

**NEW MEXICO STATE UNIVERSITY**  
**DEPARTMENT OF HEALTH SCIENCE**  
**HLS 380G/WS381G-71 & 74**  
**Women's Health Issues**  
**Spring 2007**  
**WebCT Course**

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<b>Office Hours:</b>	Tues, Wed, & Thurs, 11:00am-12noon; OR by appointment. Online—flexible hours, as needed.
<b>Course Website:</b>	<a href="http://salsa.nmsu.edu">http://salsa.nmsu.edu</a>
	<p>This course is <b>WebCT-based</b>. Students will need a NMSU Username in order to access the course web site. All course work, including exams, will be completed online.</p> <ul style="list-style-type: none"> <li>• For a WebCT tutorial and other useful information from NMSU's Office of Distance Education, click on the following link → <a href="http://distance.nmsu.edu/webct_tutorials/index.html">http://distance.nmsu.edu/webct_tutorials/index.html</a></li> <li>• For information about the skills and technology/equipment requirements for taking this course, click on the following links: <a href="http://distance.nmsu.edu/prospective/self_eval_dl.html">http://distance.nmsu.edu/prospective/self_eval_dl.html</a> and <a href="http://distance.nmsu.edu/prospective/self_eval_tech.html">http://distance.nmsu.edu/prospective/self_eval_tech.html</a></li> <li>• For more information regarding the course content please email your instructor at <a href="mailto:susanc@nmsu.edu">susanc@nmsu.edu</a></li> </ul>

**What is General Education Core Curriculum?** 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 one's own heritage as well as respect for other peoples and cultures; it includes 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 familiarity with the various branches of human understanding.

**REQUIRED TEXTBOOK:** Kolander, C.A., Ballard, D.J. & Chandler, C.K. (2005). *Contemporary women's health: Issues for today and the future* (2nd ed.). McGraw-Hill: New York.

**COURSE DESCRIPTION:** A focus on the unique issues and problems that confront women today and how they affect the health of women.

**COURSE OBJECTIVES:**

- By the end of this course students should be able to:
- Recognize the need to focus on women's health
- Discuss health concerns of women and their health seeking behaviors
- Describe the importance of lifestyle and socio-demographic factors on women's health
- Understand emerging health issues (such as violence, addictions, HIV/AIDS and mental health) and how they affect women.

**COURSE POLICIES AND PROCEDURES:**

**Exams:** There will be three (3) timed exams administered via the WebCT. Exams are based primarily on the textbook readings and the posted class notes. It is important that students take the exam on a dependable computer with reliable internet access. Each student will be given the opportunity to take online exams at a time and place that is convenient to them. Students will be given three days in which to take each exam (at one sitting). No make-up exams will be given without appropriate justification for a medical/emergency situation—preferably a *written* excuse from a medical provider or other professional. Students are expected to notify the instructor in advance (whenever possible) if they will be not be able to take the exam during the appointed time frame. Additional instructions for taking exams will be provided prior to the exam dates.

**Course Web Calendar:** Students should routinely refer to the “*Course Calendar*” icon located on the WebCT class homepage to check for all discussions, assignments, and exam deadline dates. This information can also be found on the Course Schedule on the class syllabus. To help you remember all the due dates, you may want to print out a copy of the Course Calendar pages and post it somewhere or place it in your notebook (or you may use the “compile” function in the Course Calendar to print out a list of all due dates).

**Textbook Readings:** Students are expected to read the assigned textbook chapters. Chapter notes are posted on the web site—presentation-style for viewing and “3-up” handout format for notetaking. Students should use the notes to help guide their note taking while reading the chapters. Special topics notes will also be posted online.

**Assignments:** Assignments should be typed and submitted via the *Assignment Drop Box* on or before their due date—instructions will be posted on the WebCT site. Assignments turned in late (without approved/documented excuse or consent of instructor) may not be accepted and may result in a grade of zero.

**Journal Project:** The semester project will be in the form of a Behavior Change Journal. Instructions for the Journal Project will be posted on the course WebCT site. The Journal consists of your Behavior Change Contract (posted on the course homepage), bi-weekly entries (instructions are posted), and a journal summary. Each entry should be *typed* (12 pt. font, 1” margins, double-spaced) and include the minimum number of pages, as indicated in the

instructions. The Journal Project should be submitted via the *Assignment Drop Box* by the due date indicated on your *Course Syllabus* and *Course Calendar*.

