

**GEORGE MASON UNIVERSITY**  
School of Recreation, Health, and Tourism

**HEALTH 327– WOMEN’S HEALTH**  
**Summer 2011**

DAY/TIME:	Monday-Thursday 3:00 -4:45 PM May 23 <sup>rd</sup> - June 24th	CLASS LOCATION:	FFX – Robinson Hall A Room A249
PROFESSOR:	Heather Woodson, M. Ed.	EMAIL ADDRESS:	<a href="mailto:hwoodson@gmu.edu">hwoodson@gmu.edu</a> <a href="mailto:hwoodson@fcps.edu">hwoodson@fcps.edu</a>
OFFICE HOURS:	BY APPOINTMENT	OFFICE LOCATION:	Suite A6 4260 Chain Bridge Road, Fairfax

PREREQUISITES

None Required

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

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

1. Understand and assess the issues facing women in the changing health care environment, including health studies, working better with doctors, minorities and health care system, managed care, and research priorities.
2. Comprehend and articulate the historical changes that have shaped the concept of “normal” for American women, including body image, dieting practices, diet drugs, and fitness practices.
3. Clearly articulate the issues and debates central to gynecological and reproductive health, including sex, sexually transmitted diseases, sexual orientation, birth control, fertility, and abortion.
4. Accurately reflect the complexity of women’s psychological health factors as occur through their interactions with other people and society in general, to include stress, depression, and the female brain.
5. Understand the physiological and psychological ramifications of chronic diseases that affect women, including autoimmune diseases, heart disease, and cancer.
6. Describe the unique substance abuse issues that face women, including public concepts and treatment supports.
7. 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.
8. Understand the issues of interest to mature women, including midlife motherhood, hormone replacement therapy, the aging process, Alzheimer’s disease, access to health care, death/dying.

REQUIRED TEXTBOOK

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

Cheryl A. Kolander, 4th Edition, 2011

SUPPLEMENTAL TEXT

**Half the Sky: Turning Oppression into Opportunity for Women Worldwide** by Nicholas D. Kristof, Sheryl WuDunn, 2011

PRESENTATIONS

Students will be partnered into small groups, based on size of class, for presentations three times during the summer session. 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 June 2  
➤ **Women’s Health in a Global Society**

2. Current Issues in Women's Health - Sexual and Relationship Wellness

June 9

➤ **Building Healthy Relationships with Others**

3. Current Issues in Women's Health - Contemporary Lifestyle and Social Issues

June 16

➤ **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 5<sup>th</sup> 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, including breakdown of racial percentages)
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

CLASS SCHEDULE:

<b>Part 1 Foundations of Women's Health</b>				
Monday	May 23		Welcome and Overview	
Tuesday	May 24	Chapter 1	Introduction	
Wednesday	May 25	Chapter 2	Wise Consumer	
Thursday	May 26	Chapter 3	Healthy Lifestyle	
<b>Part 2 Mental and Emotional Wellness</b>				
Monday	May 30	Holiday	No Class	
Tuesday	May 31	Chapter 4	Emotional Well-Being	
Wednesday	June 1	Chapter 5	Stress	
Thursday	June 2		Presentations # 1	Research Article Due
<b>Part 3 Sexual and Relationship Wellness</b>				
Monday	June 6	Chapter 6	Healthy Relationships	
Tuesday	June 7	Chapter 7 Chapter 8	Sexuality Reproductive Life Plan	
Wednesday	June 8	Chapter 9	Preventing Abuse	
Thursday	June 9		Presentations # 2	Research Article Due
<b>Part 4 Contemporary Lifestyle and Social Issues</b>				
Monday	June 13	Chapter 10	Eating Well	
Tuesday	June 14	Chapter 11	Keeping Fit	
Wednesday	June 15	Chapter 12 Chapter 13	Alcohol Tobacco, Caffeine + Drugs	
Thursday	June 16		Presentations # 3	Research Article Due
<b>Part 5 Communicable and Chronic Conditions</b>				
Monday	June 20	Chapter 14	Infectious Diseases	Health Issue Paper Due
Tuesday	June 21	Chapter 15 Chapter 16	Chronic Health Conditions Cancer	
Wednesday	June 22		Reading Day – No Class	
Thursday	June 23		FINAL EXAM	

\*Schedule subject to change per instructor

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu/>].

