

NEW MEXICO STATE UNIVERSITY  
DEPARTMENT OF HEALTH SCIENCE

WOMEN'S HEALTH ISSUES  
Fall 2008

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|---|---|
| <b>INSTRUCTOR</b>   | Françoise Kendall, MPH, College Assistant Professor   |
| <b>OFFICE HOURS</b>   | I will be out of town, so email me for assistance   |
| <b>EMAIL</b>  | <a href="mailto:fkendall@nmsu.edu">fkendall@nmsu.edu</a> . or through Web-ct once the course had begun. |
| <b>REQUIRED TEXTBOOK:</b>   |   |
| <p>- Alexander, L.L.; LaRosa, J.H. &amp; Bader, H. (2007). <i>New Dimensions in Women's Health</i> (4<sup>th</sup> Edition). Sudbury, MA: Jones and Bartlett. ISBN #: 978-0-7637-4147-1<br/>To order your textbook, please go to: <a href="http://www.nmsubookstore.com/nmsu/">http://www.nmsubookstore.com/nmsu/</a></p>   |   |
| <b>SUGGESTED READINGS</b>   |   |
| - All optional readings are posted on the Web-ct course   |   |
| <b>THIS IS A 100% WEB-CT COURSE</b>   |   |
| <p>This course is taught 100% online. To enroll in this course you will need a NMSU Global and Login ID. The course is located on: <a href="https://salsa.nmsu.edu">https://salsa.nmsu.edu</a></p> <p>For assistance from the Office of Distance Education at NMSU, go to <a href="http://distance.nmsu.edu/distance/">http://distance.nmsu.edu/distance/</a></p>   |   |
| <b>WHAT IS GENERAL EDUCATION CORE CURRICULUM</b>  |   |
| <p><i>This course has been certified as one in New Mexico State University's General Education Core Curriculum (GECC). The GECC attempts to foster intelligent inquiry, abstract logical thinking, critical analysis and the integration and synthesis of knowledge; it strives for literacy in writing, reading, speaking and listening; it teaches mathematical structures; acquainting students with precise abstract thought and numbers and space; it encourages an understanding of science and scientific inquiry; it provides a historical consciousness, including an understanding of one's own heritage as well as respect for other peoples and cultures; it includes an examination of values and stresses the importance of a carefully considered values system; it fosters an appreciation of the arts; and general education provides the breadth necessary to have a familiarity with the various branches of human understanding</i></p> |   |
| <b>GENERAL EDUCATION POLICY REGARDING THE "LIBRARY RESEARCH ASSIGNMENT"</b>   |   |
| <p><i>Viewing a Wider World - All students matriculated at the main campus at NMSU will take, preferably during their junior or senior year, two general education courses (at the 300 or 400 level) from two colleges other than their own. To be approved for inclusion here, each of these courses must include an assignment which will require the student to conduct a rigorous library based research assignment. In addition we recommend to the General Education Steering Committee that, where applicable, they give strong preference to those courses which strongly emphasize the international character and multicultural influences in the fields of study.</i></p>  |   |
| <b>COURSE DESCRIPTION</b>   |   |
| <p>This course provides an introduction to women's health, including the means and barriers to achieving comprehensive health. It explores common health issues affecting women from biologic, medical, economic, socio-cultural and political perspectives.</p>  |   |
| <b>COURSE OBJECTIVES</b>  |   |
| <b>By the end of this course, you will be able to:</b>  |   |

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- Discuss the development of the women's health movement and list some barriers encountered by women in accessing health care services.
- Compare the various health care systems in US and in other developed countries and discuss the pros and cons of a universal health system.
- Examine concepts of health promotion and disease prevention and explain diversity as a barrier to health care access.
- Explain the various dimension of sexual health, including, cultural, psychosocial, economic, legal and political.
- Describe the most effective contraceptive methods and discuss the options available for an unplanned pregnancy.
- Discuss the historical dimensions of pregnancy, childbirth and explain the significant issues surrounding home VS hospital delivery and the medicalization of birth.
- Cite the most common STDs in women, and explain why women experience most of the STD burden.
- Explain the physiological and socio cultural dimensions of menopause and describe the potential benefits and risks of HRT.
- List the physical and psychological benefits of a healthy diet and exercise and explain the effects of eating disorders as well as overweight and obesity on women's health
- Illustrate the major modifiable factors for cardiovascular disease
- Describe risk factors for and clinical manifestations of osteoporosis, diabetes, and Alzheimer.
- Identify the various dimensions (economic, social, legal and political) of mental health and gender differences.
- Examine the substance use and abuse in women from a sociocultural, legal and economic perspectives.
- Define the different type of family and intimate violence and discuss the effects of violence on women's physical, mental and emotional health.

