HLTH-2500: WOMEN’S HEALTH ISSUES

Cuyahoga Community College

Viewing: HLTH-2500 : Women’s Health Issues

Board of Trustees:
January 2018

Academic Term:
Fall 2018

Subject Code
HLTH - Health

Course Number:
2500

Title:
Women’s Health Issues

Catalog Description:
Exploration of all dimensions of women’s health, identification of health risks unique to women, evaluation of traditional and non-traditional approaches to health care problems, and development of personal strategies for selection of health enhancing behaviors.

Credit Hour(s):
3

Lecture Hour(s):
3

Requisites

Prerequisite and Corequisite
ENG-1010 College Composition I, or departmental approval.

I. ACADEMIC CREDIT

Academic Credit According to the Ohio Department of Higher Education, one (1) semester hour of college credit will be awarded for each lecture hour. Students will be expected to work on out-of-class assignments on a regular basis which, over the length of the course, would normally average two hours of out-of-class study for each hour of formal class activity. For laboratory hours, one (1) credit shall be awarded for a minimum of three laboratory hours in a standard week for which little or no out-of-class study is required since three hours will be in the lab (i.e. Laboratory 03 hours). Whereas, one (1) credit shall be awarded for a minimum of two laboratory hours in a standard week, if supplemented by out-of-class assignments which would normally average one hour of out-of-class study preparing for or following up the laboratory experience (i.e. Laboratory 02 hours). Credit is also awarded for other hours such as directed practice, practicum, cooperative work experience, and field experience. The number of hours required to receive credit is listed under Other Hours on the syllabus. The number of credit hours for lecture, lab and other hours are listed at the beginning of the syllabus. Make sure you can prioritize your time accordingly. Proper planning, prioritization and dedication will enhance your success in this course.

The standard expectation for an online course is that you will spend 3 hours per week for each credit hour.

II. ACCESSIBILITY STATEMENT

If you need any special course adaptations or accommodations because of a documented disability, please notify your instructor within a reasonable length of time, preferably the first week of the term with formal notice of that need (i.e. an official letter from the Student Accessibility Services (SAS) office). Accommodations will not be made retroactively.

For specific information pertaining to ADA accommodation, please contact your campus SAS office or visit online at http://www.tri-c.edu/accessprograms. Blackboard accessibility information is available at http://access.blackboard.com.

Eastern (216) 987-2052 - Voice
Metropolitan (216) 987-4344 – Voice. (216) 987-4048 – TTY.
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III. ATTENDANCE TRACKING

Regular class attendance is expected. Tri-C is required by law to verify the enrollment of students who participate in federal Title IV student aid programs and/or who receive educational benefits through other funding sources. Eligibility for federal student financial aid is based in part on enrollment status.

Students who do not attend classes for the entire term are required to withdraw from the course(s). Additionally, students who withdraw from a course or stop attending class without officially withdrawing may be required to return all or a portion of their financial aid based on the date of last attendance. Students who do not attend the full session are responsible for withdrawing from the course(s).

Tri-C is responsible for identifying students who have not attended a course before financial aid funds can be applied to students’ accounts. Therefore, attendance is recorded in the following ways:

- For in-person and blended-learning courses, students are required to attend the course by the 15th day of the semester (or equivalent for terms shorter than five weeks) to be considered attending. Students who have not met all attendance requirements for in-person and blended courses, as described herein, within the first two weeks or equivalent, will be considered not attending.
- For online courses, students are required to login at least two times per week and submit one assignment per week for the first two weeks of the semester, or equivalent to the 15th day of the term. Students who have not met all attendance requirements for online courses, as described herein, within the first two weeks or equivalent, will be considered not attending.

At the conclusion of the first two weeks of a semester or equivalent, instructors report any registered students who have “Never Attended” a course. Those students will be administratively withdrawn from that course. However, after the time period in the previous paragraphs, if a student stops attending a class or wants or needs to withdraw, for any reason, it is the student’s responsibility to take action to withdraw from the course. Students must complete and submit the appropriate Tri-C form by the established withdrawal deadline.

