

Women's Health Issues
Department of Health Education & Behavior
Spring 2012
HSC 6575 Section 1955
MWF 10:40 AM – 11:30 AM
FLG 245

Instructor: Suzanne Sneed-Murphy, PhD, CHES

Office: FLG-20

Phone: 352-294-1812

E-MAIL: murphysm@hhp.ufl.edu

Office Hours: Monday and Wednesday 12:00 PM – 2:00 PM; Friday 8:00 AM – 10:00 AM; alternate dates and times by appointment. Students are encouraged to meet with the instructor at least once during the semester. Phone calls, e-mails and appointments outside of office hours are welcome. The instructor will use @ufl.edu email accounts for instructor initiated communication. Students are responsible for checking their email accounts throughout the semester.

Textbook and Resources (Required for all):

Kolander, C., Ballard, D., & Chandler, C (2011). *Contemporary Women's Health: Issues for Today and the Future* (4th ed.). New York, NY: McGraw Hill Companies.
ISBN: 0073380849 or ISBN: 978-00733808

Additional required readings, to supplement the book readings, will be assigned throughout the course of the semester. Those readings will be posted to your Sakai course site and announced in class.

Department Chair: Dr. Jay Bernhardt jaybernhardt@hhp.ufl.edu; FLG-5C

Course Description: The multi-dimensional roles of American women as individuals, partners, mothers, nurturers, caretakers, and career persons cause our health status to be of vital importance. While women and men both experience similar diseases, disorders, and causes of death, women often experience these in different forms and at different stages and ages in life. The primary purpose of this course is to explore current issues in women's health. The course will cover a broad range of health issues that are either unique to women or of special importance to women. Other topics include information for the health consumer, preparation as an advocate of healthy lifestyles, and awareness of the role health plays in the life of all women.

Course Objectives: Upon completion of this course, students will be able to:

- Identify and describe the current issues affecting women's health.
- Explain the significance of cultural and international diversity and women's health.
- Cite the important events in history of the women's social movement and in the history of women's health.
- Illustrate an understanding of the current literature on women's health.
- Explain how the health education process can be applied to women's health issues.

- Describe the major issues for women, moving through early life transitions, including biological, educational, social and political issues.
- Demonstrate, through class activities and participation, how to be an effective advocate for women's health issues.

Class Format: A combination of lectures, class discussions, and in- and out-of-class projects will be used to cover course content. All course materials will be posted on the course Sakai page.

Course Expectations:

1. Attend class sessions.
2. Read all assignments before each class session.
3. Complete course assignments by due date indicated.
4. Participate in class discussions.

Course Requirements:

1. **Exams:** There will be **3 exams (3@100 points)** given each semester. The exams will cover material covered in class lectures, readings and class activities. The exams will include multiple choice, short answer, and short answer essay responses. The exams are not cumulative.

Grade Appeals. It is your responsibility to review your graded exams when they are returned. After review students have one week to appeal the grade with the instructor. After 1 week, a grade will not be changed. **THERE WILL BE NO EXCEPTIONS TO THIS POLICY.**

Make-up Exams: There will be no individual make-up exams. Students missing an exam will take the general make-up exam given at the end of the semester. This exam will cover material from the entire semester. Your grade on this exam will serve as your grade for the missed exam(s). The make-up exam will be given on Wednesday, May 2 from 12:30 PM to 2:30 PM in FLG 245. All course related material (not exams) will be returned to you during the semester or will be available for you to pick up until the beginning of the fall term (FIRST week). After that, all materials will be destroyed and should they ever be needed, the instructor's recorded grades will serve as the deciding factor in any grade disputes. It is your responsibility to maintain course-related materials and present them in case of a grade dispute.

2. **Topic Applications:** Topic applications will be distributed throughout the semester. These assignments are designed to provide additional practice relating to areas covered in class. There will be 5 applications at 10 points each (50 total points). The Topic Application due dates are indicated on the syllabus. The assignments are due at the start of class and will not be accepted once the class has been dismissed. Assignments may be turned in early if necessary.
3. **Article Applications:** Article applications will be distributed throughout the semester. These assignments are designed to provide additional practice relating to articles read

throughout the semester. Article applications will serve as a way for students to apply information read in the article to health issues related to women. There will be 5 applications at 10 points each (50 points total). The Article application due dates are indicated on the syllabus. The assignments are due at the start of class and will not be accepted once the class has been dismissed. Assignments may be turned in early if necessary.

4. **In Class Activities:** Throughout the term, you will be assignment in-class activities which will be graded. There will be 5 In- Class Activities at 10 points each (50 points total). These may be individual activities or group activities. The objective of all activities is to have you problem solve, synthesize, or analyze the concepts you have learned in the course. PLEASE NOTE THAT THE IN-CLASS ACTIVITIES MAY REQUIRE OUT OF CLASS PREPARATION BEFORE COMING TO CLASS ON AN ACTIVITY DAY.

