

TITLE OF COURSE AND COURSE NUMBER: CMHL 210 Women's Health
Credits - 3

DESCRIPTION OF THE COURSE: This course addresses contemporary issues on the health of women, with attention given to increasing students' understanding of their bodies, identifying resources and services available in the community, and developing the necessary consumer skills for interaction with the health care system. Topics include mental health, nutrition, sexuality, pregnancy and childbirth, cancer detection and treatment, gynecological care, menstruation and menopause, aging and victimization.

COURSE PREREQUISITES: Required for Major Elective, G.E. Elective
Prerequisites - None

COURSE OBJECTIVES/STUDENT LEARNING OUTCOMES:

Upon completion of this course, the students will:

1. Explain the development of the women's health movement.
2. Discuss contemporary health concerns of women.
3. Identify attitudes and needs related to their own health behaviors.
4. Develop a resource list of health services in the community.
5. Develop skills to enhance their role as health consumers.

STUDENT/LEARNING OUTCOMES:

In addition to the above student learning outcomes, all WP students will be able to:

1. Effectively express themselves in written and oral form
2. Demonstrate ability to think critically
3. Locate and use information
4. Demonstrate ability to integrate knowledge and ideas in a coherent and meaningful manner
5. Work effectively with others

TOPICAL OUTLINE OF THE COURSE CONTENT:

1. The Health Care System:
 1. History of the women's health movement
 2. Impact of gender, race and class on care
 3. Unique health care issues for women
2. Female Identity
 1. Psychosocial development
 2. Body Image
3. Nutrition and Exercise
 1. Women's relationship to food
 2. Nutritional needs across the lifespan
 3. Dieting and weight issues
 4. Eating disorders
 5. Exercise

4. Mental Health Issues
 1. Depression
 2. Violence
 3. Alcohol and Drug Use
 4. Treatment Options
5. Sexuality
 1. Sexual identity and orientations
 2. Sexual needs and behavior
 3. Partner relationships
6. Reproductive Health Issues
 1. Gynecological Care
 2. Menstruation/PMS
 3. Endometriosis
 4. Fertility/Infertility
 5. Pregnancy and Childbirth
 6. Breastfeeding
7. Breast Health
 1. Breast self-exam
 2. Mammography
 3. Epidemiology of cancer
 4. Treatment options and controversies
 5. Reconstruction
8. Health Care Issues for Older Women
 1. Menopause
 2. Hysterectomy
 3. Hormone Replacement Therapy
 4. Heart Disease

GUIDELINES/SUGGESTIONS FOR TEACHING METHODS AND STUDENT LEARNING ACTIVITIES:

1. Lecture/discussion
2. Small group discussion
3. Audiovisual materials
4. Speakers
5. Visitations

GUIDELINES/SUGGESTIONS FOR METHODS OR STUDENT ASSESSMENT (OUTCOMES):

1. Class participation
2. Exams
3. Research Papers
4. Book critiques
5. Interviews

SUGGESTED READINGS, TEXT, OBJECTS OF STUDY:

Annual Editions, (1998/99). *Women's Health*, Dushkin/McGraw Hill.
 The Boston Women's Health Book Collective, (1998). *Our Bodies, Ourselves*.
 Touchstone/Simon & Schuster.
 Stabiner, K. (1997). *To Dance with the Devil: The New War on Breast Cancer*. Delta.

BIBLIOGRAPHY OR SUPPORTIVE TEXTS AND OTHER MATERIALS:

Ayalah, D., and Weinstock, L. (1979) *Breasts: Women speak about their breasts and their lives*. Summit Books.
 Barbach, L. (1994). *The pause*. Penguin.
 Carlson, K., Eisenstat, S. & Zioporyn, T. (1996) *The Harvard Guide to Women's Health*.
 Harvard University Press.
 Cohen, N., and Estner, L. (1983) *Silent knife: Cesarean Prevention and Vaginal Birth after Cesarean*. Bergen & Garvey.
 Ehrenreich, B. and English, D. (1979) *For Her Own Good: 150 Years of the Experts' Advice to Women*. Anchor/Doubleday.
 Freedman, R (1986) *Beauty Bond*. Lexington Books.
 Greenwood, S. (1992) *Menopause Naturally*. Volcano Press.
 Hicks, K. (ed.) (1994) *Misdiagnosis: Woman as a Disease*. People's Medical Society.
 Love, S., and Lindsey, K. (1995) *Dr. Susan Love's Breast Book*, 2nd ed. Addison-Wesley.
 Love, S., and Lindsey, K. (1997) *Dr. Susan Love's Hormone Book*. Random House.
 Northrup, C. (1995) *Women's Bodies: Women's Wisdom*. Bantam.
 Norwood, R. (1985) *Women Who Love Too Much*. Pocket Books.
 Wolf, N. (1991) *The Beauty Myth*. William Morrow and Co., Inc.
 Worcester, N., and Whatley, M. (1994) *Women's Health: Readings on Social Economic, and Political Issues* (2nd ed.). Kendall/Hunt.

PREPARER'S NAME AND DATE: Dr. Jean Levitan, Spring 1998

ORIGINAL DEPARTMENTAL APPROVAL DATE: 1992

REVISER'S NAME AND DATE: J.Levitan 4/1/00

DEPARTMENTAL REVISION APPROVAL DATE: Spring 2000