

COURSE OUTLINEHealth 106
Women's Health Education**I. Catalog Statement**

Health 106 explores the various dimensions of health as they relate to women. Topics explored include disease development, fitness and nutrition, substance abuse, reproductive health, and age-associated changes. A preventive care approach is taken for promotion of lifetime wellness and enhanced quality of life.

Units - 3.0

Lecture Hours - 3.0

Prerequisite: None

Note: This course may not be taken for credit by students who have completed Health 104 or Psychology 111.

II. Course Entry Expectations

Skills Level Ranges: Reading 5; Writing 5; Listening/Speaking 5; Math 2

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

1. discuss the impact of societal pressures on women's health;
2. create a healthy psychological relationship with food;
3. explain the biochemical impact of food on psychological/emotional status;
4. explain the relationship of exercise and disease prevention;
5. analyze the risk of disease related to gender;
6. identify diseases and symptoms of diseases related to the reproductive system;
7. apply lifestyle modifications to minimize disease risks;
8. develop techniques by which to maximize self-esteem;
9. discuss the impact of body image on psychosocial health;
10. evaluate the physiological changes that occur with age in women.

IV. Course Content

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| A. Introduction and overview of course | 3 hours |
| 1. Differentiating between men's and women's health issues | |
| 2. Dimensions of health | |
| 3. Healthy People 2000/2010; implications for women | |
| B. Psychosocial health | 5 hours |
| 1. Impact of self-esteem issues on quality of life | |
| 2. Impact of societal pressures on women's health | |
| 3. Cosmetic surgery for self-esteem preservation | |
| C. Nutrition and Body Image | 6 hours |
| 1. United States Department of Agriculture (USDA) macronutrient guidelines/ pyramid | |

2. Micronutrients/micronutrient concerns for women
3. Substance/supplement use and impact on health
- D. Disordered eating behaviors 4 hours
 1. Separating "how women look" from "who they are"
 2. Food Cravings/biochemical relationship of food and feelings
 3. Impact of societal pressures to be thin
- E. Drug use and abuse issues 3 hours
 1. Addictive behaviors
 2. Alcohol and tobacco use as they relate to to the female body.
- F. Exercise 6 hours
 1. Purpose
 2. Types
 3. Impact of exercise on disease prevention
 4. Impact of exercise on weight maintenance
- G. Reproductive System 7 hours
 1. Reproductive anatomy
 2. Problems and diseases of the reproductive system
 3. Sexually transmitted diseases
- H. Pregnancy 6 hours
 1. Getting pregnant/infertility
 2. Guidelines for pregnancy
 3. Contraception
 4. Abortion
 5. Family planning
- I. Age-related physiological/emotional changes 6 hours
 1. Bone-density losses
 2. Menopause
 3. Cardiovascular disease
 4. Female cancers
 5. Emotional impact of aging/aging gracefully
- J. Women's health care issues 2 hours

V. Methods Of Presentation

The following instructional methodologies may be used in the course:

1. multimedia presentations designed for lecture and discussion;
2. small group breakout sessions;
3. video presentations.

VI. Assignments and Methods of Evaluation

1. Students take written examinations.
2. Students keep and analyze a daily journal of thoughts, ideas, and stressors identifying how these items shape self-image.
3. Students are assigned a research project.
4. Students take a written final exam.

VII. Textbook

Kolander, C. [Contemporary Women's Health: Issues for Today and the Future](#), 4th Edition. New York: McGraw-Hill Publishers, 2010.
10th Grade Reading Level. ISBN-13: 978-0-07-338084-1