**Please note:** This is your semester project; it is worth 100pts. Follow instructions carefully and put forth your best effort on this project so you can submit a quality journal.

**Class Discussions:** Active participation in online class discussions is important in order to create the best environment for learning. Each person is encouraged to be sensitive to and respectful of one another's opinions. You will be allowed at least one week to complete each discussion assignment. After the deadline, students will not be able to post responses to the discussion items. Discussion assignments will be graded based on the instructions. A critical ingredient of the course will be the sharing of individual views, opinions and personal experiences in class and/or online discussions. Your active interest and involvement in projects and timely completion of assignments and readings will be essential to your success in the course and to your learning process.

**Teaching Strategies:** This course will consist of online lecture notes, class discussions and activities.

**Academic Misconduct:** Academic misconduct includes cheating, plagiarism, unauthorized possession of exams and course materials, and unauthorized changing of grades. Sanctions include probation, suspension, dismissal, and expulsion (NMSU Handbook).

**STUDENTS WITH DISABILITIES:**

If you have (or believe you have) a disability and would benefit from special accommodation(s), please contact the Services for Students with Disabilities (SSD) Office located at Garcia Annex [Phone: 646-6840; TTY: 646-1918].

**Student Responsibilities:**

1. Register with SSD and obtain accommodation documents early in the semester;
2. Deliver the completed accommodation and testing form(s) to the instructor(s) within the first two weeks of beginning of classes (or within one week of the date services are to commence);
3. Retrieve the signed form(s) from faculty and return to SSD within five (5) days of receipt from faculty and at least one week before any scheduled exam; and,
4. Contact the SSD Office if the services/accommodations requested are not being provided, not meeting your needs, or if additional accommodations are needed. Do not wait until you receive a failing grade. Retroactive accommodations cannot be considered.

**Accommodations:** SSD Office, 646-6840 (Garcia Annex, Rm. 102) Michael Armendariz

**Discrimination:** EEO/ADA & Employee Relations, 646-3333 (Hadley Hall, 15)

*All medical information will be treated confidentially.*

For more information, click on the following link:

[http://www.nmsu.edu/Campus\\_Life/ssd/public\\_html/](http://www.nmsu.edu/Campus_Life/ssd/public_html/)

EVALUATION CRITERIA	Points	GRADING SCALE
Exams (3)	300	A = 450-500 B = 400-449 C = 350-399
Journal Project (1)	100	
Assignments (5)	50	
Discussion (5)	50	

**Course Schedule\***  
**HLS 380/WS 381-71 & 74**  
**WebCT Online Course**  
**Spring 2007**

<b>TOTAL POINTS</b>	<b>500</b>	D = 300-349 F = 299 and below
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Week	Topic	Chapter(s)
1	Intro to course: Review syllabus and Course web site / "Introduction to Women's Health"	1
2	"Developing a Healthy Lifestyle"	2
3	"Life Transitions: Infancy to Early Adulthood / "Middle to Late Adulthood"	3 & 4
4	"Enhancing Emotional Well-Being"	5
5	"Managing the Stress of Life"	6
6 (Feb 23-25)	<i>Exam #1</i>	1-6
7	"Preventing Abuse Against Women" / "Building Healthy Relationships"	13 & 14
8	<b>Spring Break</b>	
9	"Examining Gynecological Issues" / "Selecting Birth Control Methods"	15 & 16
10	"Planning for Pregnancy and Parenting"	17
11	"Preventing AIDS and Other Sexually Transmitted Infections"	18
12 (Apr 6-8)	<i>Exam #2</i>	13 - 18
13	"Eating Well" / "Keeping Fit"	7 & 8
14	"Avoiding Tobacco Use" / "Using Alcohol Responsibly"	9 & 10
15	"Becoming a Wise Consumer" <b>JOURNAL PROJECT DUE: April 30th</b>	12
16 (May 9-12)	<i>Exam #3</i>	7- 10 & 12

**NOTE: Assignment and discussion instructions are posted on the course homepage. All due dates are listed on the *Course Calendar*.**