credits
 AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

The Safer Adult Play course was developed by Dr. Tamara Griffin and Dr. Ava Cadell, and covers all aspects of safer sex and safer relationships, including comprehensive information about STDs and HIV/AIDS, their stages, treatments, prevention methods and protocols. Sexual assault and consent are examined in the context of history and practical application, as are the many different methods of birth control and their effectiveness. This course also identifies how to

make safer sex sexy, focusing on the importance of negotiating with sexual partners to use safer sex practices and enhance protection while maintaining eroticism.

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least five (5) ways to reduce the risk of HIV and other sexually transmitted infections
2. Differentiate the between HIV and AIDS by explaining the defining criteria for AIDS
3. Name the stages of HIV, explain the different types of HIV testing, and which (4) fluids transmit HIV & why
4. Explain the five major modes of HIV and STIs transmission
5. Summarize the HIV test counseling process and identify at least five (5) protective factors
6. Identify all sexually transmitted infections (STI)
7. Distinguish between direct and indirect risk factors
8. Understand how indirect factors create risk for HIV/AIDS and sexually transmitted infections
9. Examine how our past & personal triggers potentially puts us at risk for HIV and other STIs
10. Develop a safer sex plan by identifying ways to protect yourself
11. Identify all the major methods of birth control and their pros and cons
12. Identify at least three (3) ways to negotiate safer sex & make safer sex sexy
13. Explain the different types of safer sex tools including condoms, female condoms, lubricants
14. Understand the meaning of sexual consent, and the consequences of non-consensual sex
15. Learn about safer dating practices and how to avoid sexual harassment and sexual assault

COURSE WORK FORMAT:

1. Video:
SAFER ADULT PLAY Narrated Multimedia Presentation Video (1hr 35m)
2. Final Quiz – 25 questions (about 30 minutes)*

*If you are enrolled in our Certified Love Coach Program, Certified Master Sexpert Program or Certified Relationship Coach Program, you will be required to take an exam of 100, 50 or 30 questions respectively with a combination of multiple choice, true false and essay questions. A passing grade is 80%.

18. Coaching the Master Sexpert Course



This course is eligible for 3 CE credits
 AASECT CE provider number: 18-916-LU

THIS IS AN ONLINE COURSE AT LOVEOLOGY UNIVERSITY®

The Coaching the Master Sexpert course prepares Master Sexperts for their private practice with practical techniques and exercises to use with clients. Students will learn about the passion wheel, the love list, the pattern tree, the satisfaction scale and many other methods developed by Dr. Ava Cadell for this program. Also examined are the ethical responsibilities of a sexpert, their client's responsibilities, and how to coach men, women, singles and couples for maximum results.

This course follows SMART learning objectives (Specific, Measurable, Achievable, Realistic, Time-Phased). By the end of this course, students will understand and be able to:

1. Identify at least five (5) scenarios in which a Certified Master Sexpert should refer clients to a medical professional.
2. Differentiate between the ethical responsibilities of the Master Sexpert and their clients.
3. Name the three (3) main Neurolinguistic Programming communication styles and how they manifest in client / Sexpert communication during coaching.
4. Explain how brainstorming works to encourage clients to take action in their lives, and how to facilitate a brainstorming session.
5. Summarize the Pattern Tree technique and how it works to identify past behavior.
6. Identify at least three (3) Powerful Questions that encourage dialogue with clients.
7. Distinguish between a sex journal and a reward journal.
8. Understand the different factors involved with coaching shy couples, couples with kids, and long distance relationships.
9. Develop a plan for a single individual to find a mate that they desire.
10. Understand the main components of a Mutual Love Agreement, and how to facilitate partners to draft one amongst themselves.
11. Learn how physical, emotional and sexual boundaries can create conflict in an intimate relationship.
12. Distinguish between the impressionable, professional, transitional and enlightened man and woman and how their situational awareness can aid in coaching success.
13. Identify six (6) types of touch, and be able to articulate how sensory awareness can enhance a couple's connection.
14. Explain the Control Chart, how it works and how to facilitate its use with couples and singles.

15. Create a Motivation Table with a client to outline achievable goals for their relationship or personal self-esteem.

COURSE WORK FORMAT:

1. Video:

- a) COACHING THE MASTER SEXPERT Narrated Multimedia Presentation Video (1hr 23m)
- b) *Passion Power for Women* (virtual seminar) is for the women who need a little extra coaching to unleash their feminine power.

2. Reading Material:

- a) *Loveologist Guide to Inhibitions* (e-book) can help clients to become aware of what causes their inhibitions, set new boundaries and even turn inhibitions into exhibitions. (26 pages, estimated time to complete: 52 minutes)
- b) *Loveologist Guide to Self-Image* (e-book) teaches the cause and effect of self image, how to turn negative to positive self image with the help of techniques to build confidence and self-esteem. (24 pages, estimated time to complete 48 minutes)
- c) *Loveologist Guide to Flirting and Dating* (e-book) offers tips on how to feel sexy, flirting props to carry, the best places to meet and unique ways to approach someone. (21 pages, estimated time to complete 42 minutes)
- d) *Loveologist Guide to What Men Want in Bed* (e-book) contains tips on how to become the sex goddess of your man's dreams. Discover his hot-spots, play into his fantasies and keep him faithful. (19 pages, estimated time to complete: 37 minutes)
- e) *Loveologist Guide to What Women Want in Bed* (e-book) defines the word "Intimacy" and has plenty of romantic, sensual and highly erotic exercises. (20 pages, estimated time to complete: 40 minutes)
- f) *Love Around the House* (book) has exciting ideas couples can use without leaving home. (160 pages, estimated time to complete: 2.5 hours)
- g) The Loveologist Guide to 52 Weeks of Creative Chemistry for Couples (eBook) will keep couples' sex lives hot all year around with one new sex secret each and every week. (55 pages, estimated time to complete 1 hour)

3. Final Quiz – 25 questions (about 30 minutes)*

*If you are enrolled in our Certified Love Coach Program, Certified Master Sexpert Program or Certified Relationship Coach Program, you will be required to take an exam of 100, 50 or 30

questions respectively with a combination of multiple choice, true false and essay questions. A passing grade is 80%.