#### LOS ANGELES MISSION COLLEGE

Department of Physical Education & Health

# Syllabus for Fall 2014

B. Choudhury Phone: (818) 364-7600 x 4241 Email: <a href="mailto:choudhb@lamission.edu">choudhb@lamission.edu</a>
Office Location: HFAC 202 Office Hours: Tue. 8:00 a.m.–8:35 a.m. Thurs. 12:15p.m.–1:30 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:

- Discuss the importance of eating healthy, exercising consistently and maintaining a healthy weight.
- Examine different forms of violence in women's lives and ways and means of dealing with them.
- Understand the basic anatomy and physiology of the female reproductive system including the process of fertility, conception and pregnancy.
- Explain the importance of gynecological examination on a regular basis.
- Describe the current types of contraceptives and their effectiveness.
- Identify and critically evaluate the various ways STI's can be controlled.
- Examine prevention of cardiovascular disease and cancer through lifestyle changes, health screening and disease management.

# **Student Learning Outcomes**

#### Information Competency:

Students, after completing a course in the Women's Health discipline, will be able to demonstrate information competency by combining aspects of library literacy, research methods and technological literacy. Evidence will be the ability to locate, evaluate, utilize and communicate information in all its various formats in understanding health issues.

#### Global Awareness:

Students, after completing Women's Health, will be able to demonstrate global perspectives by generating theoretical and pragmatic approaches to health and environmental issues. Evidence will be the ability to analyze global health and environmental issues from multiple perspectives and to articulate an understanding of these interconnected issues by formulating appropriate and global responses.

# **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. You will lose participation points if you arrive late to class or leave early. 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.

On the days when we have quizzes, you will not be given that quiz if you arrive after the quizzes have been given out. If you are arriving after the class has begun, please enter quietly through the back door.

# <u>Grading</u>

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)
Exam 1
Exam 2
Participation
Worksheets
S.L.O. assessment
200 points
100 points
40 points
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 S.L.O. assignment. 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 not be accepted.

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.

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

<u>Interruptions:</u> 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
Sept 2	Introduction to Women's Health	Ch 1
Sept 4 – Sept 16	Nutrition/Weight Management/Eating Disorders	Ch 9
Sept 16	Library Workshop (Mandatory)	
Sept 18-Sept 25	Violence	Ch 14
Sept 30 – Oct 7	Sexual-Anatomy/Menstrual Cycle / Menstrual	Ch 4
	Problems	
Oct 9 – Oct 14	Contraception/Abortion	Ch 5
Oct 16 – Oct 28	Pregnancy/Childbirth/Infertility	Ch 6
Oct 30 – Nov 4	Sexually Transmitted Infections/Review	Ch 7
Nov 6	Exam 1	
Nov 13 – Nov 18	Menopause	Ch 8
Nov 20 – Nov 25	Cancer	Ch 10
Dec 2 – Dec 4	Osteoporosis	Ch 11
Dec 4 – Dec 9	Cardiovascular Disease	Ch 10
Dec 11	Diabetes/Review	Ch 11

## Holidays

November 11, November 27-30.

## **Drop Dates**

September 14 is last day to drop without a "W".

November 23 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.