



LOVEOLOGY UNIVERSITY®
HIGHER LEARNING & LOVING

Syllabus

Certified Master Sexpert Program A Professional & Educational Program

Welcoming all ACS students, graduates and alumni...



AMERICAN BOARD OF SEXOLOGY

***THIS PROGRAM IS APPROVED FOR 150 CE CREDITS TOWARDS THE APPRENTICE IN
SEXOLOGY CERTIFICATION FROM THE AMERICAN BOARD OF SEXOLOGY.***

<https://americanboardofsexology.org/>

Program Overview

The Certified Master Sexpert Program has an extensive curriculum that includes eighteen (18) e-learning courses offered to adults over 21 years of age by Loveology University®. Each course includes a combination of narrated video presentations, instructional videos, training videos, instructional audios, eBooks and a multiple-choice quiz, to help review what you have learned. This combined material represents the entire Master Sexpert program at Loveology University® which entitles graduates to receive a Master Sexpert Certificate, so they can pursue a career as a sex educator/expert.

The Master Sexpert Program, as with all LU programs, is self-directed, so students may learn at their own comfort level and work at their own pace as their schedules provide. All materials, quizzes, exams and certificates are available online 24 hours a day, 7 days week, so it accommodates everyone's needs. Depending upon existing knowledge and time commitment, past students have completed the program in anywhere from two weeks to six months.

Students must pass each course quiz plus the final fifty (50) question exam at the end of the program to receive a certificate and officially obtain the title of Certified Master Sexpert.

After completion, each Loveology University® student maintains their full profile with access to the program. It is always available for students to return to for further studying or review whenever and wherever they want it. Furthermore, if students wish to upgrade to the Certified Love Coach program, they can do so at any time.

Objective

The objective of this program is to provide students with the sexual knowledge, education and pleasure enhancement skills they need to be masterful lovers and sex educators on the related courses. Graduates may create workshops, lectures and seminars utilizing the slides from the courses, as long as they give credit to Loveology University. Other sexpert opportunities include writing blogs and books, hosting podcasts and becoming a media sexpert or even inventing sexual products. With this expansive, comprehensive knowledge on sexuality, Certified Master Sexperts will be expand their sexual horizons and be able to help others eroticize their intimate lives, for more sexual satisfaction.

Prerequisites & Materials

There are no educational or experience prerequisites to register for this course, as long as you are at least 21 years of age. However, it is essential that you have internet access and a dependable computer. Loveology University® does not provide hard copy materials for students, but all multimedia course presentations are available as PDF downloads. The course can be accessed from any computer or mobile device, but we ask that you do not share our curriculum with anyone else other than a student in the same course or program.

To participate in the program, you will need a computer or tablet with the latest version of your preferred browser, and a broadband internet connection.

Study Recommendations

Loveology University® utilizes different techniques for all portions of the curriculum to address everyone's study style, so that you can study smarter, better and faster. This is why we have created auditory, visual and hands-on work to better improve the quality of your studies. We suggest **creating your own study guide** when reading, watching or listening to the curriculum as it is helpful to do so actively. For example, create an outline of the Individual Courses using the table of contents as the main subjects of focus. As you read along, determine what the main points are of each section so that you can better grasp what each course is aiming to teach you. You can also use our

PDF handouts to follow along. Each multimedia course presentation is available in a PDF 'slide show' format. This allows you to study more with less time.

Disclaimer

As Loveology University® courses cover teaching topics for adults over 21 years of age that include human sexuality, be aware that there is adult language, graphic images and sexually explicit content in some of the presentations and videos. Consequently, viewing the adult videos is optional and will not affect final grades.