**TEACHING STRATEGIES**

This course is designed to be completed 100% online. PowerPoint lectures and other materials are available via Web-CT. Students will also have the opportunity to share their opinions or experiences through online discussions.

**LEARNING STRATEGIES**

Long distance learning gives students plenty of flexibility but it also requires self-motivation and discipline. To insure efficient and smooth learning experience, I strongly encourage you to develop a study plan that includes time to study the course materials, take the tests, and complete the course assignments.

**EVALUATION OF STUDENT PERFORMANCE**

**EXAMS:** You will have the joy to complete five (5) multiple-choice and short answers exams but only the 4 (four) highest scores will count toward the final grade. Each exam is worth 40 points for a total of 200 points (4 exams x 50 pts). Exam questions cover materials from the textbook, as well as other assigned readings and videos when notified. You **MUST** take all 5 exams in order to have the exam with the lowest score removed. A missing exam is worth 0

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points and will also lower your final grade.

**COURSE ASSIGNMENTS**

**1. Field Activity**

The field activity will give you the opportunity to explore first hand a women's health issue. You will select your field activity from a list of activities provided in the course. You will report your findings from the field project on a 15-slide PowerPoint presentation. Detailed information regarding the format and content of this assignment will be posted on the Web-ct course.

**2. Library Research Paper.**

The library research paper includes a literature research whose goal is to further examine the women's health issues explored through the field activity. You will conduct a literature search and compile your findings on a 5-6 page paper, double spaced, 12 font, using APA format. A minimum of 5 peer-reviewed references are required. Websites are not considered as appropriate for this assignment. An electronic copy of each references listed and used in the paper must be attached. Detailed instructions will be posted on the web-ct course.

**3. Women's Health Prevention Community Event.** Each student will have to attend a women health prevention community/NMSU campus event (health fair, health talk, etc.). The activity may be completed individually or in pair. You will collect information regarding the goal of the event, the target audience and use your critical thinking to discuss your experience (for example, describe what you liked about the event, and use your critical thinking to discuss what could have been differently. Was the location or the materials distributed appropriate; Was the health message appropriate for the audience? Why or why not; Was the audience receptive to the event? How?. You will report your experience on a 2-page paper, double spaced.

**4) Online discussions.** I will post 5 online topic discussions (including "Get to know each other"). Discussion blog will be available for one week. Here again, you will use your critical thinking to respond to the issue posted. Your response may be a direct response to my question or a response to one of your classmates.

I will send an email to inform you when the discussion is available. These discussions will allow you to earn a total of 50 points (10 points per discussion).

**ACCESSING THE LIBRARY**

The NMSU Library has Distance Education Services for students currently enrolled in NMSU distance education courses. You can call the Library's toll-free number at (866) 835-9826 for assistance. Databases offered are:

- NMSU Library Catalog, <http://lib.nmsu.edu>
- Article Databases, <http://lib.nmsu.edu/article.html>
- Online Journals, <http://lib.nmsu.edu/journals>
- THE MAIN WEBSITE FOR NMSU LIBRARY IS <http://lib.nmsu.edu/distance>

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To connect to these databases from off campus you will need to follow the instructions found at <http://lib.nmsu.edu/resources/offcamp.html>

**COURSE POLICIES, PROCEDURES AND REQUIREMENTS**

Since teaching is a dynamic process, I reserve the right to modify the course syllabus, students' evaluation performance and course policy as required by either good judgment or circumstances. I will announce any changes promptly through Web-ct email.

**USE OF WEB-CT EMAIL:** Since there will not be face-to-face interactions, communication through the Web-CT email is strongly encouraged.

**ASSIGNMENTS:** Class assignments must be submitted on or before the designated due date. A 5% penalty will be applied for each day an assignment is late. Students who do not complete an assignment (such an exam) will receive a 0 for the assignment and will see a lowering of the final grade by one letter grade. For instance, a B+ will become B. Students who do not complete the library research assignment (media project or/and Paper) will get an F regardless of the overall performance.

I also expect you to be responsible with your **time management and course deadlines.**

- If you are studying from a part of the country or the world that has a different time zone, it is **YOUR responsibility to complete and submit all the required assignments on time.** Remember that MNSU time is US Mountain Zone!

- If you know that you will be traveling or will not have Internet access the day in which an assignment is due, it is YOUR responsibility to make arrangements to complete and turn your assignments via the Web-ct drop-in box in advance. I will not give you extra time.
- If your delay is due to an emergency, you will have to provide an official document to get your penalty removed.

**ATTENDANCE & PARTICIPATION** are keys to a successful online course. I do monitor students' progress and provide regular encouragements or reminders when needed. You are expected to log into the course website on a weekly basis to check the schedule, emails, potential online discussions and announcements.

