

Antelope Valley College
Division of Kinesiology and Athletics
Women's Health Issues

Instructor: Cindy Vargas

Course Number: HE 201

Course Title: Women's Health Issues

Day/Time: MW 12:30 - 1:50

Course Units: 3

Room: APL 103

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Voice Mail: 722-6300 x 6708

Office Location: OF2 114

Office Hours: M 10 - 11:00am, T 9- 9:30am/1:50 - 2:20pm,
W 8:30 - 11:00am, R 9 -9 :30am

Course Hours: 3

COURSE PREREQUISITE: Completion of HE 101

COURSE ADVISORY: Eligibility for College Level Reading and ENGL 101 or satisfactory completion of ENGL 101.

COURSE DESCRIPTION: Students will explore health issues that relate specifically to women. Topics will include women and the health care system, mental health, drugs, alcohol and smoking, menstruation, mid-life and older women's health, sexuality, fertility and infertility, childbearing, politics of disease, violence against women, and body image, food and nutrition. Each of the topics will be explored in relation to poverty, ageism, racism, and sexism.

REQUIRED TEXT: Women's Health: Readings on Social, Economic and Political Issues 5th edition by Nancy Worcester and Marianne H. Whatley (required) and Our Bodies, Ourselves 2011 by the Boston Women's Health Collective (optional)

COURSE OBJECTIVES:

1. Examine the connections between social, economic, scientific and political issues and women's mental and physical health.
2. Identify typical differences in the health care system that exist in relation to socio-economic status.
3. Describe women's health risks in relation to race and ethnicity.
4. Differentiate among typical health concerns of young women, middle-aged women and elderly women.
5. Appraise the value of published scientific health studies in order to judge which studies to take seriously and which should be critiqued. Explain how to be a good health consumer.

STUDENT LEARNING OUTCOMES:

1. Assess the importance of social, economic, scientific and political influences on women's mental and physical health.
2. Describe the differences that exist in the treatment of people by the current health care system across socio-economic strata, race and ethnicity.
3. Describe the behavior and practices necessary to receive the best possible care from the health care system.

GRADING POLICY:

This is an estimate of the total points that may be available. Actual points may change and will be announced.

Research Papers (50 points each)	100 points
Four out-of-class assignments (25 points each)	100 points
3 in-class assignments (15 points each)	45 points
Midterm and final exam (100 points each)	200 points
Group panel oral presentation	100 points
Participation last 4 weeks of school (5 pts/day):	<u>40 points</u>
Total points possible:	585 points

ONLY ONE LATE OUT-OF-CLASS ASSIGNMENT WILL BE ACCEPTED, NO EXCEPTIONS! CONSIDERED LATE IF NOT RECEIVED IN CLASS ON THE DAY IT IS DUE!

A = at least 90% of total points

B = at least 80% of total points

C = at least 70% of total points

D = at least 60% of total points

F = less than 60% of total points

** Please be on time to class!

** Please turn off cellular phones, Ipods, Ipads, and other electronic devices

** It is the student's responsibility to drop this class if attendance is discontinued. Failure to do so may result in a failing grade.

Attendance Policy:

Regular attendance and consistent study are the two factors which contribute most to success in college work. A college student is expected to attend all sessions of the classes in which he/she is enrolled. Failure to attend class can result in a drop or dismissal from class. If a student's absences in a specific class exceed the number of hours the class meets per week, the student may be prohibited from further attendance in the class. **This means you could be dropped after missing just two class sessions. At the discretion of the instructor, excessive tardies and/or leaving class early may result in the student being marked "absent."**

REASONABLE ACCOMMODATION:

If you have a legally protected disability under the Americans with Disabilities Act (ADA) or California discrimination law, and you believe you need reasonable accommodation to participate fully in this class, please make an appointment to see me during my private office hours to discuss your need.

ACADEMIC VIOLATIONS:

a) Violation of the Academic Honesty Policy: Dishonesty, including but not limited to, cheating, or plagiarism. Plagiarism – from the Latin word for “kidnap” – involves using another's work without giving proper credit, whether done accidentally or on purpose. This includes not only words and ideas, but also graphs, artwork, music, maps, statistics, diagrams, scientific data, software, films, videos, and the like. Plagiarism is plagiarism whether the material is from published or unpublished sources. It does not matter whether ideas are stolen, bought, downloaded from the Internet, or written for the student by someone else- it is still plagiarism. Even if only bits and pieces of other sources are used, or outside sources reworded, they must still be cited. To avoid problems, students should cite any source(s) and check with the instructor before submitting an assignment or project. Students are always responsible for any plagiarism in their work.

b) An instructor who determines that a student has cheated or plagiarized has the right to give an “F” grade for the assignment or examination.