LOS ANGELES MISSION COLLEGE
Department of Physical Education & Health

Syllabus for Fall 2013

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Office Location: HFAC 202
Office Hours: Tue 8:00 a.m.–8:55 a.m.
Thurs 12:15p.m.–12:55 p.m.
OR BY APPOINTMENT

Number and Title of Course

Health 8 – Women's Personal Health (3 units)

Class Description

The purpose of this course is to provide a comprehensive overview of the major dimensions in women's health with special emphasis on preventive health care.

Course Objectives

Upon completion of this course, students should be knowledgeable about the following:

- Maintaining a healthy weight in women during the course of their lifespan.
- Different forms of violence in women's lives and ways and means of dealing with them.
- Types of contraceptives and their effectiveness.
- Benefits and complications associated with breastfeeding.
- Prevention and treatment of sexually transmitted infections.
- Menopause management.
- Prevention of cardiovascular disease and cancer through lifestyle changes, health screening and disease management.

Student Learning Outcomes

Students after completing a course in the Women's Health will be able to demonstrate information competency.

Students will be able to demonstrate knowledge of lifestyle practices that contribute to the health and wellness of women.

Textbook

Alexander; LaRosa and Bader – New Dimensions in Women's Health (Sixth Edition). ISBN 978-1-4496-9813-3

Participation

Regular and punctual attendance is important. Roll will be taken and participation in class discussions is highly encouraged. It is the student's responsibility to drop or withdraw from class. A grade must be given even if the student stops attending class but does not drop the class.

Grading

All reading should be done prior to coming to class, so that students will be able to discuss the material. In addition, there will be:

• Seven quizzes (lowest two will be dropped)	-	200 points
• Exam 1	-	100 points
• Exam 2	-	100 points
• Participation	-	20 points
• Homework	-	60 points
• Critique	-	20 points
• Total	-	500 points

Grades will be averaged as follows: A = 90% B = 80% C = 70% D = 60% F = Below 59%.

In order to receive a grade you must complete the information competency workshop and critique. Assignments will be explained in class. Students who are absent are responsible for getting notes / assignments from another student. Homework and exam dates will be given in class. Late assignments will be accepted with a penalty, only at the next session and will not be accepted thereafter.

No extra credit will be available. Missed assignments, quizzes & exams cannot be made up. All quizzes and exams require a scantron and a #2 pencil.

Integrity: Any student who is caught cheating on or copying an assignment will receive 0 points. Other breaches of integrity may have more serious consequences.

Interruptions: Please do not interrupt class by having cell phones going off. Anyone who forgets to turn off these signals may be asked to leave class. Please, no eating or drinking in class.

Tentative Class Schedule

Date	Topic	Chapters
Aug 27	***Introduction to Women's Health***	**Ch 1**
Aug 29 - Sept 10	***Nutrition and Weight Management***	**Ch 9**
Sept 12 - Sept 17	***Violence***	**Ch 14**
Sept 19 - Oct 21	***Reproductive Health***	**Ch 4-7**
Oct 29 – Oct 31	***Menopause***	**Ch 8**
Nov 5 - Nov 14	***Cardiovascular Diseases and Cancer***	**Ch 10**
Nov 19 - Dec 5	***Preventing Chronic Conditions***	**Ch 11**

Holidays
September 2, November 11, November 28-December 1.

Drop Dates
September 8 is last day to drop without a "W".
November 17 is last day to drop for semester with a "W".

Note
LACCD enrollment limit- The limit is now three times to take a class and includes both substandard grades and withdrawals.