

# GEORGE MASON UNIVERSITY

## WOMEN'S HEALTH HEAL 327 - Spring 2010

Day/Time: Monday/4:30-7:10 p.m.  
Instructor: Ms. Cindy Pavell, M.S.  
Phone: 703-298-8198

Location: FX - DK 1006  
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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:

- \*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, 3<sup>rd</sup> edition, 2008

## EVALUATION/GRADING SCALE:

<u>Assignments</u>	<u>Points</u>	<u>Grading Scale</u>
Attendance (2)	24	A = 94-100 (430 - 457)
8 Weekly (3 points each)	24	A- = 90-93 (411 - 429)
7 Quizzes (top 5, 10 points)	50	B+ = 88-89 (402 - 410)
8 Exit Activities (3 points)	24	B = 84-87 (384 - 401)
Three 2-Minute Articles (10 points each)	30	B- = 80-83 (366 - 383)
Group Presentations	20	C+ = 78-79 (356 - 365)
3 Personal Health Booklet Checks (5 points each)	15	C = 74-77 (338 - 355)
Personal Health Booklet	30	C- = 70-73 (320 - 337)
3 Exams (80 points each - includes Final)	<u>240</u>	D = 60-69 (274 - 319)
	TOTAL: 457	F = 273 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 (3 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 to a classmate 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 5, 8, 11

**Green** = Chapters 6, 9, 12

**Blue** = Chapters 7, 10, 13

## 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.

\*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 about chosen topic that is important to you. Length 2- 4 pages.

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

\*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.

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.

<b>_DATE</b>	<b>TOPIC/READING</b>
01/25 Week 1	Introduction/Syllabus/ Chapter 3 - <i>Developing a Healthy Lifestyle</i>
02/01 Week 2	Chapter 4 - <i>Enhancing Emotional Well-Being</i>
02/08 Week 3	Chapter 5 - <i>Managing Stress of Life</i> 2-Minute Red # 1
02/15 Week 4	Chapter 6 - <i>Preventing Abuse Against Women</i> Health Booklet Checkpoint # 1 2-Minute Green # 1

02/22 Week 5	Chapter 7 <i>Building Healthy Relationships</i> 2-Minute Blue # 1
03/01 Week 6	Exam I - Chapters 3, 4, 5, 6, 7
03/15 Week 7	Chapter 8 - <i>Examining Gynecological Issues</i> Healthy Booklet Checkpoint # 2 2-Minute Red # 2
03/22 Week 8	Chapter 9 - <i>Designing Your Own Reproductive Life Plan</i> 2-Minute Green # 2
03/29 Week 9	Chapter 10 - <i>Eating Well.</i> Healthy Booklet Checkpoint # 3 2-Minute Blue # 2
04/05 Week 10	Chapter 11 - <i>Keeping Fit.</i> 2-Minute Red # 3
04/12 Week 11	Exam II Chapters 8, 9, 10, 11 Chapter 12 - <i>Using Alcohol Responsibility</i> 2-Minute Green # 3
04/19 Week 12	Chapter 13 - <i>Making Wise Decisions About Tobacco, Caffeine, and Drugs</i> 2-Minute Blue # 3
04/26 Week 13	Chapter 14 - <i>Preventing Sexually Transmitted Infections and Other Infectious Diseases</i> <b>GROUP PRESENTATIONS DUE</b>
05/03 Week 14 Last Day of Class	Chapter 15 - <i>Managing Cardiovascular Health and Chronic Health Conditions.</i> Health Booklets Due
Final Exam III 05/10/10	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.