

WOMEN'S HEALTH ISSUES

HEALTH 25

Cosponsored by the Health Education and the Women's Studies Departments

Instructor: Robin Roth

email: rroth@ccsf.edu

Phone: 452-5153

Office: Mission Campus Rm 264

Ocean Campus MU 353

TEXTBOOKS: New Dimensions in Women's Health, 5th edition, Alexander, Linda, et al, Jones and Bartlett Publishers, Boston, 2010. Available at the Bookstore or online new, used, or for rent.

Readings from the text will be supplemented with handouts

Recommended: The Fat Counter: 7th Edition by Annette B. Natow and Jo-Ann Heslin. Dec 30, 2008. Or other good fat gram counter.

COURSE DESCRIPTION: An exploration of issues related to the mental, physical, spiritual, social and political aspects of women's health. The practical orientation of this course emphasizes information and resources to help each woman optimize her own health and well-being, while expanding understanding of the broader issues that shape the lives and health of all women and how we can influence these issues.

ESL/English ADVISORY: It is recommended that students be eligible for ESL 82 or English 92. Students need sufficient English skills to read the text, understand and participate in class discussions, and write clearly.

STUDENT LEARNING OUTCOMES:

1. Identify the special health concerns of women in general, of diverse groups of women, and the intersectionality of identities.
2. Compare the medical treatment of women throughout history, and discuss the implications for current health care practices.
3. Examine the influence of culture, ethnicity, gender, sexual orientation, class and socioeconomic status on health, and apply to the phenomenon of health disparities.
4. Identify habits that influence health and analyze factors that affect ability to make desired lifestyle changes for optimal health.
5. Demonstrate knowledge of the female body, particularly reproductive and sexual anatomy and physiology.
6. Identify common health conditions and situations affecting women throughout the life cycle, and the application of prevention and treatment methods.
7. Evaluate skills and knowledge needed to become a wise health care consumer.
8. Analyze underlying factors in controversial issues in women's health.
9. Employ research and evaluation skills and behavior change techniques in addressing a personal health concern.

EVALUATION: Grades are based on class participation, a midterm and a final exam, a paper on a personal health concern, and several short projects. No more than 3 absences are allowed to get a "C" in this course. Two times late to class or leaving early will count as one absence. Attendance is part of participation, along with active engagement in class discussion and exercises. Assignments must be printed out and submitted in class. Late work will lose points. Cheating will not be tolerated. A grade of "F" is given for any cheating, which includes talking during tests and plagiarism (copying from a book, the Internet, other reference or in any way representing others' work as your own). It is expected that your work and class conduct will be appropriate for a college level academic course. Students are expected to follow the CCSF Rules of Student Conduct (see CCSF Catalog Student Rights and Responsibilities). Expressions of opinions and ideas as well as tolerance of diversity is inherent to this process. Your active participation will benefit you and the whole class.

EXTRA CREDIT: Extra credit can be earned through attendance at women's health related events; by viewing videos in the Rosenberg Media Center in R403 or in the Women's Resource Center SH103; or by volunteering for a women's health organization. Turn in a short paper discussing what you learned and your opinion. Extra credit learning on the topic of a missed class is highly recommended. A maximum of 12 extra credit points can be earned: 2 points for a website article, 4 points for event, video, etc.

GRADING SCALE for Final Grade:

Midterm Exam	100 points		
Final Exam	100 points		
Term Paper	100 points		
Participation	25 points		
Short projects	75 points:	<i>Herstory</i>	<i>25 points</i>
		<i>Topic outline</i>	<i>5 "</i>
		<i>Making Changes</i>	<i>10 "</i>
		<i>Miracle of Life</i>	<i>5 "</i>
		<i>Food/Mood Diary</i>	<i>10 "</i>
		<i>Chart Patterns</i>	<i>20 "</i>
Total	400 points		

A	90% +	360-400 points
B	80-89%	320-359 "
C	70-79%	280-319 "
D	60-69%	240-279 "
F	<60%	under 240 "

OFFICE HOURS: My office hours for this class are on Thursday before class from 5:30-6 pm in Room 264. Appointments made in class or by message are recommended. Messages can best be left by emailing rroth@ccsf.edu. A phone message can be left at 452-5153; give your name, class, and times when you can be reached & repeat your phone # slowly and clearly.