

# University of Maryland, College Park

## Department of Public and Community Health

### HLTH/WMST 471 - Women's Health

Instructor: Anne Anderson-Sawyer, MA  
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 Semester: Fall 2009  
 Classroom/Time: SPH 1312 , M-F 3:00 – 4:15  
 Teaching Assistant: Talya Frelick – [talya.frelick@comcast.net](mailto:talya.frelick@comcast.net)

**OFFICE HOURS**  
 Mondays: 1:00 – 2:30 pm  
 Or by appt. M-W

<b>Required Textbooks &amp; Other Readings</b>	<p><i>New Dimensions In Women's Health, 5<sup>th</sup> Edition</i>  <i>Alexander, LaRosa, Bader, 2010</i></p> <p><b><i>This book has been updated since the 2007, 4th edition. The changes are significant, I do not advise using an older edition.</i></b></p>
<b>Course Description</b>	<p>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, contraception, sexually transmitted infection, eating behaviors and body image, depression, female gynecological and other conditions, abortion, pregnancy and fertility, lesbian health and relationship violence. 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.</p>
<b>Course Objectives</b>	<p><u>At the conclusion of this course, the student will be able to:</u></p> <ol style="list-style-type: none"> <li>1. Describe the overall current state of contemporary women's health in the U.S.</li> <li>2. Examine current issues surrounding stress and depression as they relate to women.</li> <li>3. Understand the basic functioning of female reproductive anatomy.</li> <li>4. Explain the importance of regular gynecological exams.</li> <li>5. Describe relevant societal issues contributing to women's views about body image.</li> <li>6. Describe and explain the prevalence of eating disorders in American women.</li> <li>7. List and describe the current available methods of contraception.</li> <li>8. Examine a host of gynecological and other health conditions specific to women.</li> <li>9. Examine current issues surrounding pregnancy, childbirth and infertility.</li> <li>10. Examine the prevalence of violence against women in contemporary society.</li> <li>11. Examine current issues associated with HIV/AIDS as they relate to women.</li> <li>12. List and describe modes of transmission, symptoms, and treatments of a variety of STIs.</li> </ol>

<p><b>Course Policies</b></p>	<p><u>Exams</u>  There will be three multiple choice exams given during the course. Each is worth 70 points. The exams will cover material from the reading assignments as well as information presented in class through lecture, guest speakers, videos and class discussion. <b>Students are highly encouraged to be in class for exams. Exams should only be missed for emergency situations that can be documented. Students must contact the instructor within 24 hours of missing an exam to arrange for a make-up.</b></p> <p><u>Late Assignments</u> – <b>Five points will be deducted</b> from the total grade you receive on an assignment for each class period it is late.</p> <p><u>Handing in Assignments:</u> NO assignments will be accepted via email. Do not electronically send any assignments.</p> <p><u>Accommodations for students with disabilities:</u>  If you have a documented disability and wish to discuss academic accommodations for test taking or other needs, please talk to me as soon as possible. You will need documentation from Disability Support Service (314-7682.) If you intend to take any or all exams at DSS it is your responsibility to notify me as soon as possible.</p> <p><u>Academic Integrity:</u>  The University's code of academic integrity is designed to ensure that the principle of academic honesty is upheld. Any of the following acts, when committed by a student, shall constitute academic dishonesty:</p> <ul style="list-style-type: none"> <li>✓ CHEATING : intentionally using or attempting to use unauthorized materials, information, or study aids in an academic exercise.</li> <li>✓ FABRICATION: intentional and unauthorized falsification or invention of any information or citation in an academic exercise.</li> <li>✓ FACILITATING ACADEMIC DISHONESTY: intentionally or knowingly helping or attempting to help another to violate any provision of this code.</li> <li>✓ PLAGIARISM: intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise.</li> </ul> <p>For more information see:  <a href="http://www.inform.umd.edu/CampusInfo/Departments/PRES/policies/iii100a.html">http://www.inform.umd.edu/CampusInfo/Departments/PRES/policies/iii100a.html</a></p> <p><u>Religious Observances:</u>  The University System of Maryland policy provides that students <i>should not be penalized because of observances of their religious beliefs; students shall be given an opportunity, whenever feasible, to make up within a reasonable time any academic assignment that is missed due to individual participation in religious observances.</i> <b>It is the student’s responsibility to inform the instructor <u>in advance</u> of any intended absences for religious observance.</b></p>
<p><b>Course Requirements/ Assignments</b></p>	<p>1) <u>Reading and Attendance</u>  Students are required to do the readings as assigned in the syllabus. Because some lecture material is not included in the text book, it is important that students attend class regularly. Instructor notes/power points are not made available to students. If you are absent, be sure to contact another student in the class to obtain a copy of the missed lecture notes.</p>

