

# HLT 206: Women's Health



## **Course and Instructor Information:**

Semester: Summer II 2020  
Course Credit Hours: 3.0  
Course Format: Online  
Instructor Name: Hollie Gibbons, MPH, RD  
Instructor Email: hgibbon@cedarcrest.edu  
Instructor Phone Number: 484-788-3636  
Instructor Office: HBB, 41 B (Exercise Physiology Lab)  
Office Hours: By Appointment

## **Course Description:**

In this course students will explore major health issues concerning women today, with an emphasis on social, cultural, and medical influences. The course is designed to empower women to make informed decisions about their health & health care. Additionally, the Women's Health course will inform men with whom women may be associated (i.e. spouse, partner, friend, and other family members), to take an active role advocating for women's health issues.

## **Course Textbooks:**

Alexander, L. L., LaRosa, J. H., Bader, H., Garfield, S., & Alexander, W. J. (2021). *New Dimensions in Womens Health* (8th ed.). Burlington, MA: Jones & Bartlett Learning. ISBN: 9781284178418

## **Course Student Learning Outcomes:**

Upon successfully completing this course, students will be able to:

1. Delineate the social, cultural and psychological factors influencing women's health care in the United States.
2. Critically assess current research in the field of women's health.
3. Evaluate the risks and benefits associated with health practices currently employed by women.
4. Explore specific disease processes as they relate to women.
5. Analyze current barriers affecting women's access to healthcare, particularly women who are members of marginalized groups.
6. Develop strategies to improve the health of women at personal and professional levels.

### **Course Assignment Descriptions:**

Student learning outcomes will be assessed by reading assignments, participation in classroom discussions and completed course assignments. Details are found within weekly course modules.

### **Course Grading Policy:**

Students will be evaluated on the following:

Discussion Board/Participation	25%
Module Homework Assignments	20%
Module Case Studies	25%
Written Paper	30%
<b>Total</b>	<b>100%</b>

### **Grade percentage guide:**

<b>Final grade %</b>	A	A-	B+	B	B-	C+	C	C-	D+	D	F
	93-100	90-92.9	87-89.9	83-86.9	80-82.9	77-79.9	73-76.9	70-72.9	67-69.9	60-66.9	<60

### **Cedar Crest College Honor Philosophy:**

The Cedar Crest College Honor Philosophy states that students shall uphold community standards for academic and social behavior to preserve a learning environment dedicated to personal and academic excellence. It is based upon the principle that, as a self-governing body, students have the ability to create an atmosphere of trust and support. Within this environment, individuals are empowered to make their own decisions, develop personal regard for the system under which they live, and achieve a sense of integrity and judgment that will guide them through life.

### **Classroom Etiquette:**

Students are expected to conduct themselves in a manner that best realizes their own and other students' education. Appropriate classroom behavior includes attending and being prepared for all classes, arriving and leaving on time, treating others with respect, refraining from any activities within the classroom that do not directly pertain to the business of the class, using language that is respectful, and refraining from behavior that disrupts the learning environment. Reasonable anticipated interruptions should be cleared in advance.

### **Attendance:**

Regular weekly class participation is expected of all students. Attendance will be monitored by completion of weekly assignments. Students who are absent from class for reasons such as

illness or a family emergency must contact the Office of Student Affairs to obtain a written verification for an excused absence.

### **Course Assignment Policy:**

Assignments are to be done as scheduled and work to be uploaded meeting the assigned deadline. Late assignments will receive a 1-point grade reduction each day it is late until day 5 when assignments will no longer be accepted.

### **Class Cancellation Policy:**

If the College closes for weather or other reasons, the class will not meet. If the College is delayed, the class will adhere to the timeframe and class will be held only if the College is open by the start of class. For notification of the College closing, for inclement weather or other emergencies, refer to Cedar Crest's e2Campus system, the Inclement Weather Hotline at 610-606-4629, or the College's MyCedarCrest website for notification. In the event that the instructor is not able to make it to class, you will receive notification through a class-wide email.

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### **Cedar Crest College Diversity Statement:**

Founded under the mission to expand women's access to higher-education, Cedar Crest College values difference in a diverse, inclusive, and equitable learning environment. The College is committed to educational excellence, leadership, and civic engagement in a pluralistic society. We thus embrace an inclusive community that brings together students, faculty, and staff of different racial and multi-racial, ethnic and multi-ethnic, gender and sexually diverse, religious and nonreligious, economic, and national identities and ages. Our educational mission includes students who have been historically underrepresented in higher education, such as students of color, first-generation college students, international students, students of varying ability or disability, and other identities.

### **Academic Integrity:**

Academic integrity and ethical behavior provide the foundations of the Cedar Crest scholarly community and the basis of our learning environment. Students are expected to set for themselves a high standard to be personally and intellectually honest and to ensure that other students do the same. In this class, the penalty for plagiarism and other forms of academic misconduct (cheating, collusion, fabrication, etc.) is a grade of F either on the individual assignment or for the entire course, to be determined by the instructor based upon the severity of the offense. All cases of academic misconduct will be kept on record with Cedar Crest College's Provost Office. When an instructor determines that a student has engaged in academic misconduct, the instructor is obligated to report the incident to the Provost's office. Reports are recorded in the Provost's office, which will notify the student of their receipt and the College's

policies regarding academic misconduct. For more information, please refer to the Student Handbook, Section IV: Community Standards for Academic Conduct.