These are **Core Knowledge Areas (CKA)**:

- A. Ethics and ethical behavior.
- B. Developmental sexuality from a bio-psycho-social perspective.
- C. Socio-cultural, familial factors (e.g., ethnicity, culture, religion, spirituality, socioeconomic status, family values) in relation to sexual values and behaviors.
- D. Issues related to sexual orientation and/or gender identity: heterosexuality; issues and themes impacting lesbian, gay, bisexual, pansexual, asexual people; gender identity and expression.
- E. Intimacy skills (e.g., social, emotional, sexual), intimate relationships, interpersonal relationships and family dynamics.
- F. Diversities in sexual expression and lifestyles including, but not limited to, polyamory, swinging, BDSM and Tantra.
- G. Sexual and reproductive anatomy/physiology.
- H. 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, sexual trauma, injury and safer sex practices.
- I. Range of sexual functioning and behavior, from optimal to problematic with common issues including: desire discrepancy, lack of desire, difficulty achieving or maintaining arousal, sexual pain, penetration problems and orgasm difficulties.
- J. Sexual exploitation including sexual abuse, harassment and sexual assault.
- K. Cyber sexuality and social media.
- L. Substance use/abuse and sexuality.
- M. Pleasure enhancement skills.
- N. Learning theory and its application.
- O. Professional communication and personal reflection skills.
- P. History of discipline of sex research, theory, education, counseling and therapy.
- Q. Principles of sexuality research and research methods.

Evaluation

To earn Certification, you must pass the Master Sexpert exam by answering 50 questions consisting of Multiple Choice and True/False objective assessments.

All students must complete the exam and have a passing grade of 80% or higher. Grades are available immediately for the Multiple Choice and True/False answers, and written form answers will be evaluated within a few days of completion. Upon passing the exam, and any remaining course fee balances being paid off, you will receive a certificate of completion by e-mail from our issuing authority, Accredible.com.

Value-Added Use of LU Slides

Apart from the take-home value of empowering knowledge that can be life-changing, Dr. Ava Cadell gives her students permission to use LU slides in their own presentations, provided a credit to Loveology University® is provided.

Course Policies

Integrity and honesty are your obligation as a student of Loveology University®. When signing up for any course or program and accepting the terms and conditions in which you must abide by to continue studying. It is a violation to take part in any cheating, copyright infringement, plagiarism, stealing and any other unlawful or unethical act. The consequence may result in expulsion from Loveology University® or legal action.

A Message from LU

Loveology University® is dedicated to empowering students about love, intimacy, healing and human sexuality with pleasure-based education for more sexual confidence. We welcome you into our community so that you feel safe, prepared and excited to learn from the expansive information we offer and use its benefits personally and professionally. We believe every adult should have access to positive and accurate information on love, relationships, intimacy, communication and sexuality and are dedicated to making the world a more loving place.

We aim to accommodate the needs of all our students and offer the respect that everyone deserves. We are confident that your learning experience will conclude in understanding and loving your own sexuality physically and emotionally, while accepting others' sexual practices without moral judgment. We also offer personal mentoring to students who need extra help preparing for their final exam, or upgrading to Certified Love Coach status.

As a Master Sexpert we encourage you to fully make use of the knowledge you have acquired by using the information in your own entrepreneurial endeavors. With the goal of improving sex lives worldwide, we provide this course and others for you to promote healthy relationships and in return all we ask is that you give us credit and of course, share your experience with others!

Our commitment to students extends beyond graduation for career mentoring with Tamara Bell who graduated in 2008. She can help guide you to find your personal brand and become a powerful coach who makes a difference in the lives of others.

If you wish to upgrade to the Certified Love Coach course, you will have access to all thirty-nine (39) courses, including our 7-hour Healing course so that you can add more skills to your coaching career. You will also receive our Entrepreneur Kit filled with valuable information on how to find your niche market, whether it's in private practice, public speaking, author, adult store retailer or valuable media and Internet resource.

Remember that sex education is important because sexuality is our second basic instinct after survival and a healthy sex life contributes to the quality of your life!

Course Curriculum Overview

1. Kissing Course

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.

Narrated Multimedia Presentation:

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.