	<p>2) <u>Self-Talk Examples</u> (worth 5 points): <u>Using the template provided on Blackboard</u>, describe 3 examples of negative “self-talk” (either yours, or self-talk you witnessed in another female), and provide a more accurate, positive, and less stressful alternative. Quality of answers, including depth, grammar and spelling will affect grade. Assignment must be typed. See the “Class Schedule” on the last page for due date.</p> <p>3) <u>Stress Reduction Technique</u> (worth 5 points): <u>Using the handout provided on Blackboard</u>, answer the questions related to stressors that impact your life. Describe 3 methods of stress reduction that you use, or could realistically employ, to reduce the related stress. Assignment must be typed, quality of answers, including depth, grammar and spelling will affect grade. See the “Class Schedule” on the last page for due date.</p> <p>4) <u>Personal Calcium (CA) Log</u> (worth 5 points): Each student is required to track their calcium intake over the course of a full day, identifying calcium rich food items, serving sizes and amount of calcium eaten. Students will tally their total percent of calcium eaten to establish how close they come to the daily requirement. <u>Use the CA log provided on Blackboard</u>. You may neatly print this assignment directly on the log. If your handwriting is too messy to read, you will not receive any credit. See the “Class Schedule” on the last page for due date.</p> <p>5) <u>Body Image Advertisement and Paragraph</u> (worth 5 points): In preparation for the class discussion on body image and eating disorders, each student is required to find an advertisement from a magazine that pictures a female as part of the ad. Type a brief paragraph (4 – 8 sentences, single spaced, no grammar or spelling errors) stating whether you think the advertisement depicts women in a positive or negative manner, and why. <u>Staple the advertisement to the back of your paragraph. Unstapled assignments will not be accepted.</u> See the “Class Schedule” on the last page for due date.</p>
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<b>Grading Scale</b>	<p>Stressors and Stress Reduction Techniques – 5 points  Self-Talk Examples – 5 points  Calcium Log - 5 points  Body Image Ad with Paragraph - 5 points  3 Exams (70 points each) - 210 points</p> <p><b>TOTAL POSSIBLE POINTS: 230</b></p> <p>220-230 points A+  213-219 points A  206-212 points A-  197-205 points B+  190-196 points B  183-189 points B-  174-182 points C+  167-173 points C  160-166 points C-  150-159 points D+  144-149 points D  137-143 points D-  136 &amp; below F</p> <p><b>Boarder Line Grades Will Not Be Changed!</b></p>
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**Lecture/Assignment Schedule – HTLH 471 - Women’s Health - FALL 2009**  
**(Lecture schedule is subject to change)**

<b>DATE</b>	<b>TOPIC</b>	<b>READINGS &amp; ASSIGNMENTS</b>
Mon. August 31	Greetings/Introductions	Read your SYLLABUS!!!
Wed. Sept. 2	Women & History of Health Care	Chapter 1
Mon. Sept. 7	<b>Labor Day School Closed</b>	
Wed. Sept. 9	The Importance of Self-Talk	Materials Provided on Blackboard
Mon. Sept. 14	Women and Stress	Chapter 12: pgs 337-338, 353
Wed. Sept. 16	Women Depression and Other Mental Health Disorders	Chapter 12: pgs 340-346 (end at eating disorders), pgs 351 (suicide)
Mon. Sept. 21	Female Reproductive Anatomy And Physiology	Chapter 4: pgs 71-75 <b>DUE: Self-Talk Examples and Stress Assignment</b>
Wed. Sept. 23	Continued	
Mon. Sept. 28	The Gynecological Visit	Chapter 4: pgs 76-77, Chapter 10: pgs 291-293 (cervical cancer)
Wed. Sept. 30	<b>EXAM I</b>	<b>STUDY!!</b>
Mon. Oct. 5	Gynecological and Other Female Conditions	Chapter 10: pgs 293 - 296 (Begin at Benign Uterine Conditions), Chapter 4: pgs 75-76 (Problems with Menses)
Wed. Oct. 7	Continued	Chapter 10: pgs 286-290 (breasts)
Mon. Oct. 12	Osteoporosis and the Need for Calcium	Chapter 11: pgs 312-315, Chapter 9: pgs 236-238 (calcium)
Wed. Oct. 14	Menopause	Chapter 8
Mon. Oct. 19	Cardiovascular Disease	Chapter 10: pgs 264-282 (stop @cancer) Chapter 13: pgs 366-375, Chapter 9: pgs 232-233 (fats)
Wed. Oct. 21	Our Body Image and Eating Disorders	Chapter 9: pgs 254-260 Chapter 12: pgs 346-349 <b>DUE: Calcium Log, Body Image Ad w/Paragraph</b>
Mon. Oct. 26	Contraceptive Choices	Chapter 5: pgs 90-113
Wed. Oct. 28	Continued	
Mon. Nov. 2	Abortion	Chapter 5: pgs 113-120
Wed. Nov. 4	<b>EXAM II</b>	<b>STUDY!!</b>
Mon. Nov. 9	Pregnancy and Childbirth	Chapter 6: pgs 131-160
Wed. Nov. 11	P & C Continued	
Mon. Nov. 16	Infertility	Chapter 6: pgs. 160-168
Wed. Nov. 18	Lesbian Health	Chapter 4: pgs. 71 and 405
Mon. Nov. 23	Intimate Relationship Violence	Chapter 14: pgs. 574-582
Wed. Nov. 25	<b>Class Cancelled for Thanksgiving</b>	<b>Be grateful, give thanks!</b>
Mon. Nov. 30	HIV/AIDS	Chapter 7: pgs 192-196
Wed. Dec. 2	Continued	
Mon. Dec. 7	Sexually Transmitted Infections and Women (“Reproductive Tract”)	Chapter 7: pgs 196-204
Wed. Dec. 9	Continued	
<b>Given on the day for our “final exam” – schedule has not been posted yet - TBA</b>	<b>EXAM #3</b>	<b>STUDY!!</b>