**GEORGE MASON UNIVERSITY**

**WOMEN’S HEALTH**

**HEAL 327 - Fall 2009**

Day/Time: Monday/4:30-7:10 p.m. Location: FX – KH 210

Instructor: Ms. Cindy Pavell, M.S. Email: [cpavell@cox.net](mailto:cpavell@cox.net)

Phone: 703-298-8198 Office Hours: By appointment only

**PREREQUISITES:**

None

**COURSE DESCRIPTION:**

The course will examine health issues unique to women – including health care, diet and exercise, reproductive and gynecological issues, chronic diseases, healthy relationships, and preventing abuse against women. Class participants will analyze literature from multiple sources, including from professional journals, and will discuss the consequences of their choices within various aspects of life.

**COURSE OBJECTIVES:**

\*Understand and assess the issues facing women in the health care, health studies, research priorities, cultural and international implications, health promotion, and becoming informed consumers.

\*Discuss strategies for developing a healthy lifestyle through behavior change models, self-assessment tools, and understanding the impact of the life transitions from childhood through late adulthood.

\*Accurately reflect on the psychological health factors as well as the socio-cultural influences and their impact on emotional well-being.

\*Clearly articulate the multitude of factors affecting eating and exercise habits, body image, eating disorders, and special conditions requiring specific nutrients.

\*Describe the unique substance abuse issues that women face regarding alcohol, prescription and illicit drugs, smoking, and the social and/or physical consequences.

\*Develop a broad awareness of the violence issues in the lives of women and the long-term physical and psychological damage of violence.

\*Discuss the attributes of a healthy vs. unhealthy relationships.

\*Understand the issues and debates central to gynecological and reproductive health – including birth control methods, fertility, abortion, pregnancy and parenting.

\*Recognize the physiological and psychological ramifications of communicable and chronic diseases – including AIDS and other sexually transmitted diseases, heart disease, and cancer.

\*Discuss issues unique to mature and aging women in our society.

**REQUIRED TEXTBOOK:**

*Contemporary Women’s Health: Issues for Today and the Future*, Kolander, 3rd edition, 2008

**EVALUATION/GRADING SCALE:**

**Assignments Points Grading Scale**

Attendance (3) 39 A = 94-100 (243-258)

8 Weekly (5 points each) 40 A- = 90-93 (232-242)

8 Quizzes (top 6, 10 points) 60 B+ = 88-89 (227-231)

8 Exit Activities (3 points) 24 B = 84-87 (217-226)

Three 2-Minute Articles 30 B- = 80-83 (206-216)

(10 points each) C+ = 78-79 (201-205)

Group Presentations 20 C = 74-77 (191-200)

3 Personal Health Booklet Checks C- = 70-73 (181-190)

(5 points each) 15 D = 60-69 (155-180)

Personal Health Booklet (Final) 30 F = 154 or less

**Total**  **258**

**ATTENDANCE (3 points each class)**

\*Students are expected to arrive on time to each class. There will be a five minute grace period. After said grace period, you will not receive attendance points.

\*Excused absences, for medical or any other reason, will be granted only with written proof.

\*Student Athletes: Excused absences will be granted to student athletes who provide **advance** notice (**at least one week**) for their participation in athletic events.

\*Excused absences will also be granted for **advance** notice of observation of religious holidays recognized by the university.

**\*It is your responsibility to provide written proof for an excused absence; if not provided, it will be an unexcused absence.**

\*Please keep in mind that when you make a choice not to attend class, it is your responsibility to contact a classmate for any missed notes, work assigned, or group task. DO NOT COME TO ME!!!!!!

**WEEKLY ASSIGNMENTS (5 points each)**

\*There will be 8 weekly assignments. These are not major tasks, so no need to worry. \*Any written assignments must be typed and stapled or you will not receive credit.

\***I DO NOT ACCEPT ANY ASSIGNMENTS THROUGH EMAIL.**

**\***If you are going to be absent, email toaclassmate and have them bring the hard copy to me in class.

**QUIZZES (10 points each)**

\*There will be **8 unannounced** quizzes, so be sure to read the chapter assigned before coming to class.

\*I will only count your best 6 quiz grades.

\*The quizzes will contain a mixture of 10 multiple choice and true/false questions.

\* **There are no make-ups for quizzes, even for excused absences.**

**EXIT TICKETS (3 points each)**

\*These are “active learning” activities that will be done during class time.

\*Points are not guaranteed just because you are in class.

\*Eight will be given.

**2-MINUTE ARTICLES (10 points each)**

\*Throughout the semester you will be asked to find a **reputable** research journal article and present the information to class as it applies to the chapter assigned.

\*You will be doing 3 of these presentations.

\*Do your best to stay within the 2-minute limit

\***Know your information** – DO NOT READ OFF A NOTE CARD

**Red** = Chapters 3, 6, 11

**Green** = Chapters 4, 7, 12

**Blue** = Chapters 5, 10, 15

**GROUP PRESENTATIONS (20 points)**

\*Students will be partnered into small groups based on class size.

\* Each group will present current information, using reputable journals, books, etc., on an instructor approved subject.

-Each member of the group must present a portion of the presentation

-**Know your information** – do not read it.