Video course running time: 2 hour, 3 minutes

Approximate test time: 30 minutes

Reading Material:

Head to Toe Kissing e-book by **Nikki Leigh** (45 pages, estimated time to read: 30min)

Certified Love & Relationship Coach Nikki Leigh authors this e-book that teaches kissing techniques and suggestions that contribute to fulfilling foreplay.

2. Self-Pleasure Course

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.

Narrated Multimedia Presentation:

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.

Video course running time: 1 hour, 8 minutes

Approximate test time: 30 minutes

Training Video:

Knowing Yourself: Body Assessment & Acceptance with Jallen Rix & Elaine Floyer (36 minutes)

A live seminar about sexual bodywork, where a group of women evaluate their current sexuality status, measured mentally and physically.

Erotic Instructional:

Penthouse Sex Academy, Masturbation, Hosted by Dr. Ava Cadell & Dr. Hernando Chaves, (1 hour, 23 minutes)

This video features live demonstrations of many self-pleasure techniques for singles and couples including the stimulation of nipples, clitoris, U-spot, G-Spot and A-spot for women and penis, testicles and prostate for men, including how to separate orgasm from ejaculation. Also included are advanced demonstrations of sex toys, tools and props for enhanced auto-stimulation.

Reading Material:

The Loveology Guide To Inhibitions E-book (26 pages, estimated time to complete: 52 minutes)

Learn about the most common inhibitions for men and women and how to experiment with role-play and erotic talk while setting boundaries and expanding sexual horizons.

3. Foreplay Course

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.

Narrated Multimedia Presentation:

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.

Video course running time: 1 hour, 15 minutes

Approximate test time: 30 minutes

Training Videos:

Creative Foreplay & Communication: To Empower Yourself & Your Partner with Dr. Nikki Goldstein (1 hour)

Australia’s top sexologist and author of #SingleButDating teaches this live seminar that includes many unique and creative foreplay tips.

Erotic Instructional:

Penthouse Sex Academy, Foreplay, Hosted by Dr. Ava Cadell & Dr. Hernando Chaves, (1 hour, 23 minutes)

This video features live demonstrations of many foreplay techniques that could easily be considered the main sexual event, such as mammary sex, axillary sex, bathtub play, oral sex and more ‘outercourse’ techniques.

4. **Consent & Safer Sexual Health Course**

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

Narrated Multimedia Presentation:

The Consent & Safer Sexual Health course was developed by Dr. Ava Cadell with contributions by Dr. Tamara Griffin, as they cover 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.

Video course running time: 5 hours
Approximate test time: 30 minutes

5. Pleasing a Woman Course

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

Narrated Multimedia Presentation:

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.

Video course running time: 1 hour, 9 minutes

Approximate test time: 30 minutes

Training Videos:

Tantric Massage: How to Relax and Arouse with Sensual Tantric Techniques (performed by a man on a woman) (48 minutes)

Brett Stephenson conducts a deep tissue erotic massage in real time, demonstrating sensual tantric techniques.

Erotic Instructional:

Dr. Ava’s How To Please A Woman, Zero Tolerance (1 hour, 27 minutes)

Dr. Ava Cadell narrates live demonstrations that feature the essential phases of pleasing a woman, emotionally, physically and sexually. Information includes everything from how to create a romantic atmosphere to exploring and stimulating her G-spot, A-spot, and U-spot.

Audio Lessons:

Passion Power Audio for Men (23 minutes, 19 seconds)

Dr. Ava Cadell teaches men the many essential ways to love a woman, keep a relationship passionate, and deepen intimacy.

Reading Material:

The Loveologist Guide To What Women Want in Bed (20 pages, estimated time to complete: 40 minutes)

This guide explores how intimacy and communication can lead to better sex, with romantic, sensual, sexual, and highly erotic tips and exercises.

6. Pleasing a Man Course

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.

Narrated Multimedia Course:

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.