**EXTRA-CREDITS:** There is no provision for extra credits.

**ACADEMIC MISCONDUCT:** Academic misconduct includes cheating, plagiarism, unauthorized possession of exams and course materials, and unauthorized changing of grades. Note that in this course, **plagiarism** includes also (and is not limited to):

- **Claiming credit for the work or efforts of another without giving due credit to the**

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- authors;**
- **Submitting a work that has been previously used for another class, or prepared by another person;**
  - **Cutting and pasting text from the web WITH or WITHOUT properly crediting the originator;**
  - **Paraphrasing from the web or other sources, using research, notes, and ideas WITHOUT properly crediting the originator.**
  - **Cheating or knowingly assisting another student in committing an act of cheating.**
- Sanctions include probation, suspension, dismissal, and expulsion (NMSU Handbook).

**ADA STATEMENT**

**STUDENTS WITH DISABILITIES:** If you have or believe you have a disability and would benefit from any accommodations, you may wish to self-identify by contacting the Services for Students with Disabilities (SSD) Office located at Garcia Annex (phone: 646-6840). If you have already registered, please make sure that your Instructor receives a copy of the accommodation memorandum from SSD within the first two weeks of classes. It is your responsibility to inform either your Instructor or SSD representative in a timely manner if services/ accommodations provided are not meeting your needs.

If you have a condition which may affect your ability to exit safely from the premises in an emergency or which may cause an emergency during class, you are encouraged to discuss any concerns with the Instructor and/or Mr. Michael Armendariz, SSD Coordinator. Feel free to call Mr. Gerard Nevarez, Director, or Angela Velasco, Assistant Director, Office of Institutional Equity, at 646-3635, with any questions about the Americans with Disabilities Act (ADA) and/or Section 504 of the Rehabilitation Act of 1973. All medical information will be treated confidentially.

Instructors will receive specific written guidelines for appropriate accommodations for individual students from the SSD office. No student should be given accommodations for disabilities unless SSD has requested these specific accommodations for her/him.

| <b>CRITERIA</b>  | <b>POINTS</b> | <b>GRADING SCALE</b> |
|--|---------------|----------------------|
| Four tests @ 50 points each                                  | 200           | A=90-100%            |
| Field Activity   | 150           | B=80-89%             |
| Library Paper  | 150           | C=70-79%             |
| 2-page report on a Women Health Community/NMSU Campus event. | 100           | D=60-69%             |
| Online discussions (5 @ 10 points each)                      | 50            |                      |
| <b>Total</b>   | <b>650</b>    | F=<60%               |

## **WOMEN'S HEALTH ISSUES**

### **SUGGESTED COURSE SCHEDULE AND MANDATORY DEADLINES FOR ASSIGNMENTS AND EXAMS**

| <b>Week #</b> | <b>Date</b>     |  |
|---------------|-----------------|--|
| 1             | August 21-22    | <b>Assignment:</b> "Get to know each other" (see my email)<br>Be acquainted with the Web-CT system and course content  |
| 2             | August 25-29    | Chapter 1  |
| 3             | Sept. 1-5       | Chapter 2  |
| 4             |                 | Chapter 3  |
| 5             | Sept. 8-12      | Chapter 4  |
| 6             | Sept. 15-19     | Chapter 5  |
| 7             | Sept. 22-26     | Chapter 6  |
| 8             | Sept. 29- Oct.3 | Chapter 7  |
| 9             | Oct.6-10        | Chapter 8<br><b>FIELD ACTIVITY POWERPOINT PRESENTATION IS DUE ON OCTOBER 8, AT 11:55 PM, VIA THE DROP-IN BOX.</b>  |
| 10            | Oct.13-17       | Chapter 9  |
| 11            | Oct.20-24       | Chapter 10   |
| 12            | Oct.27-31       | Chapter 11   |
| 13            | Nov.3-7         | Chapter 12<br><b>LIBRARY RESEARCH PAPER DUE ON NOVEMBER 7, AT 11:55 PM, VIA THE DROP-IN BOX.</b>   |
| 14            | Nov.10-14       | Chapter 13   |
| 15            | Nov.17-21       | Chapter 14   |
| 16            | Nov. 24-28      | <b>THANGSGIVING- NO CLASS!!</b>  |
| 17            | Dec. 1-5        | <b>EXAMS 1,2,3,4 MUST BE COMPLETED BY DECEMBER 4 AT 11:55 PM.</b><br>Chapter 15<br><b>REPORT ON WOMEN'S HEALTH COMMUNITY EVENT DUE ON DEC. 1, VIA THE DROP-IN BOX.</b> |
| 18            | Dec. 8-12       | <b>EXAM # 5 (FINAL) MUST BE COMPLETED BY DECEMBER 10.</b>  |