Tri-C is required to ensure that students receive financial aid only for courses that they attend and complete. Students reported for not attending at least one of their registered courses will have all financial aid funds held until confirmation of attendance in registered courses has been verified. Students who fail to complete at least one course may be required to repay all or a portion of their federal financial aid funds and may be ineligible to receive future federal financial aid awards. Students who withdraw from classes prior to completing more than 60 percent of their enrolled class time may be subject to the required federal refund policy.

If illness or emergency should necessitate a brief absence from class, students should confer with instructors upon their return. Students having problems with coursework due to a prolonged absence should confer with the instructor or a counselor.

IV. LEARNING OUTCOMES ASSESSMENT

Occasionally, in addition to submitting assignments to their instructors for evaluation and a grade, students will also be asked to submit completed assignments, called ‘artifacts,’ for assessment of course and program outcomes and the College’s Essential Learning Outcomes (ELOs). The artifacts will be submitted in Blackboard or a similar technology. The level of mastery of the outcome demonstrated by the artifact DOES NOT affect the student’s grade or academic record in any way. However, some instructors require that students submit their artifact before receiving their final grade. Some artifacts will be randomly selected for assessment, which will help determine improvements and support needed to further student success. If you have any questions, please feel free to speak with your instructor or contact the Learning Outcomes Assessment office.

V. CONCEALED CARRY STATEMENT

College policy prohibits the possession of weapons on college property by students, faculty and staff, unless specifically approved in advance as a job-related requirement (i.e., Tri-C campus police officers) or, in accordance with Ohio law, secured in a parked vehicle in a designated parking area only by an individual in possession of a valid conceal carry permit.

As a Tri-C student, your behavior on campus must comply with the student code of conduct which is available on page 29 within the Tri-C student handbook, available athttp://www.tri-c.edu/student-resources/documents/studenthandbook.pdf You must also comply with the College’s Zero Tolerance for Violence on College Property available athttp://www.tri-c.edu/policies-and-procedures/documents/3354-1-20-10-zero-tolerance-for-violence-policy.pdf

Outcomes

Course Outcome(s):
Discuss the interpersonal and social dimensions of women’s health by exploring the political, personal, economic and cultural dimensions of drug use and abuse, the different perspectives of sexual violence, abuse and harassment and the current trends and issues of women in the workforce.

Essential Learning Outcome Mapping:
Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.
Objective(s):
1. Define drugs, drug abuse, tolerance, and other concepts related to drug use and addiction.
2. Explore the biological, cultural and legal factors that influence how and why women use drugs.
3. Recognize the health consequences of smoking, including those particular to women, and list the strategies for quitting smoking.
4. Identify the physiological effects of alcohol on the body.
5. Define alcoholism and research its symptoms and treatment.
6. Discuss the most common illicit and abused prescription drugs, their effects on the body and their associated health risks.
7. Discuss the development of drug dependency, tolerance, and basic approaches to drug abuse treatment.
8. Explore self-directed, interpersonal, and collective violence, and consider how these forms of violence affect women.
9. Discuss how sociocultural, economic and historical factors influence violence and how violence affects women in the United States and throughout the world.
10. Differentiate forms of domestic violence and abuse and explain how these forms of violence affect women.
11. Discuss basic facts about rape and sexual assault and how rape and sexual assault affect physical health, mental health, sexual intimacy, and relationships.
12. Explore the historical trends related to women in the workforce.
13. Identify work-related barriers specific to low-income women and women on welfare.
14. Explore the wage gap between men and women.
15. Discuss the importance of benefits and family-friendly work policies, and how these policies influence women's well-being.
16. Identify common types of injuries and hazards in the workplace and ways to protect against them.

Course Outcome(s):

Explain the foundation of women's health, including the history and politics of the women's health movement, and discuss the concepts of health promotion, disease prevention, public health, health economics, and issues of health across the lifespan.