### **VeriCite Citation Verification/Plagiarism Detection:**

Cedar Crest College uses a citation verification service (VeriCite, [www.vericite.com](http://www.vericite.com)) to help teach proper citation techniques and to ensure the integrity of written academic work. By enrolling in this course, students agree to the submission of their written assignments to such a citation verification service, the use of which is subject to the Terms of Use posted on the provider's website. Written work submitted to a citation verification service will become part of its database for the purposes of future citation verification.

### **Resources for Students with Disabilities:**

Cedar Crest College is committed to ensuring students with disabilities are welcomed as a part of our diverse community and that they have equal access to participate in all programs and services offered by the College, in accordance with the Americans with Disabilities Act (ADA) and Section 504 of the National Rehabilitation Act. If you have a disability and require accommodations to access any portion of the design, instruction, or experiences that comprise this course or any other campus activity, please contact Disability Resources (610-606-4628; [advising@cedarcrest.edu](mailto:advising@cedarcrest.edu); Student Success Center in Cressman Library) to set up an appointment to discuss your need for accommodations. Please note that accommodations are not retroactive and may require advance notice to implement. Please refer to the Disability Resources page on MyCedarCrest for more information ([https://www.cedarcrest.edu/ada\\_file.shtm](https://www.cedarcrest.edu/ada_file.shtm)).

Accommodations will not be provided unless the instructor receives an official Cedar Crest College Accommodations Letter. If you are already receiving accommodations, please remember to have a confidential conversation (in person, via email, or phone call) with your instructor to discuss the approved accommodations you intend to use for this course and how they may be implemented.

### **Audio Recording:**

Students with disabilities may be approved to audio record lectures in this course in order to be provided meaningful access to the lecture material and to the educational experience. Students who are approved for this accommodation may only use this material for personal academic use and may not share the recording with anyone else. Dissemination of class recordings is only permitted with the speaker's explicit written consent. Note: audio recording may be prohibited, at the instructor's sole discretion, during portions of the lecture or discussion that may involve personal, self-disclosure by other students. Please see your instructor if you have any questions or concerns about this policy.

### **Technology Support Services and Accessibility:**

This course uses Canvas learning management system. Instructional videos for Canvas are available on the Cedar Crest web site. All technology support services at Cedar Crest are provided through the Department of Information technology help desk.

Help desk phone support is available during the following hours of operation, except when the college is closed due to holidays, administrative closings, or inclement weather:

Monday-Friday: 8:30 AM – 8 PM

Saturday-Sunday: 9 AM-5 PM

To request help with technology support call: 610-606-4635 or E-mail: [helpdesk@cedarcrest.edu](mailto:helpdesk@cedarcrest.edu)

## **Tutoring and Academic Support Resources:**

The Student Success Center, located on the main floor of Cressman Library, offers writing and tutoring resources to all Cedar Crest students with the goals of assisting students in achieving academic success and becoming effective, independent learners. Smarthinking, on-line tutoring service, is also available to all Cedar Crest students. For information about all available tutoring services and scheduling information, please refer to the Tutoring and Support Resources page on MyCedarCrest, located under the “Academic Services” page in the “Current Students” Section: [my.cedarcrest.edu/ICS/Current\\_Students/Academic\\_Services/Tutoring\\_\\_Support\\_Resources.jnz](http://my.cedarcrest.edu/ICS/Current_Students/Academic_Services/Tutoring__Support_Resources.jnz). The Student Success Center may

## **Course Schedule:**

<b>Module</b>	<b>Class Subject or Activity</b>	<b>Assignments**</b>
1	Chapter 1: Introduction to Women’s Health; Chapter 2: The Economics of Women’s Health; Chapter 3: Health Promotion and Disease Prevention	Module 1 Discussion Module 1 Homework Assignment
2	Chapter 4: Sexual Health; Chapter 5: Reproductive Health; Chapter 7: Sexually Transmitted Infections	Module 2 Discussion Module 2 Case Study Review Written Assignment
3	Chapter 6: Pregnancy and Childbirth; Chapter 8: Menopause and Hormone Therapy	Module 3 Discussion Module 3 Homework Assignment
4	Chapter 9: Nutrition, Exercise, and Weight Management; Chapter 10: Understanding and Preventing Cardiovascular Disease and Cancer; Chapter 11: Other Chronic Diseases and Conditions	Module 4 Discussion Module 4 Homework Assignment
5	Chapter 12: Mental Health; Chapter 13: Drugs and Substance Abuse	Module 5 Discussion Module 5 Case Study
6	Chapter 14: Violence, Abuse, and Harassment; Chapter 15: Women in the Workforce	Module 6 Discussion Written Assignment Due

\*\*Additional readings and activities may be provided by the professor each week and will be listed in the weekly module in Canvas.

Date: 06/19/20