

California State University, Chico  
**DEPARTMENT OF HEALTH AND COMMUNITY SERVICE**  
**WOMEN'S HEALTH, HCSV 368 section 2, Spring 2009, Plumas 106**

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Office Hours: Tues. 7:50 – 8:50 pm

**COURSE DESCRIPTION**

This course will include an analysis of health issues that concern women throughout the life cycle. The physiological, psychological, cultural, and political impact upon women's well-being will be discussed using the feminist perspective.

This course fulfills the Natural Science subject area (Theme B) for the Women's Issues theme. This course is Area B (Natural Sciences) of the Upper Division Theme, Women's Issues. You must have completed at least 45 units of coursework in order to receive theme credit. This course has a 2,500-word writing requirement. The objectives for all courses within the Women's Issues Theme are as follows:

- \* Define varied feminist (woman-centered) theories, perspectives, and methods of studying women as they relate to the discipline that the course represents.
- \* Explore the impact of class, race, gender and sexuality on women's lives and place in society.
- \* Discuss the historical and current practices, institutions, and belief systems that maintain the subordination of women.
- \* Read materials by feminist writers and researchers.
- \* Identify ways women have brought about social, economic, and political change

**COURSE OBJECTIVES:** At the end of this course you should be able to:

- \* List the types of research utilized in the study of women's health, using major research studies as examples.
- \* Distinguish the scientific method from hearsay in interpreting material written about women's health in the popular news.
- \* Discuss critical findings and implications of selected research studies exploring various health and health care issues regarding women.
- \* Discuss the status and trends in the health of women and their care, with special attention to the differences among ethnic and racial subgroups and the impact of poverty.

- \* Explore selected physiological changes a woman's body undergoes (e.g. menarche, pregnancy and childbirth, menopause, aging) and their psychosocial impact.
- \* List and discuss the common diseases and disorders of women (including STDs): description, causes, prevalence, risk factors, symptoms, treatment, and prevention measures.
- \* Analyze selected factors that serve as barriers to women's health status and ways the public policy, health organizations, and women themselves can enhance health promotion behaviors.
- \* Explore the history of women's health and the effect of feminist movements upon health status, health research, and health care of women.
- \* Gain knowledge and skills to make informed decisions to enhance personal health status and medical care.
  
- \* Understand the following core terms and concepts and explore how they relate to Women's Health: patriarchy, paternalism, paradigm, social construct, conceptual framework, conceptual trap, the doctor patient relationship, evidence-based practice, feminization of poverty, medicalization of women's lives, the beauty myth, son preference, institutionalized and environmental racism.

### **TEXTS**

Boston Women's Health Collective. (2005). Our Bodies, Ourselves A New Edition for A New Era

New York: Simon and Schuster

Woman's Health Reader Mr. Kopy packet #570

Study Guide Mr. Kopy packet #571

Scientific Analysis Mr. Kopy packet #572

Midterm Quiz key #573 (not available until 10/7)

Final Quiz key #574 (not available until 12/9)

### **STUDENT RESPONSIBILITIES**

1. Attend class having read all assigned chapters and articles. Contribute to discussion and group activities in a manner that is open-minded and respects the diversity of experience, values, and thought explored in class. Attendance will be recorded at the end of each class. You will receive 5 points for each class you attend. Students who are reading, doing homework, or sending cell phone messages during class will lose the class attendance points for that class.
  
2. **SCIENTIFIC ANALYSIS** (50 points) **DUE 9/30**  
 This assignment requires you to analyze a scientific or medical study that addresses a women's health issue. You will need to discuss information such as:
  - Hypothesis
  - Sample size
  - Methodology

Findings  
Limitations  
How does the information affect women?  
What research should follow this?

This assignment will be completed as a small group project. Your work will be graded on the depth of your analysis based on the areas listed above and the instructional materials provided in class. Please use the worksheet provided to insure you cover all of the above areas thoroughly. Students who have an excused absence for this class can see me during office hours for a make-up assignment.

