

NEW MEXICO STATE UNIVERSITY
DEPARTMENT OF HEALTH SCIENCE
SPRING 2008
HLS 380G/WS 381G M70: WOMEN'S HEALTH ISSUES

INSTRUCTOR	Françoise Kendall, MPH, College Assistant Professor
OFFICE LOCATION	HSS Bldg., Room 315, 3 rd Floor
OFFICE HOURS	Please email me to schedule a meeting time
EMAIL	fkendall@nmsu.edu
OFFICE PHONE #	(575) 646-6058
TEACHING ASSISTANT	Genevieve Garrett ggarrett@nmsu.edu Office # 303J Phone # (575) 646-4523
THIS COURSE IS EXCLUSIVELY WEB-CT (ON-LINE)	
Enrolled students will need a NMSU Global and Login ID in order to access the course on http://salsa.nmsu.edu .	
A tutorial on how to use the website can be found at: http://distance.nmsu.edu/sop/	
<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>	
REQUIRED READING	
<ul style="list-style-type: none"> - Alexander, L.L.; LaRosa, J.H. & bader, H. (2007). <i>New Dimensions in Women's Health</i> (4th Edition). Sudbury, MA: Jones and Bartlett. - ISBN #: 978-0-7637-4147-1 	
SUGGESTED READINGS	
- All optional readings are posted on the Web-ct course	
COURSE DESCRIPTION	
This course provides an introduction to women's health concerns, 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.	
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: <ul style="list-style-type: none"> • 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 	
To connect to these databases from off campus you will need to follow the instructions found at http://lib.nmsu.edu/resources/offcamp.html	

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COURSE OBJECTIVES

By the end of the course, students will be able to:

- 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** at each student's own pace. Lectures, videos, articles and other materials will be made available via Web-CT.

EVALUATION OF STUDENT PERFORMANCE

EXAMS: There will be five (5) multiple-choice, open book exams. Exam questions cover materials from the textbook, as well as other assigned readings and videos. Note that exams are time sensitive! It is therefore the responsibility of the students to check the deadline for each exam as make up exams are provided only to students with a documented excuse.

CLASS PROJECT: The class project includes two parts, a field project and a library research paper. The field project is a mini research during which students working in group of two or three will have the opportunity to explore first hand a women's health issue. A list of possible field activities will be provided but students may also develop their own project. Note that the same project cannot be duplicated by more than two groups. Findings from the field will be reported on a 10-12 slides PowerPoint presentation and posted on the Web-ct course. Students

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will have the opportunity to view their classmates' presentations and provide feedback. To complete the second part of the project, students will conduct a literature research to further examine the women's health issues explored during the field project. Findings from the literature search will be summarized and critically analyzed. The final paper must be 8 to 10 pages long, double spaced. An electronic copy of each references listed and used in the paper must be attached. If the reference is a book, the section or chapter cited in the text must be scanned for submission.

Note: To comply with the "Viewing a Wider World" course requirement, students enrolling in this course must complete a paper that includes a literature search.

SHORT ASSIGNMENTS: Five times during the semester students will be asked to submit a reaction/feedback discussion through the Web-ct discussion interface or through a written paper. Each response is worth 10 points.

EVALUATION CRITERIA	POINTS	GRADING SCALE
Five tests @ 50 points each	250	A=90-100%
Class project: Field project (100 pts) + paper (100 pts)	200	B=80-89%
Reactions discussions (5 @10 pts)	50	C=70-79%
TOTAL	500	D=60-69%
		F=<60%

COURSE POLICIES, PROCEDURES AND REQUIREMENTS

Since teaching is a dynamic process, the instructor reserves the right to modify the course syllabus, students' evaluation performance and course policy as required by either good judgment or circumstance. Changes will be announced on Web-ct, and students are responsible for recording changes! Students are expected to refer to the syllabus posted on Web-ct regularly online to stay updated on class assignments and activities.

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. Note that all the assignments must be completed to graduate from this course.

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 **plagiarism** includes (but is not limited to) **claiming credit for the work or efforts of another without giving due credit to the authors**. Examples include **cutting and pasting text from the web, paraphrasing from the web or other sources, using research, notes, ideas, without properly crediting the originator**. Sanctions include probation, suspension, dismissal, and expulsion (NMSU Handbook).

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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.

COURSE SCHEDULE, ASSIGNMENTS AND EXAMS

Week #	Date	
1	Jan. 16-18	Students get acquainted with Web-ct system and course procedures, policies and syllabus
	Jan. 21	MARTIN LUTHER KING HOLIDAY – NO CLASS!!
2	Jan. 22-25	Chapter 1. Introduction to women's health
3	Jan. 28- Feb 1	Chapter 2: The Economic of Women's Health FIELD PROJECT WORK PLAN DUE VIA WEB-CT AT 11:55 PM
4	Feb.2-8	Chapter 3. Health Promotion and Disease Prevention
5	Feb.11-15	Chapter 4. Sexual Health
6	Feb.18-22	Chapter 5. Conception and Abortion
7	Feb.25-29	Chapter 6. Pregnancy and childbirth
8	Mar. 3-7	Chapter 7. Reproductive Tract Infections
9	Mar. 10-14	Chapter 8. Menopause and Hormone replacement Therapy
10	Mar. 17-20	Chapter 9. Nutrition, Exercise, and Weight Management TESTS 1, 2 AND 3 MUST BE COMPLETED BY MARCH 20, 11:55 PM FIELD PROJECT PRESENTATIONS DUE MARCH 20, 11:55PM VIA DROP-IN BOX FRIDAY APRIL 21: NO CLASS
11	Mar. 23-28	SPRING HOLIDAY– NO CLASS!!!
12	Mar. 31-Apr.4	Chapter 10. Understanding and Preventing CVD and cancer
13	Apr. 7-11	Chapter 11. Other Chronic Diseases and Conditions PAPER DUE APRIL 11 VIA DROP-IN BOX , BY 11:55PM
14	Apr. 14-18	Chapter 12. Mental Health
15	Apr. 21-25	Chapter 13. Substance Abuse
16	Apr. 28- May 2	Chapter 14. Violence, Abuse and Harassment
17	May 5-7	TESTS 4 AND 5 MUST BE COMPLETED BY MAY 5, 11:55PM THE END!!!!