

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

**HEAL 327 – 001 – Women’s Health (3 credits)**  
**Spring 2016**

DAY/TIME:	Monday, 4:30–7:10pm	LOCATION:	Robinson Hall B220
INSTRUCTOR:	Piia Hanson, MSPH	EMAIL ADDRESS:	<a href="mailto:phanson2@gmu.edu">phanson2@gmu.edu</a>
OFFICE HOURS:	By appointment only	PHONE NUMBER:	703-993-2066

**PREREQUISITES/COREQUISITES:** (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**

By the end 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/CLASS POLICIES**

- Students are expected to be on time, attend all class meetings, do the readings, and be prepared to participate in class discussions. If you need to come in late for any reason, please do so quietly so as not to disturb your classmates. If you need to leave early, please let me know before the beginning of class.
- Be an active participant. Participation makes this class a more valuable experience for everyone.
- Be respectful of others and their belief systems, and help to create a safe environment where people feel comfortable sharing information. Disrespect will not be tolerated.
- Make-up exams will only be given in the case of extreme circumstances. These circumstances must be documented in detail. If a student misses an exam due to a circumstance that is not extreme then it is at the instructor’s discretion whether or not the exam will be given and what automatic point deduction will occur

for missing the original exam date.

- Late work will NOT be accepted. Extenuating circumstances will be determined by instructor.
- All assignments that include sources should have in-text citations and a References list. Incorrect citation of sources will result in a point deduction. Plagiarized work from any outside source (i.e., books, articles, websites) is unacceptable and will result in a zero. All sources cited must be reputable sources of information. These include scholarly journal articles, government websites, and factsheets or other publications from recognized expert agencies.
- You are free to bring in food and drinks, as long as you throw your trash away.
- In the event of inclement weather or any other emergency, follow the decision of the University. Please check the university website for any weather-related cancellations. In the event of class cancellation, students will be contacted via email about rescheduling, assignments due, etc.
- Blackboard will be used for posting course files, rubrics, readings, and assignments and communicating with the class. It is your responsibility to check the course site on a regular basis for updates to the syllabus, readings, etc.
- Email is the primary method of communication between students and faculty. All emails will be returned within 24 hours.
- Cell phone and laptop policies will be developed by class participants.

### NATURE OF COURSE DELIVERY

Face to face; attendance is required.

### REQUIRED READINGS

Lewis Alexander, L., LaRosa, J. H., Bader, H., Garfield, S., & James Alexander, W. (2014). *New Dimensions in Women's Health* (6th ed.). Burlington, MA: Jones & Bartlett Learning, LLC.

Additional readings may be posted on Blackboard throughout the semester.

### EVALUATION

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

<b>Requirements</b>	<b>Point Value</b>
Journals and In-Class Reflections (6 reflections at 5 points each)	<b>30 points</b>
Group Presentation	<b>20 points</b>
Mid-Term	<b>25 points</b>
Final Exam	<b>25 points</b>
<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		

Journals and Reflections (5 points each – 30 total points):

Students are expected to attend class regularly and fully participate in class activities and discussions. There will be 6 unannounced reflections, quizzes, journals and/or exercises that will take place during the class. Depending on the activity, you will be asked to participate in an exercise and/or respond to a specific activity or question based on the required reading for the week in no more than ½ page. Students who are not present when the journal/exercise is offered will not be able to make it up.

Group Presentation (20 points):

Students will be put into groups based on class size. Each group will be assigned one chapter to focus on from the assigned text (Chapters 1-15) and prepare a 45 minute interactive session pertaining to the chapter. This may include an interactive presentation, small group activity, large group activity, playing a game and/or watching a film and having a discussion, etc. Presentations should be creative, as this will be part of your grade. Your interactive session should answer the following questions:

- Why is your topic important to women's health?
- How does the health topic impact women in the following age groups: Adolescents, Young Adults, Mid-Life, or Seniors?
- What can be done about this health issue? (prevention, treatment, etc.)?

This activity will be graded by your peers. Prior to your presentation, each class member will receive a scoring form that they will complete and turn in at the end of class. The presenters will also grade themselves and their co-presenter(s). All scores will be tallied and averaged to obtain your overall score.

Each person in the group is responsible for a portion of the oral presentation. Presentations will take place on the corresponding date that the chapter is discussed in class. Grades will be based on creativity, content, and presentation skills. All group members will receive the same group grade unless there are unique extenuating circumstances. Should this be the case, I will have the final say in grades for your group presentation.

Exams (25 points each):

A mid-term and final exam (non-cumulative) will be given to assess your understanding and knowledge of course materials. They will both be taken on Blackboard; on the day of the midterm and final exam, students will not come to class. Students must log on during the specified time frame to complete the exam. Both exams will be multiple choice and based on information from the text, readings, and materials discussed during lectures.

### Tentative Course Schedule

WEEK		TOPIC/READING	READINGS/ASSIGNMENT DUE
1	1/25	Introductions/Syllabus Review/Group Activity	
2	2/1	Chapter 1 – Introduction to Women’s Health	Chapter 1
3	2/8	Chapter 2 – Economics of Women’s Health Chapter 3 – Health Promotion and Disease Prevention	Chapters 2 and 3
4	2/15	Chapter 4 – Sexual Health	Chapter 4
5	2/22	Chapter 5 – Reproductive Health	Chapter 5
6	2/29	Chapter 6 – Pregnancy and Childbirth Chapter 7 – Sexually Transmitted Infections	Chapter 6 and 7
7	3/7	<b>No class – Spring Break</b>	
8	3/14	<b>Midterm (Chapters 1-7)</b>	Exam via Blackboard
9	3/21	Chapter 8 – Menopause and Hormone Therapy	Chapter 8
10	3/28	Chapter 9 – Nutrition, Exercise, and Weight Management	Chapter 9
11	4/4	<b>No class – Blackboard and journal activity</b>	Blackboard and journal activity
12	4/11	Chapter 10 – Understanding and Preventing Cardiovascular Disease and Cancer Chapter 11 – Other Chronic Diseases and Conditions	Chapter 10 and 11
13	4/18	Chapter 12 – Mental Health Chapter 13 – Substance Use	Chapters 12 and 13
14	4/25	Chapter 14 – Violence, Abuse and Harassment	Chapter 14
15	5/2	Chapter 15 – Women in the Workforce /Course Evaluations	Chapter 15
16	5/9	<b>Final Exam (Chapters 8 – 14)</b> *Students are required to be available on the scheduled day set by the university. This is not negotiable.	Exam via Blackboard

***Note: Faculty reserves the right to alter the schedule or syllabus as necessary. Changes will be announced in class. The instructor is not obligated to modify changes to syllabus posted on Blackboard or email students the revised syllabus. It is the responsibility of the students to attend class on a regular basis in order to stay up-to-date on assignments, due dates, and changes.***

## **STUDENT EXPECTATIONS**

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/themason-honor-code-2/>]
- 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/policies/responsible-use-of-computing/>].
- 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.

## **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>].

## **PROFESSIONAL BEHAVIOR**

Students are expected to exhibit professional behaviors and dispositions at all times.

## **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.