Essential Learning Outcome Mapping:
Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):
1. Describe how the women's health movement has grown and changed over the past 200 years.
2. Discuss health promotion and disease prevention at the individual and population levels.
3. Explain the importance of understanding the following concepts: epidemiology, incidence, prevalence, mobility, mortality, and primary, secondary and tertiary levels of prevention.
4. Recall the major health concerns and barriers to healthcare access by different groups of women.
5. Examine how race, ethnicity, age, sexual orientation and other factors influence public and women's health.
6. Discuss healthcare concerns and preventive measures for adolescents, young adults, women in middle and senior women.
7. Create a plan to take responsibility for one's own health.
8. Identify the government's role in promoting, funding, and conducting research on women's health.
9. Define the concept of gender-based research and explore basic health differences between women and men.
10. Determine how the lack of health care, lack of health insurance, cultural insensitivity and other obstacles affect the health of women.
11. Identify the local and global efforts to support women's health and gender equity.
12. Differentiate the types of health care systems and compare and contrast public and private health insurance plans.
13. Recognize the ways that women, as healthcare consumers, affect demand within the healthcare system.
14. List factors to consider when choosing a health insurance plan and consider the risks associated with being uninsured.
15. Examine the financial burden of aging and consider how it disproportionally affects women.

Course Outcome(s):

Explore the cultural, economic and biological factors that influence women's sexual and reproductive health and discuss topics related to contraceptives, abortion, pregnancy, childbirth, infertility, sexually transmitted infections, and menopause.

Essential Learning Outcome Mapping:
Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):
1. Analyze how sociocultural and religious considerations influence contraceptive use.
2. Explore the mechanisms, risks, benefits, side effects and contraindications of hormonal, barrier, permanent and other methods of contraception.
3. Research the historical and legal perspectives of contraception and consider the prevalence of contraception use among American women today.
4. Identify emergency contraception and unplanned pregnancy options.
5. Explore abortion from historical, legal, and political perspectives.
6. Explore the pro-life, pro-choice and middle-ground positions on abortion.
7. Identify the hormonal and fetal changes during pregnancy.
8. Recognize the detrimental effects of smoking, alcohol drugs, and various environmental risks on pregnancy.
9. Recall the nutritional and weight gain recommendations for pregnancy and exercise concerns with pregnancy.
10. Identify the physiological changes, benefits, complications, and trends of breastfeeding.
11. Outline the concepts, causes, treatments and emotional effects of infertility.
12. Identify the common bacterial, viral, and parasitic sexually transmitted infections and their mode of transmission, signs, symptoms, treatments and preventive measures.
13. Discuss the relative frequency of major sexually transmitted infections and the relative infection rates among the general population, the young and the different racial and ethnic groups.
14. Research the history of AIDS, the course of HIV/AIDS infection and how treatment works.
15. Recall and discuss the importance of personal responsibility and identify the risk of reduction in making decisions about one’s sexual life.
16. Examine how social, cultural, and demographic changes over the past 100 years have affected how women experience and think about menopause.
17. Describe the physiological changes that occur before, during, and after menopause.
18. Identify the symptoms and complications of menopause and the medical and nonmusical options for managing menopause.

Course Outcome(s):
Explore the physical and lifespan dimensions of women’s health by analyzing and evaluating information related to exercise, nutrition, weight management, cardiovascular disease, cancer, chronic diseases and mental health.

Essential Learning Outcome Mapping:
Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):
1. Explain how a balanced diet and an active lifestyle improve health and fitness and lower the risk for disease.
2. Identify the major nutrients and how they fit into a nutritious diet.
3. Discuss physical fitness components specific to women and how physical activity, aerobic exercise and strength training improve health.
4. Identify the effects of obesity and overweight on health and the brainstorm effective ways women can reach or maintain a healthful weight.
5. Determine the sociocultural influence on body image.
6. Discuss cardiovascular disease and cancer from an epidemiological perspective, including sex/gender, race/ethnicity, and socioeconomics.
7. Identify the major types of cardiovascular diseases and the causes, modifiable risk factors, signs, symptoms and treatments of these diseases.
8. Research and describe the process of cancer development and metastasis.
9. List the risk factors, screening methods, and treatment options and modalities for breast, cervical, uterine, ovarian and other cancers.
10. Identify major chronic diseases and their effects on women.
11. Explore the differences between racial and ethnic groups in the incidence rates of chronic diseases.
12. Identify the symptoms, risk factors, screening tests and treatment and preventive measures for various chronic diseases including: osteoporosis, arthritis, diabetes, fibromyalgia, lupus, thyroid and autoimmune diseases.
13. Explore the basic definitions of mental health and how biological, social and environmental factors contribute to and affect the mental health of women.
14. Research the basic types of mental illness, including mood, anxiety, and eating disorders, as well as schizophrenia, dissociative disorders, and personality disorders.
15. Explain the stress response and how stress affects mental and physical health, and healthy methods of coping with stress.
16. Identify risk factors for suicide and discuss methods of prevention.
17. Discuss strategies for improving and developing mental health, different methods of treating mental disorders, and when to consider seeking treatment for mental illness.

