

COURSE OUTLINE
HEED-150 – WMST-150
WOMEN'S HEALTH
3 Credits

Description

This course will introduce students to a variety of women's health issues as well as the barriers faced by women striving to achieve a healthful lifestyle. Students will examine topics including: female sexual health and reproduction, exercise and eating behaviors, substance abuse, mental health and stress, and violence against women. This course is designed to support students in their personal exploration of attitudes, knowledge and values related to women's health and to assist them as they analyze their personal health behaviors.

Prerequisite: None

Overall Course Objectives

Upon completion of this course students will be able to:

1. Describe the overall current state of contemporary women's health in the U.S.
2. List the most important historical, societal, political and economic factors that have influenced women's health.
3. Compare male and female morbidity and mortality rates for major causes of death.
4. Describe relevant societal issues contributing to women's views about body image.
5. Describe and explain the prevalence of eating disorders in American women.
6. Explain the importance of regular gynecological exams.
7. List and describe the current available methods of contraception.
8. Discuss current medical trends associated with fertility/infertility.
9. Describe the psychological issues related to lack of contraceptive compliance.
10. Examine current issues surrounding pregnancy and childbirth.
11. Compare and contrast male and female involvement with alcohol and other drugs.
12. Examine the prevalence of violence against women in contemporary society.
13. Describe some of the major issues in mental health as they relate specifically to women.

Major Topics

1. Morbidity and mortality in women.
2. Body image and eating disorders.
3. Reproductive health.
4. Pregnancy and childbirth.
5. Alcohol and other drugs in women.
6. Violence and women.
7. Mental health and stress.

Course Requirements

Grading/exams:

Specific assignments and procedures for evaluating student performance will be described in the individual class syllabus, but will include the following:

Written Exams (3)

Reaction Papers (5)

Writing:

This course will require writing in its assignments (Five 1- 2 page reaction papers).

Other Course Information

This course is an Interdisciplinary and Emerging Issues elective.