

COURSE OUTLINE

Health 106 Women's Health Education

Catalog Statement

HLTH 106 explores the various dimensions of health as they relate to women, with an emphasis on personal and social concerns of women's past and present health trends. Topics explored include disease development, fitness and nutrition, substance abuse, reproductive health, and age-associated changes. A preventive care approach is taken for promotion of lifetime wellness and enhanced quality of life. The holistic model of wellness is examined with exploration of psychological, physiological, and social barriers to women's health. This course is open to students of all genders.

Total Lecture Units: 3.0

Total Laboratory Units: 0.0

Total Course Units: 3.0

Total Lecture Hours: 48.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 48.0

Prerequisite: Eligibility for ENGL 189 or ESL 133 or equivalent.

Recommended Preparation: Eligibility for ENGL 120 or ESL 151, and completion of LIB 190.

Note: This course may not be taken for credit by students who have completed HLTH104 or PSYCH 111.

Course Entry Expectations

Prior to enrolling in the course, the student should be able to:

- analyze paragraphs to identify main idea and supporting sentences;
- write sentences in which spelling and grammatical errors do not interfere with comprehension;
- write a paragraph-length summary of a simple reading selection;
- read multi-paragraph passages in textbooks;
- analyze, synthesize and think critically about a basic health-related text;
- apply an effective search strategy to an information need;
- locate and retrieve information;
- organize, synthesize, and present information.

Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- discuss the impact of societal pressures on women's health;
- create a healthy psychological relationship with food;
- explain the biochemical impact of food on psychological/emotional status;
- explain the relationship of exercise and disease prevention;
- analyze the risk of disease related to gender;
- identify diseases and symptoms of diseases related to the reproductive system;
- apply lifestyle modifications to minimize disease risks;
- develop techniques by which to maximize self-esteem;
- discuss the impact of body image on psychosocial health;
- evaluate the physiological changes that occur with age in women.

Course Content

Total Course Hours = 48

Introduction and Overview of Course (3 hours)

Differentiating between men's and women's health issues
Dimensions of health
Healthy People; implications for women

Psychosocial Health (5 hours)

Impact of self-esteem issues on quality of life
Impact of societal pressures on women's health
Cosmetic surgery for self-esteem preservation

Nutrition and Body Image (6 hours)

United States Department of Agriculture (USDA)
Macronutrient guidelines/ pyramid
Macronutrient/micronutrient concerns for women
Substance/supplement use and impact on health

Disordered Eating Behaviors (4 hours)

Separating how women look from who they are
Food cravings/biochemical relationship of food and feelings
Impact of societal pressures to be thin

Drug use and Abuse Issues (3 hours)

Addictive behaviors
Alcohol and tobacco use as they relate to the female body

Exercise (6 hours)

Purpose
Types
Impact of exercise on disease prevention
Impact of exercise on weight maintenance

Reproductive System (7 hours)

Reproductive anatomy
Problems and diseases of the reproductive system
Sexually transmitted diseases

Pregnancy (6 hours)

Getting pregnant/infertility

Guidelines for pregnancy
Contraception
Abortion
Family planning
Age-Related Physiological/Emotional Changes (**6 hours**)
Bone-density losses
Menopause
Cardiovascular disease
Female cancers
Emotional impact of aging/aging gracefully
Women's Health Care Issues (**2 hours**)

Methods of Instruction

The following methods of instruction may be used in this course:

- lecture;
- demonstration;
- multi-media;
- guest-speakers.

Out of Class Assignments

The following out of class assignments may be used in this course:

- research projects (e.g. research presentation or paper describing the positive health effects of weight training for women);
- group projects (e.g. class presentation summarizing current trends in public health statistics for women);
- self-analysis (e.g. summary of individual dietary and exercise habits).

Methods of Evaluation

The following methods of evaluation may be used in this course:

- quizzes;
- written midterm exams;
- written final exam.

Textbook

Kolander, *Contemporary Women's Health: Issues for Today and the Future*. 4th ed. McGraw-Hill P, 2014. Print.
10th Grade Textbook Reading Level. ISBN-13: 978-0-07-338084-1

Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- compare and contrast the most prevalent acute and chronic diseases related to men and women;
- demonstrate an understanding of the risk factors and prevention methods for the most common chronic and infectious diseases related to women;
- explain the relationship between lifestyle behaviors and wellness as it relates to women;
- interpret the reliability of multi-media delivered health information for women.