\*Visual aids **must** be used.

\*Groups will present an outline of presentation & material **2 weeks** **prior** to presentation.

\*Reference page required – due on the date of presentation.

\*Length of presentation **not** to exceed 10 minutes or group will lose a letter grade

**PERSONAL HEALTH BOOKLET (30 POINTS)**

\*Five Chapters

\*Topic of each chapter is based on any subject, which interests you, which the text

covers.

\*You must include the following 3 sections in each chapter:

1) Introductory Page – States why the chosen topic interests you; this should not be longer than 2-3 paragraphs.

2) Information Section/Pages – this is the information about chosen topic that is important to you.

3) A journal article/s that supports your information – no more than 2 articles.

\*Typing is 12 point font, 1” margins, and double-spaced.

**PERSONAL HEALTH BOOKLET CHECKS (5 POINTS EACH)**

\*These are checkpoints to ensure your Health booklet is being developed and to help you with the process.

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| **DATE** | **TOPIC/READING** |
| 08/31  Week 1 | Introduction/Syllabus/Chapter 1- ***Introduction to Women’s Health*** |
| 09/14  Week 2 | Chapter 2 – ***Becoming a Wise Consumer*** |
| 09/21  Week 3 | Chapter 3 – ***Developing a Healthy Lifestyle***  2-Minute Red # 1 |
| 09/28  Week 4 | Chapter 4 – ***Enhancing Emotional Well-Being***; 2-Minute Green # 1  Chapter 5 – ***Managing Stress of Life***; 2-Minute Blue # 1 |
| 10/05  Week 5 | Chapter 6 – ***Preventing Abuse Against Women***  2-Miniute Red # 2  Health Booklet Checkpoint # 1 |
| 10/13  Week 6  **Tuesday** | Chapter 7 – ***Building Healthy Relationships***  2-Minute Green # 2 |
| 10/19  Week 7 | Chapter 8 – ***Examining Gynecological Issues*** |
| 10/26  Week 8 | Chapter 9 – ***Designing Your Own Reproductive Life Plan***  Healthy Booklet Checkpoint # 2 |
| 11/02  Week 9 | Chapter 10 – ***Eating Well***; 2-Minute Blue # 2  Chapter 11 – ***Keeping Fit***; 2-Minute Red # 3 |
| 11/09  Week 10 | Chapter 12 – ***Using Alcohol Responsibility***  2-Minute Green # 3 |
| 11/16  Week 11 | Chapter 13 – ***Making Wise Decisions About Tobacco, Caffeine, and Drugs***  **GROUP PRESENTATIONS DUE** |
| 11/23  Week 12 | Chapter 14 – ***Preventing Sexually Transmitted Infections and Other Infectious Diseases***  Healthy Booklet Checkpoint # 3 |
| 11/30  Week 13 | Chapter 15 – ***Managing Cardiovascular Health and Chronic Health Conditions***; 2-Minute Blue # 3 |
| 12/07  Week 14  **Last Day of Class** | Chapter 16 – ***Reducing Your Risk of Cancer*** |
| **Final** | **PERSONAL HEALTH BOOKLET DUE** |

This syllabus is not written in stone and is subject to change.

There is no extra credit. You are responsible for keeping track of your points.

George Mason University Policies

Mason shares in the tradition of an honor system that has existed in Virginia since 1842. The code is an integral part of university life. On the application for admission, students sign a statement agreeing to conform to and uphold the Honor Code. Students are responsible, therefore, for understanding the code’s provisions. In the spirit of the code, a student’s word is a declaration of good faith acceptable as truth in all academic matters. Cheating and attempted cheating, plagiarism, lying, and stealing of academic work and related materials constitute Honor Code violations. To maintain an academic community according to these standards, students and faculty members must report all alleged violations to the Honor Committee. Any student who has knowledge of, but does not report, a violation may be accused of lying under the Honor Code.

The Honor Committee is independent of the student government and the university administration. It is composed of students selected by the student body, and it has the primary duty of espousing the values of the Honor Code. Its secondary function is to sit as a hearing committee on all alleged violations of the code.

At the beginning of each semester, faculty members have the responsibility of explaining to their classes their policy regarding the Honor Code. They must also explain the extent to which aid, if any, is permitted on academic work.

The complete Honor Code is as follows:

To promote a stronger sense of mutual responsibility, respect, trust, and fairness among all members of the George Mason University community and with the desire for greater academic and personal achievement, we, the student members of the university community, have set forth this honor code: **Student members of the George Mason University community pledge not to cheat, plagiarize, steal, or lie in matters related to academic work.**

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**Students must agree to abide by the university policy for Responsible Use of Computing. See** [**http://www.gmu.edu/facstaff/policy/newpolicy/1301gen.html**](http://www.gmu.edu/facstaff/policy/newpolicy/1301gen.html)**.**

**Click on responsible Use of Computing Policy at the bottom of the screen.**

**Students with disabilities who seek accommodations in a course must be registered with the GMU Disability Resource Center (DRC) and inform the instructor, in writing, at the beginning of the semester. See** [**http://www.gmu.edu/student/drc/**](http://www.gmu.edu/student/drc/) **or call 703-993-2474 to access the DRC.**