

GEORGE MASON UNIVERSITY

WOMEN'S HEALTH HEAL 327 - Fall 2010

Day/Time: Monday/4:30-7:10 p.m.	Location: FX - R 243
Instructor: Ms. Cindy Pavell, M.S.	Email: cpavell@cox.net
Phone: 703-298-8198/fax 571-282-3388	Office Hours: By appointment only

PREREQUISITES:

None

COURSE DESCRIPTION:

Examines health issues unique to women, including health care, food and exercise, reproductive and gynecological issues, chronic diseases, and issues of violence.

COURSE OBJECTIVES:

- *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 (2)	22	A = 94-100 (409 - 435)
5 Weekly (4 points each)	20	A- = 90-93 (392 - 408)
7 Quizzes (top 5, 10 points)	50	B+ = 88-89 (383 - 391)
6 Exit Activities (3 points)	18	B = 84-87 (365 - 382)
Two 2-Minute Articles (10 points each)	20	B- = 80-83 (348 - 364)
Group Presentations	20	C+ = 78-79 (339 - 347)
3 Personal Health Booklet Checks (5 points each)	15	C = 74-77 (322 - 338)
Personal Health Booklet	30	C- = 70-73 (305 - 321)
3 Exams (80 points each - includes Final)	<u>240</u>	D = 60-69 (261 - 304)
	TOTAL: 435	F = 260 or less

ATTENDANCE (2 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 (4 points each)

*There will be 5 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 to a classmate and have them bring the hard copy to me in class.

QUIZZES (10 points each)

*There will be 7 unannounced quizzes, so be sure to read the chapter assigned before coming to class.

*I will only count your best 5 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.
- *Six 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 2 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 5, 9

Green = Chapters 6, 10

Blue = Chapters 7, 11

Purple = Chapters 8, 12

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: 8 - 12 minutes. **The group will lose a letter grade if not within this time limit of 8 - 12 minutes.**

PERSONAL HEALTH BOOKLET (30 POINTS)

- *Five Chapters - each chapter is a different subject (these are your own chapters, not chapters from the book-although that is where you are getting your topics).
- *Topic of each chapter is based on any subject, which interests you, which is covered in the text.
- *You must include the following 3 sections in each chapter; **you must have all three sections in each chapter.**
 - 1) **Introductory Page** - States why the chosen topic interests you; this should not be longer than 2-4 paragraphs.

2) Information Section/Pages - this is the information portion about each topic. Use your references to support the topic. Length 3- 4 pages, double-spaced, 1" margins, and 12-point font.

3) Reference Page - A journal article/s that supports your information - at least 2 articles/sources but no more than 4 sources per chapter (Hence, at least 10 source articles). You may use .org, .edu, or .gov at internet sources. **You must supply the original source article**...not an article that lists the source. Site the source throughout the paper.

Example: ...bbbb (Drake, p.123).

*Paper needs to be typed in 12-point font, with 1" margins, and double-spaced. Papers will be in APA style and reflect the collegiate level of education - especially in reference to style, grammar, and spelling.

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.

Checkpoint # 1 - Pick 5 topics.

Checkpoint # 2 - Write the introduction for all 5 chapters.

Checkpoint # 3 - Find & print at least 2 sources for each chapter.

EXAMS (80 POINTS EACH)

*Each exam will be a mix of multiple choice, true/false, and matching.

DATE	TOPIC/READING
08/30 Week 1	Introduction/Syllabus/ Consolidated Chapters 1 & 2; Chapter 3 - <i>Developing a Healthy Lifestyle</i>
09/06 Week 2	Labor Day
09/13 Week 3	Chapter 4 - <i>Enhancing Emotional Well-Being</i> Chapter 5 - <i>Managing Stress of Life</i> 2-Minute Red # 1
09/20 Week 4	Chapter 6 - <i>Building Healthy Relationships</i> 2-Minute Green # 1
09/27 Week 5	Chapter 7 <i>Exploring Women's Sexuality</i> Health Booklet Checkpoint # 1 2-Minute Blue # 1
10/04 Week 6	Exam I - Chapters 1, 2 (powerpoint), 3, 4, 5, 6, 7

10/12 Week 7 TUESDAY	Chapter 8 - <i>Designing Your Reproduction Life Plan</i> Healthy Booklet Checkpoint # 2 2-Minute Purple #1
10/18 Week 8	Chapter 9 - <i>Preventing Abuse</i> 2-Minute Red # 2
10/25 Week 9	Chapter 10 - <i>Eating Well.</i> Healthy Booklet Checkpoint # 3 2-Minute Green #2
11/01 Week 10	Chapter 11 - <i>Keeping Fit.</i> 2-Minute Blue # 2
11/08 Week 11	Exam II Chapters 8, 9, 10, 11 Chapter 12 - <i>Using Alcohol Responsibility</i> 2-Minute Purple #2
11/15 Week 12	Chapter 13 - <i>Making Wise Decisions About Tobacco, Caffeine, and Drugs</i>
11/29 Week 13	Chapter 14 - <i>Preventing and Controlling Infections Diseases</i> GROUP PRESENTATIONS DUE
12/06 Week 14 Last Day of Class	Chapter 15 - <i>Preventing and Controlling Chronic Health Conditions.</i> Health Booklets Due
Final Exam III 12/20/10	Chapters 12, 13, 14, 15 Monday 4:30 p.m. - 7:10 p.m.

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.



- ❖ All students are held to the standards of the George Mason University Honor Code [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester [See ods.gmu.edu]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>