

LOS ANGELES MISSION COLLEGE
Department of Physical Education & Health

Syllabus for Spring 2014

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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

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. 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.

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
Feb 11	<i>Introduction to Women's Health</i>	Ch 1
Feb 13 – Feb 27	<i>Nutrition/Weight Management/Eating Disorders</i>	Ch 9
Mar 4 – Mar 6	<i>Violence</i>	Ch 14
Mar 11 – Mar 18	<i>Sexual-Anatomy/Menstrual Cycle / Menstrual Problems</i>	Ch 4
Mar 20 – Mar 25	<i>Contraception/Abortion</i>	Ch 5
Mar 27 – Apr 15	<i>Pregnancy/Childbirth/Infertility</i>	Ch 6
Apr 17 – Apr 22	<i>Sexually Transmitted Infections/Review</i>	Ch 7
Apr 24	<i>Exam 1</i>	
Apr 29 – May 1	<i>Menopause</i>	Ch 8
May 6 – May 8	<i>Cancer</i>	Ch 10
May 13 – May 15	<i>Osteoporosis</i>	Ch 11
May 15 – May 20	<i>Cardiovascular Disease</i>	Ch 10
May 22 – May 29	<i>Diabetes/Review</i>	Ch 11

Holidays

February 14-17, March 31, Spring Break April 7-13, May 26-27.

Drop Dates

February 23 is last day to drop without a "W". May 11 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.