Video course running time: 1 hour, 11 minutes

Approximate test time: 30 minutes

Training Videos:

Erotic Massage: How To Convey Love Through Mindful Touches with Jaiya (performed by a woman on a man) (36 minutes)

Award-winning somatic sexologist, best-selling author and founder of New World Sex Education, Jaiya Ma, teaches an intimate class on how to convey love with your hands, through sensual massage. Her partner Ian is her model for the live demonstrations where they share their energy through breath and movement and encourage the seminar participants to actively learn techniques. Jaiya introduces her idea of the “Core Erotic Blueprint” which helps people identify the way they like to be touched.

Reading Material:

The Loveologist Guide To What Men Want In Bed (19 pages, estimated time to complete: 37 minutes)

In this guide, Dr. Ava Cadell teaches women how to become a passionate sexual partner, including step-by-step techniques on sensual massage, how to discover his hot-spots and play into his fantasies.

7. Erotic Massage Course

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.

Narrated Multimedia Presentation:

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.”

Video course running time: 51 minutes, 46 seconds

Approximate test time: 30 minutes

Instructional Tantric Massage (1 hour)

This is a demonstration of Tantric Massage is by Massage Therapist, Brett Stephenson massaging his lovely partner from head to toe, sensually. You will learn how to change pressure while stroking different parts of the body. Keep in mind, fleshy parts of the body—thighs, arms, buttocks—can stand more pressure than less fleshy parts like necks and ankles. By exploring your lover's body, you will enhance your relationship and you will find new areas of sexual excitement that will expand your sexual horizon. Massage is all about giving the most pleasure to your lover that you possibly can. It is a wonderful way to express yourself. Don't forget to take turns. It's important that you learn to receive massages as well as give them.

Erotic Instructional:

Penthouse Sex Academy *Erotic Massage*, hosted by Dr. Ava Cadell & Dr. Hernando Chaves (1 hour)

Chock full of live demonstrations, this video includes step-by-step instructions on how to give and receive an erotic massage. From creating a sensual atmosphere to incorporating props and sex toys, experimenting with lubes and oils to communicating wants and desires, this comprehensive video also includes his and hers erotic massage techniques to stimulate his million-dollar point, bring her to a TriGasm and much more.

Audio Lessons:

***Sensual Massage Audio* (23 minutes, 6 seconds)**

Dr. Ava Cadell narrates this program that teaches the tools to relieve tension, improve circulation, awaken nerves, and sexually arouse with step-by-step direction of many sensual massage techniques.

8. Erotic Talk Course

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.

Narrated Multimedia Presentation:

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!

Video course running time: 49 minutes, 48 seconds

Approximate test time: 30 minutes

Audio:

Ava's Hot Lips (58 minutes, 31 seconds)

Erotic audios introduced by Dr. Ava Cadell and performed by real people. The sexual fantasies included are masturbation, a threesome with two men and one woman, a threesome with two women and one man, oral pleasure, anal pleasure, lesbian massage, swingers, big breasts, spanking and domination, an erotic shoe store fantasy and flashing in the car.

Soundz of Sex (54 minutes, 28 seconds)

The sounds of real sex and erotic talk set to music in techno, blues, pop and R&B styles. Tracks include: Sexycise, Sextrology, Kool Whip, Je T'aime, On Line Love, Voodoo of Love, The Art of Love, On Your Knees and Sic Love Blues.

9. Oral Pleasure Course

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 to exercise the tongue like any muscle.
10. Learn about oral sex history and where it is still technically illegal.

Narrated Multimedia Presentation:

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, analingus 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.

Video course running time: 1 hour, 50 minutes

Approximate test time: 30 minutes

Erotic Instructional:

***Dr. Ava's Guide To Oral Sex, Zero Tolerance* (3 hours)**

This three-disc DVD set features dozens of live demonstrations of every oral sex technique imaginable for men, women and couples, including advanced oral sex positions, oral sex games, and skill-improving exercises. Discover his Million Dollar Point, her G-spot and much more in this comprehensive tastefully graphic guide to oral pleasure of every kind.

