

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

**HEAL 327-Women's Health**  
**Fall 2012**

DAY/TIME:	M 4:30 – 7:10 p.m.	LOCATION:	Innovation Hall Rm 316
<b>INSTRUCTOR:</b>	HEATHER WOODSON	EMAIL ADDRESS:	<a href="mailto:hwoodson@gmu.edu">hwoodson@gmu.edu</a> <a href="mailto:heather.woodson@fcps.edu">heather.woodson@fcps.edu</a>
OFFICE LOCATION:	TBD	PHONE NUMBER:	703-207-4136
OFFICE HOURS:	By Appointment		

**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**

At the completion of this course, students should 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.

**COURSE OVERVIEW**

Regular attendance of classes is expected and may affect the final grade for the course. It is highly recommended that if for reasons beyond control, a class must be missed, that communication with the instructor occurs in advance of the absence. |

**NATURE OF COURSE DELIVERY**

**Face to face**

**REQUIRED TEXT**

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

Cheryl A. Kolander, 4th Edition, 2011

### EVALUATION

This course will be graded on a point system, with a total of 100 possible points.

Presentations + Journal Article Write-up	10 POINTS (3)
Analysis Paper	30 POINTS
Final Exam	25 POINTS
Class Participation	15 POINTS
<b>TOTAL</b>	<b>100 POINTS</b>

### 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	

### TENTATIVE COURSE SCHEDULE

<b>Part 1 Foundations of Women's Health</b>				
Monday	August 27	Chapter 1	Welcome, Overview, Introduction	
Monday	Sept 3		LABOR DAY –NO CLASS	
Monday	Sept 10	Chapter 2 Chapter 3	Wise Consumer Healthy Lifestyle	
Monday	Sept 17	Chapter 4	Emotional Well-Being	
<b>Part 2 Mental and Emotional Wellness</b>				
Monday	Sept 24	Chapter 5	Stress	
Monday	Oct 1	Chapter 6	Healthy Relationships	
Monday	Oct 8		COLUMBUS DAY-NO CLASS	
<b>Tuesday</b>	<b>Oct 9</b>	Chapter 9	Preventing Abuse	
Monday	Oct 15		Presentations # 1	Research Article Due
<b>Part 3 Sexual and Relationship Wellness</b>				
<b>Part 4 Contemporary Lifestyle and Social Issues</b>				
Monday	Oct 22	Chapter 7 Chapter 8	Sexuality Reproductive Life Plan	
Monday	Oct 29	Chapter 10 Chapter 11	Eating Well Keeping Fit	
Monday	Nov 5	Chapter 12 Chapter 13	Alcohol Tobacco, Caffeine, and Drugs	

Monday	Nov 12		Presentations # 2	Research Article Due
<b>Part 5 Communicable and Chronic Conditions</b>				
Monday	Nov 19	Chapter 14	Infectious Diseases	
Monday	Nov 26		Presentations #3	Research Article Due
Monday	Dec 3	Chapter 15 Chapter 16	Chronic Health Conditions Cancer	Health Issue Paper Due
Mon-Tues	Dec 10-11		Reading Days – NO CLASS	
Monday	Dec 17		FINAL EXAM	

*Note: Faculty reserves the right to alter the schedule as necessary.*

### 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  
Oct 15  
➤ **Women's Health in a Global Society**
2. Current Issues in Women's Health - Sexual and Relationship Wellness  
Nov 12  
➤ **Building Healthy Relationships with Others**
3. Current Issues in Women's Health - Contemporary Lifestyle and Social Issues  
Nov 26  
➤ **Women and Illegal/Risky Behavior**

Each group should research current articles (**2007 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. Each member of the group is responsible for writing their own journal review.

### 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 2007) 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 inch 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

### *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>].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

