

GEORGE MASON UNIVERSITY
School of Recreation, Health and Tourism
Spring 2013
HEAL 327: Women's Health (3) Section: 5P1

DAY/TIME:	Monday/4:30-7:10 p.m.	LOCATION:	Robinson B 222
PROFESSOR:	Ms. Becky Griesse, MPH	EMAIL:	rgriess@gmu.edu
OFFICE LOCATION:	Classroom	PHONE:	703-581-4795
OFFICE HOURS:	By appointment only		

Course Description:

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

Prerequisites:

None

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.

Course Overview and Policies:

- Class attendance is required. Please arrive on time. If a student is unable to attend class, please notify the instructor prior to absence via email. All absences will result in a loss of points.
- Participation is a portion of your grade. Students are expected to come prepared to participate in activities and discussions on assigned readings.
- Please turn off or mute all cell phones during class. Ringing and vibrating phones disturb the flow of class. Electronic devices such as laptops, iPads, tablets, etc. will not be needed for class and should not be used.
- Please be respectful of differing opinions, values, and beliefs that will be discussed throughout this semester.

- Late assignments will **not** be accepted without prior written approval, and will be subject to grading penalty.

Nature of Course Delivery

Face to face. Attendance is required.

Required Readings:

Contemporary Women's Health: Issues for Today and the Future, Kolander, 3rd edition, 2008

Other required readings will be posted on Blackboard at least one week prior to class.

EVALUATION/GRADING SCALE:

<u>Assignments</u>	<u>Points</u>	<u>Grading Scale</u>
Participation/Attendance	50	A = 94-100 (491 - 525)
Quizzes	50	A- = 90-93 (470-490)
Media Analysis	50	B+ = 88-89 (460 - 469)
Group Project	75	B = 84-87 (439 - 459)
Literature Review	100	B- = 80-83 (418 - 438)
Mid-Term	100	C+ = 78-79 (407 - 417)
Final	100	C = 74-77 (386 - 406)
TOTAL:	525	C- = 70-73 (365 - 385)
		D = 60-69 (313 - 364)
		F = 260 or less

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	

Participation and Attendance (50 points):

Students are expected to attend class and fully participate. Class activities and discussions will be based on required reading from the textbook as well as assigned articles posted on Blackboard.

Quizzes (10 points each/50 total points) – Random Dates

There will be 7 unannounced quizzes based on the required reading. Only your best 5 quiz grades will count. The quizzes will contain a mixture of multiple choice and true/false questions. There are no make-ups for quizzes, even for excused absences.

Media Analysis (50 points) – Due 3/18/13

Students will pick three media examples depicting women and discuss how each example impacts women's health. The paper should include answers to the following questions:

- How are women portrayed in this example? Are there any stereotypes being displayed?
- How does this portrayal impact women as well as others who may be viewing it?
- What impact does this portrayal have on women's health?

Media examples may include images (i.e., advertisements), song lyrics, videos/movies/tv shows, etc. Please include either a link to the example or a copy of the example with the paper (examples not included in page limit). The paper should be 4-6 pages, double-spaced, and APA style references. A cover sheet should be included but not as one of the 4-6 pages.

Group Project (75 points) – Due 5/6/13

Students will be partnered into small groups based on class size. Groups will pick a certain age group to focus on – adolescents, young adults, adults, and seniors. More information regarding this assignment will be available on Blackboard by week 3 of class.

Literature Review Paper (100 points) – Due 4/8/13

Students will complete a literature review paper on a women’s health issue. Students may choose their own topic, and are asked to share this with the instructor prior to Spring Break. Students will complete a literature review on the topic and write an 8-10 page double-spaced paper based on the research. The paper should provide a background on the issue, its impact on women’s health over the lifespan, general findings in the literature, and discussion of any interventions or programs on the issue. References should be identified using APA style and should not be included in the 8-10 pages of the paper. A cover sheet should be included but not as one of the 8-10 pages. For more information on APA style, visit

<http://owl.english.purdue.edu/owl/resource/560/01/>.

Exams (100 points each) – 3/4/13 and 5/13/13

A mid-term and final exam will be given to assess your knowledge and understanding of course materials. Each exam will cover material from the preceding chapters and other required reading as well as class presentations and guest lectures. Exams will be a mix of multiple choice, true/false, matching and short answer. The final exam is not cumulative and will only cover material following the mid-term.

DATE	TOPIC/READING
01/28/13 Week 1	Introduction/Syllabus/ Consolidated Chapters 1 & 2
02/4/13 Week 2	Chapter 3 – <i>Developing a Healthy Lifestyle</i>
02/11/13 Week 3	Chapter 4 – <i>Enhancing Emotional Well-Being</i> Chapter 5 – <i>Managing Stress of Life</i>
02/18/13 Week 4	Chapter 6 – <i>Building Healthy Relationships</i>
02/25/13 Week 5	Chapter 7 <i>Exploring Women’s Sexuality</i>
03/4/13 Week 6	Mid-Term (Chapters 1-7)
03/11-03/17/13	SPRING BREAK
03/18/13	Chapter 8 – <i>Designing Your Reproduction Life Plan</i>

Week 7	Media Analysis Due
03/25/13 Week 8	Chapter 9 – <i>Preventing Abuse</i>
04/01/13 Week 9	Chapter 10 – <i>Eating Well</i> Chapter 11 – <i>Keeping Fit</i>
04/08/13 Week 10	Chapter 12 – <i>Using Alcohol Responsibly</i> Literature Review Paper Due
04/15/13 Week 11	Chapter 13 – <i>Making Wise Decisions About Tobacco, Caffeine, and Drugs</i>
04/22/13 Week 12	Chapter 14 – <i>Preventing and Controlling Infections Diseases</i>
04/29/13 Week 13	Chapter 15 – <i>Preventing and Controlling Chronic Health Conditions</i>
05/6/13 Week 14 Last Day of Class	Group Presentations
5/13/13	Final Exam (Chapters 8-15)

This syllabus is subject to change.

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.

