

**WOMEN'S HEALTH ISSUES Health 25**

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Office: Mission Campus Rm 264

**FALL SEMESTER 2012**

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Ocean Campus MU 353

**Please complete the assigned reading in OBOS before that class meeting.**

DATES	LECTURE TOPICS	ASSIGNED READING
8/16	Introduction to course Defining Women's Health	Preface pp. xi-xiii <i>Herstory &amp; Collage</i> Assigned – due 9/6
8/23	Women & Health through the ages.  <i>Assign Personal Health Concern Project</i> - outline due 9/27	Handout: <i>History of Women &amp; Healing</i> Chapter 1
8/30	Locating & Evaluating Info Preventing Violence Against Women Project Survive Presentation	Meet in the Library Chapter 14
9/6	Diversity, Social Justice & Health Health Habits Successful Change	Chapters 3 & 15, & pp. 310-312 <b><u>Due: Herstory &amp; Collage</u></b> "Making Changes" pamphlet–due 9/27
9/13	Stress Management Women & Mental Health  <i>Assign Video Miracle of Life</i> in R403 or Women's RC – Report due 10/4	handout: <i>The Reality of Female Stress</i> Chapter 12 <i>Assign Charting Patterns</i> –due 12/6
9/20	Body Image & Self-esteem  Exercise	Chapter 9, pp. 254-260 video: <i>Killing Us Softly 4 &amp; The Body Positive</i> Chapter 9, pp. 239-254 Handout: <i>Reasons to Exercise</i>
9/27	Nutrition <i>Assign Food/Mood Diary</i> – due 10/11 <b><u>Due: Topic Outline &amp; Making Changes pamphlet – 1<sup>st</sup> Check-in</u></b> Substance Use and Abuse	Chapter 9, pp. 225-283 Chapter 10, pp. 264-282 Chapter 13, Handout: <i>Neg. Effects of Overuse</i>
10/4	Knowing Your Body: Anatomy & Physiology & Hormonal Cycles	Chapter 4, pp. 71-75, handout <b><u>Due: Miracle of Life Report</u></b>
10/11	Menstruation Holistic Health Care	Chapter 4, pp. 75-77 speaker; handout <b><u>Due: Food/Mood Diary</u></b>
10/18	Sexuality MIDTERM EXAM	Chapter 4, pp. 64-86

10/25	<b><u>DUE: PERSONAL HEALTH CONCERN PROJECT Part 1: Research</u></b> 2 <sup>nd</sup> Check-in with "Making Changes" pamphlet Sexually Transmitted Infections Chapter 7; Slides HIV/AIDS	
11/1	Safer Sex Relationships & Communication	Handouts: <i>Safer Sex Comm. Tips</i>
11/8	Reproductive Management; Birth Control Reproductive Rights; Abortion	Chapter 5
11/15	Self-Health and Self-exams What's a good gynecological exam? Patient's Rights in the health care system Breast health; Cancer concerns Assign Breast Self-Exam - due w/ Charting Patterns assn. 11/29 3 <sup>rd</sup> Check-in with "Making Changes" pamphlet	Video – <i>Women's Self-Help</i> Chapter 2 Chapter 10, pp. 282-303
11/22	No Class – Thanksgiving	
11/29	<b><u>DUE: PERSONAL HEALTH CONCERN PROJ.– Part 2 : Application</u></b> Considering Parenting Chapter 6 Pregnancy & Childbirth	
12/6	<b><u>DUE: CHARTING PATTERNS &amp; Breast Self-Exam</u></b> Menopause & Aging Spirituality	Chapters 8 and 11 Bring a symbol of your connection to the sacred <b><u>DUE: All Extra-Credit Reports</u></b>
12/13	FINAL EXAM	

Herstory Due 9/6  
 Project Outline & Making Changes Pamphlet - Due 9/27  
*Miracle of Life* Video Report - Due 10/4  
 Food/Mood Diary - Due 10/11  
 Personal Health Concern Project Part 1: Research Due 10/25  
 Personal Health Concern Project Part 2: Application - Due 11/29  
 Charting Patterns Reflection Page, charts & Breast Self-Exam Paragraph - Due 12/6  
 Extra credit reports should be turned in as soon as done, but no later than 12/6

The above schedule is subject to change in the event of extenuating circumstances.

Use the index in the textbook to find information on topics and health concerns of particular interest to you. Chapter 11 has info on common medical problems you may want to refer to earlier than assigned. The Web Sites at the end of each chapter are good sources for additional information, research, and extra credit.

Use the “Instructional Objectives & Study Guide” handout before and after each class to make sure you have notes on each Objective, and use it to study for the Midterm and Final Exams.