Methods of Evaluation:
1. Quizzes
2. Chapter examinations
3. Final examinations
4. Oral and written reports
5. Student wellness worksheets
6. Behavior contracts
7. Evaluation of health information websites
Course Content Outline:

1. Foundations of Women’s Health
   a. Introduction to Women’s Health Movement
      i. Historical Development of Women’s Health Movement
      ii. Current Women’s Health Initiatives
   b. Economics of Women’s Health
      i. Paying for Health Care
      ii. Healthcare Reform
      iii. Preventive Care and a Focus on Women’s Health
      iv. Long-Term Care and Women as Caregivers
   c. Health Promotion and Disease Prevention
      i. Political and Economic Dimensions
      ii. Global Health Issues for Women
      iii. Stages of a Woman’s Life

2. Sexual & Reproductive Dimensions of Women’s Health
   a. Sexual Health
      i. Perspectives on Sexual Health & Sexuality
      ii. Sex & Gender
      iii. Sexual Orientation
      iv. Biological Basis of Sexual Health
      v. Sexuality through the Lifespan
      vi. Sexual Violence as a Public Health Problem
   b. Contraception & Abortion
      i. Historical Overview
      ii. Epidemiology of Contraception
      iii. Contraceptive Methods
      iv. Perspective on Abortion
      v. Abortion Procedures
   c. Reproductive Health
      i. Birth Control
      ii. Contraceptive Methods
      iii. Abortion Perspectives and Procedures
   d. Pregnancy & Childbirth
      i. Pregnancy
      ii. Prenatal Care
      iii. Complications of Pregnancy
      iv. Childbirth
      v. Breastfeeding
      vi. Infertility
      vii. Epidemiology
   e. Sexually Transmitted Infections (STIs)
      i. Perspectives on STIs
      ii. Bacterial STIs
      iii. Vaginitis
      iv. Viral STIs
   f. Menopause & Hormone Replacement Therapy
      i. Social and Cultural Reflections
      ii. Menopause
      iii. Medicalization of Menopause
      iv. Menopause Management

3. Physical & Lifespan Dimensions of Women’s Health
   a. Nutrition, Exercise & Weight Management
      i. Healthy Eating and Nutrition
      ii. Physical Activity and Fitness
      iii. Maintaining a Healthy Weight
      iv. Body Image & Shape
      v. Hunger
   b. Understanding and Preventing Cardiovascular Disease & Cancer
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i. Cardiovascular Disease
ii. Cancer

c. Other Chronic Diseases and Conditions
   i. Dimensions of Chronic Diseases
   ii. Osteoporosis
   iii. Arthritis
   iv. Diabetes
   v. Fibromyalgia
   vi. Autoimmune Diseases
   vii. Thyroid Disease
   viii. Alzheimer’s Disease

d. Mental Health
   i. Mental Health Factors
   ii. Mental Health Perspectives
   iii. Clinical Dimensions of Mental Illness
   iv. Suicide

4. Interpersonal and Social Dimension of Women’s Health
   a. Substance Abuse
      i. Drug Use and Abuse
      ii. Tobacco
      iii. Alcohol
      iv. Illicit Drugs
   b. Violence, Abuse, and Harassment
      i. Violence, Abuse, and Harassment Perspectives
      ii. Family and Intimate Violence
      iii. Rape and Sexual Assault
      iv. Violence by Strangers
      v. Sexual Harassment
   c. Women in the Workforce
      i. Trends and Issues
      ii. Equal Pay for Equal Work
      iii. Balancing Work and Family Life
      iv. Childcare
      v. Health and Safety in the Workplace

Resources


Resources Other


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