***Ask The Expert – Valerie Baber on Fellatio* (5 minutes, 28 seconds)**

Love Coach Valerie Baber gives expert advice about fellatio, including insight into how men feel about it, what turns them on most, and their most common desires.

Reading Material:

***Loveologist's Guide To Oral Pleasure ebook* (16 pages, approximately 32 minutes to complete)**

Open the door to a new and exciting kind of oral sex, learning new techniques for men and women. Overcome sexual inhibitions by boosting confidence in the bedroom and learn how to take precautions to protect your health. From touch to taste, this e-book covers all the ways to experience and give the ultimate oral sex.

10. Fantasies & Role Playing Course

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.

Narrated Multimedia Presentation:

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.

Video course running time: 55 minutes

Approximate test time: 30 minutes

Erotic Instructional Videos:

Penthouse Sex Academy, *Fantasies* hosted by Dr. Ava Cadell & Dr. Hernando Chaves (1 hour, 28 minutes)

Dr. Ava Cadell and Dr. Hernando Chaves guide and narrate this sexually detailed video that demonstrates sexual fantasies and how they work to improve your love and sex life. Real couples perform erotic role-playing and fantasy games like 'striptease,' 'hunky cowboy' and more, sharing expert advice on how to turn sex into adult play.

11. Playful Positions Course

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 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 into safety.
 7. Identify all major Tantric sex positions and benefits.
 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.

Narrated Multimedia Presentation:

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.

Video course running time: 1 hour, 18 minutes

Approximate test time: 30 minutes

Training Videos:

Arousing Sex Techniques & Sexual Positions For Female Satisfaction with Dr. Sadie Allison (46 minutes)

Dr. Sadie Allison, founder and CEO of Tickle Kitty, Inc., leads this playful live seminar all about the benefits of sexual positions, with her handsome assistant John who encouraged the women participants to try positions on the Liberator wedge (sex furniture) with him.

Erotic Instructional:

Penthouse Sex Academy, Sexual Positions hosted by Dr. Ava Cadell & Dr. Hernando Chaves (1 hour, 25 minutes)

Dr. Ava Cadell and Dr. Hernando Chaves host and narrate this comprehensive DVD chock full of live demonstrations of sexual positions of every kind. Find out what angles are the best to stimulate a woman's clitoris, U-spot, G-spot, A-spot or anus, and which positions give him the most pleasure visually and sexually. From unique missionary variations to comfortable sideways positions, advanced standing positions to positions that trigger intense emotion, this video emphasizes that communication is the key to discovering which positions please your lover the most.

Reading Material:

Selections from: Idiot's Guide to the Kama Sutra by Dr. Ava Cadell

(estimated time to complete: 10 minutes)

The Kama Sutra is not just about making love. It's about connecting with and cherishing a lover every day. *Idiot's Guides: Kama Sutra* is a fun and insightful

guide and includes dozens of beautiful, full-color photos that illustrate traditional movements, as well as techniques for modern lovemaking. Dr. Ava Cadell explores the roots of the ancient art of Kama Sutra, essential warm-ups like aphrodisiacs and erotic massage, erogenous zones, oral pleasures, and more!

Sexual Positions e-book by Dr. Ava Cadell (25 pages, estimated time to complete: 50 minutes)

Filled with instructional pictures, this e-book defines and describes most sexual positions from basic to advanced. Discover the best positions for your needs or the needs of your clients for maximum stimulation, pleasure and satisfaction.

12. The Big O Course

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, 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 LU's orgasm research study.
12. Identify at least three (3) types of sex toys and how they 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.

Narrated Multimedia Presentation:

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, Bi-gasms, Tri-gasms and more.

