

WOMEN'S HEALTH

HCSV, WMST, NURS 368-04 Fall 2009
Butte 229, Tuesday/Thursday, 11:00-12:15

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I. Course Description

This course will include an analysis of health issues, which concern women throughout the life cycle. The physiological, psychological, cultural, and political impact upon women's well-being will be addressed. This course fulfills the Natural Science (Subject Area B) for the *Women's Issues Theme* (Theme O). You must have completed at least 45 units of coursework in order to receive theme credit. This course has a 1,500-word writing requirement. Course writing requirements are listed under Student Responsibilities.

II. Texts Course

Boston's Women's Health Collective. (2005). **Our Bodies, Ourselves: A New Edition for a New Era**. New York: Simon and Schuster

Selected weekly readings on Vista.

III. Objectives

The student will be able to:

1. List the types of research utilized in the study of women's health, using major research studies as examples.
2. Distinguish the scientific method from hearsay in interpreting material written about women's health in popular news.
3. Discuss critical findings and implications of selected research studies exploring various health and health care issues of women.
4. 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.
5. Explore selected physiological changes a women's body undergoes (i.e. Menarche, pregnancy, childbirth, menopause, aging) and their psychosocial impact.
6. List and discuss the common diseases and disorders of women (including STDs): description, causes, prevalence, risk factors, symptoms, treatment, and prevention measures.
7. Analyze selected factors which serve as barriers to women's health status and way that public policy, health organizations, and women themselves can enhance health promotion behaviors.
8. Explore the history of women's health and the effect of feminist movements upon health status, health research, and health care of women.

9. Gain knowledge and skills to make informed decisions to enhance personal health status and medical care.

IV. Theme Objectives

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

V. Course Outline

Day	Topic	Reading Assignment
8/25	Introduction to Women's Health	OBO. 30
8/27	Women's Health Movement	OBO. 31-32 Vista Readings
9/1	Women's Health Status Science and Women's Health	Vista
9/3	Women and Drug Use	OBO. 3,6 Vista
9/8	<i>State Budget Closure Day</i>	
9/10	Alcohol and Tobacco	
9/15	Body Image	OBO.1 Vista
9/17	Disordered Eating/Depression	
9/22	EXAM #1	OBO.12 Vista
9/24	Sexuality Survey	Bring Sex Survey Worksheet
9/29	Reproductive Cycle	OBO.13 Sex Survey Analysis due
10/1-6	Reproductive Choices	OBO.17-20 Vista
10/8	Sexually Transmissible	OBO.14-16 Vista
10/13	Infections & HIV	Poster Due
10/15	<i>State Budget Closure Day</i>	
10/20	Breastfeeding	OBO.21-25 Vista
10/22	EXAM #2	
10/27	Sexually Transmissible	OBO.14-16 Vista
10/29	Infections & HIV	
11/3	Violence Against Women	OBO. 8 Vista
11/5		
11/10-12	Common Diseases/Disorders of Women	OBO. 28, 29, 7 TBTN March 8-9:30
11/17	Breast Health	OBO. 2, 4, 5 Vista TBTN Paper Due
11/19	<i>Furlough Day No Class</i>	
12/1	Heart Health	Women Centered Event Paper Due
12/3-8	Health in Mid- and Late-Life	OBO. 26-27 Vista
12/10	Lesbian Panel & Review	
12/18	Final Exam Thursday 10:00	

VI. Student Responsibilities

- A. Participate in a 3 exams at the appointed time. Dates are listed on the outline.
- B. Attend each class prepared and ready to discuss read EACH article and chapter, contribute to class discussions, and participate in planned activities. Attendance will be recorded. For each absence over 1, your final grade will be reduced 1/3 letter grade.
- C. Respect: Respect the diversity of experience, values, and thoughts presented and explored in class. Conduct yourself professionally in all classroom interactions.
- D. Submit high quality assignments on time. Assignments must be submitted at the beginning of the class session in which they are due.
- E. **Sex Survey Analysis – handout in class (10 points) Paper due Sept 29**
- F. **Attend a Woman Centered Event (25 points)**
Paper due 1 week after event (last day to accept Dec 1)
 Select a women’s health event you can attend in the Chico, University, or neighboring community. All events must be approved by me. Submit a 2 page summary (typed) of your event. Provide the time, location, and describe the women’s issue/event and your role in it. *Recount any thoughts before, during, and after the event. Relate new insights, perceptions, and experiences. Give 3 examples of how this event relates to course content.*
- G. **Take Back the Night March November 12, Thursday, 8–9:30 pm (25 points)**
Paper due November 17
 Attend the TBTN March and submit a summary (typed) of event. Provide the time, location, and describe your role in it. *Recount any thoughts before, during, and after the event. Relate new perceptions, insights, and experiences. Give 3 examples of how this event relates to course content.*
- H. **Take Back the Night Poster (25 points)**
Poster due October 13
 Create a poster for the silent march. Poster will be graded on creativity, effort, impact, and rape awareness theme.

VII. Evaluation

Sex Survey Analysis	10	A = (94-100)	C+= (78-79)
TBTN March & Summary #1	25	A-= (90-93)	C = (74-77)
Take Back the Night Poster	25	B+= (88-89)	C-= (70-73)
Event #2	25	B = (84-87)	D+= (67-69)
Exam 1	100	B- = (80-83)	D = (64-66)
Exam 2	75		F = (63 or less)
Exam 3	100		
Total	360		