3. **EXAMS** (100 points each)

There will be a midterm and a final exam. Each will include multiple choice, short answer and an essay question. You will be expected to demonstrate knowledge from both the reading assignments and class lectures. The final exam is not cumulative.

4. **PERSONAL EXPERIENCE PAPER** (50 points) **DUE 12/2**

This assignment provides you the opportunity to reflect on your own personal experiences with women's health issues. How have your back-ground, family, friends, society, the media, and actual medical encounters, etc., contributed to your views of women's health and your view of yourself as a woman. Consider and include the insights you have gained about yourself in reference to **specific readings and topics we have discussed this semester.** How do these realizations contribute to your goals for the future both personally and professionally? This should be a three-page typed paper, double spaced, and is due in class.

5. **CLASS PARTICIPATION/QUIZZES**

(QUIZZES- 10 @ 5 points each = 50 points)

There will be a quiz at the beginning of some classes to help you keep up with the reading assignments. In addition, I expect you to integrate your own life experiences with your impressions from the readings and lectures and share your perceptions and insights during group discussion.

**COURSE GRADE**

Scientific Analysis	50
Class Participation/Attendance	65
Quizzes	60
Midterm	100
Personal Experience Paper	50
Final	<u>100</u>

## COURSE SCHEDULE

O = Our Bodies, Ourselves

WH = Woman's Health Supplementary Reader

<u>DAY/DATE</u>	<u>TOPIC</u>	<u>READINGS/ASSIGNMENTS DUE</u>
W 8/26	Introductions, Overview The Feminist Perspective and Women's Health	WH: 12, 63 O: Ch. 31 WH: 1-3,
W 9/2	History of Misogyny & Medicine Medicine vs. Healing The Women's Health Movement	WH: 4 quiz #1
W 9/9	Feminist Theory, Biomedical Research & Women's Health	WH: 5-11 quiz #2
W 9/16	Evaluating Medical Studies Science and the Media	WH: 12-15 quiz #3
W 9/23	Body Image Eating Disorders	WH: 16-21 O: pg, 38-43, Ch 2,4 quiz #4
W 9/30	Women's Sexual Health Sexual & Reproductive Anatomy Menarche	O: Ch. 12, WH: 22-26 <b>Scientific Analysis Due</b> quiz #5
W 10/7	Family Planning Reproductive Choices (Quiz key midterm at Mr.Kopy #590 after 8:00 pm)	O: Ch. 18,19,20 WH: 27-30 quiz #6
W 10/14	MIDTERM EXAM & Birth Films	
W 10/21	Violence Against Women	O: Ch. 8, quiz #11 WH: 58-60,
W 10/28	Pregnancy & Childbearing	O: Ch. 21, 22, 23 WH: 31-36, quiz #7

W	11/4	Well Woman Care Reproductive Health and Disease Sexually Transmitted Infections	O: p.587-595,649-655,691-695, Ch.14,15,16 WH: 37-42, quiz #8
W	11/11	Veterans Day no class	
W	11/18	Reproductive Cancers and Conditions.	O: p. 618-653, Ch 5 WH: 43-46, quiz #9
W	11/25	Thanksgiving Break	
W	12/2	Breast Health Menopause Women Growing Older	O:595-618, quiz #10 Ch 26,p. 671-679,Ch 27 WH: 49-57 <b>Personal Experience Paper</b>
W	12/9	Women's Health Status Health Policy & Finance (Quiz key at Mr.Kopy #591 after 8:00 pm)	WH: 61-67 O: Ch. 7, 31,32 quiz #12
W	12/16	<u>FINAL EXAM</u>	

### Grading Scale

A = 94 - 100%	B+ = 88 - 89%	C+ = 78 - 79%	D+ = 67 - 69%
A- = 90- 93%	B = 84 - 87%	C = 74 - 77%	D = 64 - 66%
	B- = 80 - 83%	C- = 70 - 73%	F = 63% or less