Video course running time: 1 hour, 2 minutes

Approximate test time: 30 minutes

Training Videos:

Unique Orgasms: Discovering Ultimate Pleasure for your Sexual Health with Dr. Ava Cadell & Dr. Hernando Chaves (36 minutes) teach you about Core-gasms, Nipple-gasms, Anal orgasms, the A, C, U and G-spot, Brain-gasms, Perineum orgasms, multiple orgasms and many more unusual ways to find sexual satisfaction.

Ask The Expert Videos:

Ask The Expert – Brandon Maxwell on Male Multiple Orgasms (21 minutes)
Dr. Ava Cadell interviews Brandon Maxwell, expert on male multiple orgasms. Discover how multiple orgasms can be achieved by separating orgasm from ejaculation through ancient Tantric techniques.

Ask The Expert – Orgasmic Birthing with Jaiya (24 minutes, 40 seconds)
Somatic Sexologist, sexological bodyworker and Tantra teacher Jaiya Ma speaks about her practice of coaching women through the journey of orgasmic birth.

Documentaries:

Documentary - *Orgasm, Inc.* (1 hour, 23 minutes)

Filmmaker Liz Canner takes a job editing erotic videos for a pharmaceutical company developing the first FDA approved Viagra drug for women to treat a new disease: Female Sexual Dysfunction (FSD). Liz gains permission to film the company for her own documentary and discovers how the medical industry is reshaping our everyday lives around health, illness, desire, and that ultimate moment of orgasm.

The G-Spot Course

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 Tri-gasms for women.

Narrated Multimedia Presentation:

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.

Video course running time: 39 minutes, 29 seconds

Approximate test time: 30 minutes

Erotic Instructional:

Dr. Ava's Guide To Prostate Pleasure for Couples, Zero Tolerance (1 video 1 hour) ***AKA The Male G-spot***

Dr. Ava Cadell encourages couples to be open about prostate play as it can be empowering for a man that can result in mind-blowing orgasms for him. This video takes a step-by-step approach to prostate pleasure with erotic demonstrations that show specific techniques such as "The million-dollar point" and "Triple Pleasure" with adult toys. From beginner finger play to prostate massage and prostate milking, this video covers myriad ways to pleasure your man both internally and externally for maximum sexual satisfaction.

13. Adult Toys Course

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 couple's 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 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.

Narrated Multimedia Presentation:

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.

Video course running time: 1 hour, 40 minutes

Approximate test time: 30 minutes

Training Videos:

History of Sex Toys: How To Use Sex Toys For Pleasure & Fantasies with Dr. Carol Queen (1hr 9 minutes)

Sex educator, activist and writer Carol Queen is the staff sexologist at the women-owned Good Vibrations sex toy and book emporium, and curates the Antique Vibrator Museum. In this live interactive seminar, she teaches about the history of sex toys and how to incorporate them into a relationship to boost intimacy.

Sex Toys with Dr. Ava Cadell (50 minutes, 19 seconds)

A fun and interactive live seminar filmed at Hedonism II in Jamaica. Dr. Ava teaches about how to use popular sex toys to arouse men, women and couples.

Ask The Expert Videos:

Ask The Expert – Home Party Planning with Tamara Bell (13 minutes, 16 seconds)

Dr. Ava Cadell interviews Tamara Bell, founder of the Home Pleasure Party Plan Association about how to become a pleasure party planning entrepreneur, and how becoming a love coach can benefit your business.

Ask The Expert – Sex Toys with Dave Levine (12 minutes, 22 seconds)

Dr. Ava Cadell interviews SexToy.com owner and entrepreneur Dave "Sex Toy Dave" Levine. He discusses why he started his sex toy empire, which toys sell best for men and women, what's popular and why, and what the future holds in the sex toy industry.

Ask The Expert – Dave Levine & Dr. Ava Cadell (11 minutes, 23 seconds)

Dave Levine from SexToy.com interviews Dr. Ava Cadell about sex toys, discussing asks sex toy styles, uses & benefits.