5. **Individual Paper:** Each graduate student is required to write a 5-page, doubled spaced paper, using APA style referencing. Students are to find a passage (2-3 sentences) in *Contemporary Women's Health* that the student deems worthy of reading aloud. It should be memorable, surprising, and important. Include the quote in your paper, a rationale for choosing the quote, and the implications for women's health (i.e., what lessons are there for health care providers? For health educators? For patients/clients within the health care system? For health care policy?) Make a connection to the book passage and current women's health literature. Describe how the most important major ideas and concepts presented in the readings align with health behavior theory (see the National Cancer Institute's Theory at a Glance (<http://www.cancer.gov/PDF/481f5d53-63df-41bc-bfaf-5aa48ee1da4d/TAAG3.pdf>), for a theory overview). The paper is worth 100 points.

Course Activities and Evaluation:

1. Exams (3 @ 100 points each) 300
2. Topic Applications (5 @ 10 points each) 50
3. Article Applications (5 @ 10 points each) 50
4. In Class Activities (5 @ 10 points each) 50
5. Individual Paper 100

Total points 550

Grading Scale Range: HSC 6575

A	= 550-495
B+	= 476-494
B	= 440-475
C+	= 421-439
C	= 385-420
D+	=366-384
D	= 330-365
F	= Below 330

***Please note: I will not provide any opportunities for “extra credit”. Please do not ask for any extra credit opportunities.**

Students with Special Learning Needs: Any student with verification of disabilities will be provided every reasonable accommodation in the appropriate manner to assist them in meeting the academic requirements of the course as expected of all students enrolled after registering with the Office of Disabilities in Criser Hall. Such students should notify the instructor so special arrangements can be made. If special needs/circumstances arise, it is your responsibility to notify me immediately, not at the course’s end.

ACADEMIC HONESTY: Please keep in mind that the Student Body Statutes now includes a student Honor Code which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity." It is expected that all students will abide by this oath. This includes **ALL** work! Students violating this policy will be sanctioned according to the Committee on Student Conduct, receive a grade penalty for the course or some other penalty for failure to abide by this standard of conduct.

**** NOTE: Syllabus is subject to change with instructor notification.**

Class CONTENT	ASSIGNMENT DUE These dates are NOT flexible
Monday January 9	Review syllabus Introductions
Wednesday January 11	Introductions Chapter 1 – Introduction to Women’s Health
Friday January 13	Chapter 1
Monday January 16	No Class: Martin Luther King Day
Wednesday January 18	Chapter 2 – Health Consumerism
Friday January 20	Chapter 2 Article Assignment 1 Distributed Today
Monday January 23	Chapter 3-Healthy Lifestyle In Class Activity 1
Wednesday January 25	Chapter 3
Friday January 27	Chapter 3/4 Due Today: Article Assignment 1 Topic Assignment 1 Distributed Today
Monday January 30	Chapter 4 – Emotional Well-Being
Wednesday February 1	Chapter 4
Friday February 3	Chapter 4/5 Due Today: Topic Assignment 1 Article Assignment 2 Distributed Today
Monday February 6	Chapter 5 – Stress Management
Wednesday February 8	Chapter 5

	Due Today: Article Assignment 2 Topic Assignment 2 Distributed Today
Friday February 10	Exam 1 (Chapters 1-5)
Monday February 13	Chapter 8 –Reproductive Health
Wednesday February 15	Chapter 8
Friday February 17	Pregnancy and Breastfeeding Exam 1 returned Due Today: Topic Assignment 2 Article Assignment 3 Distributed Today
Monday February 20	Chapter 10 - Nutrition
Wednesday February 22	Chapter 10 In Class Activity 2
Friday February 24	Chapter 10 Due Today: Article Assignment 3 Topic Assignment 3 Distributed Today
Monday February 27	Chapter 11 – Physical Activity/Fitness
Wednesday February 29	Chapter 11
Friday March 2	Chapter 11 Due Today: Topic Assignment 3
Monday March 5	No Class – Spring Break
Wednesday March 7	No Class – Spring Break
Friday March 9	No Class – Spring Break
Monday March 12	Chapter 13 – Tobacco and Other Drugs (Respiration)
Wednesday March 14	Chapter 13
Friday March 16	Chapter 13/16 In Class Activity 3
Monday March 19	Chapter 16 - Cancer
Wednesday March 21	Chapter 16
Friday March 23	Exam 2 (8, 10, 11,13,16) Article Assignment 4 Distributed Today
Monday March 26	Chapter 12 – Alcohol and Health
Wednesday March 28	Chapter 12
Friday March 30	Chapter 15 – Chronic Disease Bone and Joint Health Exam 2 returned today Due Today: Article Assignment 4 Topic Assignment 4 Distributed Today
Monday April 2	Cardiovascular Diseases

	In Class Activity 4
Wednesday April 4	Cardiovascular Disease
Friday April 6	Blood Disorders Due Today: Topic Assignment 4 Article Assignment 5 Distributed Today
Monday April 9	Diabetes
Wednesday April 11	Skin and Hair Health
Friday April 13	Healthy Aging Due Today: Article Assignment 5 Topic Assignment 5 Distributed Today
Monday April 16	Alzheimer's
Wednesday April 18	Chapter 9 – Violence against women - Prevention In Class Activity 5
Friday April 20	Important Screenings for Women Due Today: Topic Assignment 5
Monday April 23	Course Overview Individual paper Due
Wednesday April 25	Exam 3 (9, 12, 15)
Wednesday, May 2	Make-up Exam 12:30 PM – 2:30 PM