

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

HEALTH 327– WOMEN'S HEALTH
Summer 2010

DAY/TIME:	Monday-Thursday 2:30-4:45 PM May 17th - June 17th	CLASS LOCATION:	FFX – AB 2026
PROFESSOR:	Elizabeth Hanfman, MA Peggy Stull, M.Ed	EMAIL ADDRESS:	ehanfman@gmu.edu pstull@gmu.edu
OFFICE HOURS:	BY APPOINTMENT	OFFICE LOCATION:	Suite A6 4260 Chain Bridge Road, Fairfax

PREREQUISITES

None Required

COURSE DESCRIPTION

The course will examine health issues unique to women including health care, food and exercise, reproductive and gynecological issues, chronic diseases, and issues of violence. Class participants will analyze readings from professional journals as well as the popular media and discuss the positive and negative consequences of their potential choices in the areas described.

COURSE OBJECTIVES

At the completion of this course, students should be able to:

- ❖ Understand and assess the issues facing women in the changing health care environment, including health studies and research priorities, cultural and international implications, emphasis on health promotion, working better with doctors, and becoming wise consumers.
- ❖ Discuss strategies for developing a healthy lifestyle through behavior change models, self assessment tools, and understanding the impact of life transitions from childhood through late adulthood.
- ❖ Accurately reflect on the psychological health factors that occur in women through interactions with other people and society 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 in women, including body image, dieting practices, special conditions requiring specific nutrients, vegetarianism, and eating disorders.
- ❖ Describe the unique substance abuse issues that face women regarding alcohol, smoking, or inappropriate use of prescription, over-the-counter and illicit drugs and resultant social or physical consequences.
- ❖ Develop a broad awareness of the violence issues in the lives of women, including genital mutilation among some cultures, violence in relationships, rape, and the long-term physical and psychological damage of violence.
- ❖ Discuss the attributes of healthy vs. unhealthy relationships.
- ❖ Understand the issues and debates central to gynecological and reproductive health, including the selection of birth control methods, fertility, abortion and planning for pregnancy and parenting.
- ❖ Recognize the physiological and psychological ramifications of communicable and chronic diseases that affect women, including AIDS and other sexually transmitted diseases, cardiovascular disease, Alzheimer's disease and cancer.
- ❖ Discuss concepts of interest to mature women including palliative care and end of life issues.

TEXTBOOK

Contemporary Women's Health: Issues for Today and the Future

Cheryl A. Kolander, 4th Edition, 2011

PRESENTATIONS

Students will be partnered into small groups based on size of class for presentations three times during the semester. Each group will present on a current journal article on the subjects listed below

1. Current Issues in Women's Health - Mental and Emotional Wellness May 27
 ➤ **Women's Health in a Global Society**
2. Current Issues in Women's Health - Sexual and Relationship Wellness June 3
 ➤ **Building Healthy Relationships with Others**
3. Current Issues in Women's Health - Contemporary Lifestyle and Social Issues June 10
 ➤ **Women and Illegal/Risky Behavior**

Each group should research current articles (2004 or after) to share with the class. These sessions are planned to be roundtable reviews, to stimulate discussions on health issues faced by women of all ages, and presenters should be prepared to answer questions from the group. Presentations should last no longer than 10-15 minutes. Based on your findings from the research and journal article selected be prepared to:

1. Provide a Definition and Significance of the Problem
2. Key Factors Related to the Problem
3. Proposed Solutions to the Problem

JOURNAL ARTICLE

A short – 2 Page (typed, double-spaced) journal analysis of the journal article presented to class is due at date of presentation.

WOMEN'S HEALTH ISSUE ANALYSIS PAPER

Choose a women's health issue or concern. Utilize current readings as well as current professional sources (published within the last 5 years; nothing prior to 2005) for reference. All references used must be cited using APA 5th edition format. Papers should be 6-8 pages, typed, double-spaced, using a 12 font. Failure to turn the paper in on the designated due date will result in an automatic grade reduction.

Within the paper, please address the following:

1. *Identification of Issue:* State the Women's Health problem and its scope (what % of women are affected)

2. *Discussion of the issue:* Why is it an important problem or concern? What are the possible consequences if it is not addressed? What are the “key factors” involved in the issue? What are the conclusions of your analysis of the research and readings?
3. *Answer the following:* How should the issue be addressed? What are possible alternate approaches? What recommendations do you suggest? What are your personal thoughts on the subject?

EVALUATION:

Grading Scale

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

Presentations + Journal Article Write-up	10 POINTS (3)
Analysis Paper	30 POINTS
Final Exam	25 POINTS
Class Participation	15 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 Disability Resource Center (DRC) and inform the instructor, in writing, at the beginning of the semester [See www.gmu.edu/student/drc]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>

CLASS SCHEDULE:

Part 1 Foundations of Women's Health				
Monday	May 17		Welcome and Overview	
Tuesday	May 18	Chapter 1	Introduction	
Wednesday	May 19	Chapter 2	Wise Consumer	
Thursday	May 20	Chapter 3	Healthy Lifestyle	
Part 2 Mental and Emotional Wellness				
Monday	May 24	Chapter 4	Emotional Well Being	
Tuesday	May 25	Chapter 5	Stress	
Wednesday	May 26	Chapter 6	Healthy Relationships	
Thursday	May 27		Presentations # 1	Research Article Due
Part 3 Sexual and Relationship Wellness				
Monday	May 31		Holiday No Class	
Tuesday	June 1	Chapter 7 Chapter 8	Sexuality Reproductive Life Plan	
Wednesday	June 2	Chapter 9	Preventing Abuse	
Thursday	June 3		Presentations # 2	Research Article Due
Part 4 Contemporary Lifestyle and Social Issues				
Monday	June 7	Chapter 10	Eating Well	
Tuesday	June 8	Chapter 11	Keeping Fit	
Wednesday	June 9	Chapter 12 Chapter 13	Alcohol Tobacco, Caffeine + Drugs	
Thursday	June 10		Presentations # 3	Research Article Due
Part 5 Communicable and Chronic Conditions				
Monday	June 14	Chapter 14	Infectious Diseases	Health Issue Paper Due
Tuesday	June 15	Chapter 15 Chapter 16	Chronic Health Conditions Cancer	
Wednesday	June 16		Reading Day – No Class	
Thursday	June 17		FINAL EXAM	

*Schedule subject to change per instructor