Ask The Expert – Sexpert Panel, Pleasure Products & Adult Toys (1 hour)

Moderator: Tamara Bell

Panelists: Dr. Ava Cadell, Nicole Grossman (CalExotics), Kim Varner, Coyote Amrich (Good Vibrations), Dr Draï Burch, OB/GYN and founder of Momentum.

14. **Back Door Play Course**

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 anal pleasure safely.
6. Identify major parts of male reproductive anatomy including prostate gland.
7. Identify the three (3) main anatomical parts to the Anus.
8. Explain how to use a prostate massager to stimulate the prostate gland.
9. Understand how to give a buttocks massage.
10. Learn how to self-administer an anal douche.

Narrated Multimedia Presentation:

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, analingus, consent, cleaning, preparation, anal care, breathing techniques, positions, prostate play, risk for STDs, how to talk about desire for anal sex and much more.

Video course running time: 46 minutes

Approximate test time: 30 minutes

Erotic Instructional:

Dr. Ava's Guide To Anal Sex For Women, Zero Tolerance (1 hour, 42 minutes)

Dr. Ava Cadell demystifies anal sex, giving individuals and couples the empowering information needed to take this sexual adventure together. The guide features the 12 Anal Sex Rules essential for anal safety and pleasure, expert tips on 'Analingus' and playful anal sex positions, as well as innovative skills using the latest toys.

15. Boundaries & Taboos Course

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.

Narrated Multimedia Presentation:

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.

Video course running time: 1 hour, 25 minutes

Approximate test time: 30 minutes

Training Videos:

BDSM & Role playing: Erotic Confidence For Women With Kinky Desires with Mistress Minax (1hr 12 minutes)

Dominatrix and author of Bondassage, Mistress Minax, teaches women about erotic confidence, kink, fantasies and role-playing in this interactive live seminar. She and her submissive, David, give hands-on demonstrations that allow participants to experience power play.

Ask the Expert Videos:

Ask The Expert – Paraphilia & Fetishism with Dr. Hernando Chaves (24 minutes, 22 seconds)

Accomplished Sex Therapist and Marriage and Family Therapist Dr. Hernando Chaves speaks about the definition of paraphilia, and the differences between fetishes and paraphilia, giving insight into this behavior.

16. Power Play Course

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.

Narrated Multimedia Presentation:

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.

Video course running time: 3 hours

Approximate test time: 30 minutes

Erotic Instructional:

Dr. Ava's Guide To Sensual BDSM for Couples, Zero Tolerance (2 videos 1 hour each = 2 hours)

Dr. Ava Cadell helps couples push past their boundaries to explore their sensual limits in this how-to guide to BDSM that covers blindfolding, spanking, domination, rope play, the violet wand, and much more.

Ask The Expert – PowerPlay and BDSM (1 hour)

Moderator: Viloshni Moodley

Panelists: Dr. Ava Cadell, Josh Ortiz, Dr. Patsy Evans & Jason, Sunny Megatron, Tamara Bell.

17. Coaching the Master Sexpert Course

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.

Narrated Multimedia Presentation:

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.

Video course running time: 1 hour, 23 minutes

Approximate test time: 30 minutes

EXTRACURRICULAR LOVEWORK

These assignments are to help you with real-world challenges in your career. Doing your own research for the latest statistics is of paramount importance for you to grow personally and professionally. Creating your own erotic menu, defining sex positivity and choosing adult toys for all genders and sexualities will help get you into the entrepreneurial mindset for a successful coaching career!

1. Write down how Covid has impacted Flirting and Dating.
2. Write a dialog between you and a Sexual Harasser, with a resolution that deflects your harasser.
3. Write an Aphrodisiac Menu of appetizers, main course and deserts.
4. Write a research study on the latest statistics on Consent and Safer Sex.
5. Write a list of Adult Toys you would recommend for all Genders and Sexualities.
6. Write down your definition of Sex Positivity.

[END OF SYLLABUS]