



El Camino College
 COURSE OUTLINE OF RECORD – Official

Subject:	CH
Course Number:	5
Descriptive Title:	Contemporary Women's Health
Course Disciplines:	Health
Division:	Health Sciences and Athletics
Department:	Physical Education
Catalog Description:	<p>This course is designed to investigate the many sociological, psychological, and physiological aspects related to women's health. Topics include the life challenges women face, such as body image, abuse, nutrition and exercise, sexual and reproductive health, consumerism, and mental health.</p> <p>Note: The maximum UC credit allowed for students completing Contemporary Health 5 and Contemporary Health 1 is one course.</p>
Prerequisite:	
Co-requisite:	
Recommended Preparation:	English 1 or eligibility for English 1A or qualification by appropriate assessment
Enrollment Limitation:	
Course Length:	Full Term
Hours Lecture (per week):	3
Hours Laboratory (per week):	0
Outside Study Hours:	6
Total Hours:	54
Course Units:	3
Grading Method:	Letter Grade only
Credit Status:	
Transfer CSU:	Yes
Effective Date:	11/18/2013
Transfer UC:	
Effective Date:	2014
General Education ECC:	Area 5 - Health and Physical Education
Term:	Fall 2014
Other:	
CSU GE:	Area E - Lifelong Understanding and Self-Development
Term:	
Other:	
IGETC:	

Term:	
Other:	
Student Learning Outcomes:	<p>SLO #1 Reproductive Label Students will label the structures of the female reproductive system and identify the functions of each structure on a test with 80% accuracy.</p> <p>SLO #2 Contraception In a written report, students will identify five methods of contraception and correctly compare and contrast each method in terms of how it prevents pregnancy, overall effectiveness, and ease of use, cost and side effects with 80% accuracy.</p> <p>SLO #3 History Students will identify the important events in the history of the women's social movement in America and women's health on a written test with 80% accuracy.</p>
Course Objectives:	<ol style="list-style-type: none"> 1. Explain the mental health challenges specific to women including body image, self-esteem, false media images, gender disparities, sexual harassment, abuse, balancing life responsibilities, and eating disorders. 2. Identify the most common psychological disorders, including depression and anxiety as they relate specifically to women. 3. Describe the impact of stress on women and list stress management techniques. 4. Examine nutritional practices, weight loss programs, physical activities and preventive screenings that help women maintain good health. 5. Compare and contrast healthy and unhealthy sexual practices and identify the most common sexually transmitted infections. 6. Describe the female reproductive anatomy and the stages of the female sexual response cycle. 7. Identify risk factors, detection methods, and treatments for chronic diseases including cardiovascular disease, diabetes, autoimmune diseases, and cancers that affect women. 8. Identify the three stages of labor and what occurs during each stage. 9. Identify the main contraceptive methods along with effectiveness, side effects, and how they prevent pregnancy.
Major Topics:	<p>I. History of Women in America (3 hours, lecture)</p> <ol style="list-style-type: none"> 1. <ol style="list-style-type: none"> A. Important sociological events in the history of women in America B. The history of women's health in America <p>II. Psychological Health Challenges Specific to Women (9 hours, lecture)</p> <ol style="list-style-type: none"> 1. <ol style="list-style-type: none"> A. Gender disparities B. Body Image C. False media images D. Eating disorders E. Sexual harassment F. Abuse G. Achieving life balance

- H. Stress
- I. Psychological disorders

III. Nutrition, Weight Management and Physical Activity, and Consumerism (9 hours, lecture)

- 1.
 - A. The nutritional needs of women
 - B. Weight management programs
 - C. The benefits of exercise
 - D. Intelligent consumer choices
 - E. Benefits and risks of surgical and non-surgical aesthetic procedures

IV. Women's Sexuality (9 hours, lecture)

- 1.
 - A. The female reproductive anatomy
 - B. Stages of the female sexual response
 - C. Health benefits of orgasm
 - D. Sexual dysfunction
 - E. Contraceptive choices
 - F. Childbirth
 - G. Abortion
 - H. Healthy intimate relationships
 - I. Hormonal levels over a women's lifetime
 - J. Benefits and risks of hormonal replacement therapy and bio identical hormones.

V. Physiological Chronic Diseases and Women (9 hours, lecture)

- A. Cardiovascular diseases
- B. Cancer, including breast cancer, ovarian cancer, uterine cancer
- C. Autoimmune disorders
- D. Diabetes
- E. Others

VI. Psychological/Physical Addiction and Women (9 hours, lecture)

- A. Alcohol
- B. Tobacco
- C. Prescription Drugs

	<p>VII. Health Insurance Options (3 hours, lecture)</p> <p>A. Private B. Public C.</p> <p>VIII. Specific Health Concerns of Minority Women (3 hours, lecture)</p> <p>A. African American B. Hispanic C. Native American D. Asian American E. Pacific Islanders</p>
Total Lecture Hours:	54
Total Laboratory Hours:	0
Total Hours:	54
Primary Method of Evaluation	1) Substantial writing assignments
Typical Assignment Using Primary Method of Evaluation:	Write a five-page paper using American Psychological Association (APA) guidelines on two health challenges specific to women such as body image and eating disorders. In your paper, discuss the health challenges, affecting a woman's physical, emotional and mental health. Include treatment options and strategies that are available to rectify the problem or condition.
Critical Thinking Assignment 1:	In a three-page written report, identify five methods of contraception and compare and contrast each method in terms of how it prevents pregnancy, overall effectiveness, ease of use, cost, and side effects.
Critical Thinking Assignment 2:	Present a PowerPoint presentation on a popular female cosmetic procedure and include pictures before and after the procedure. Identify the risks, costs, and the length of down time required. At the end of the presentation, include a slide summarizing the pros and cons of the procedure.
Other Evaluation Methods:	Completion, Essay Exams, Matching Items, Multiple Choice, Objective Exam, Presentation, Quizzes, Reading Reports, Term or Other Papers, True/False, Written Homework
If Other:	
Instructional Methods:	Discussion, Group Activities, Guest Speakers, Lecture, Multimedia presentations, Role play/simulation
If other:	
Work Outside of Class	Required reading, Study, Written work (such as essay/composition/report/analysis/research)
If Other:	
Up-To-Date Representative Textbooks:	Kolander et.. <u>Contemporary Women's Health</u> . McGraw-Hill Higher Education, 5 th Edition, 2014.
Alternative Textbooks:	
Required Supplementary Readings:	

Other Required Materials:	
Requisite	
Category	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable	
Requisite course:	English 1
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	<p>This course involves reading college level textbooks, developing written projects, and answering essay questions. A student's success in this class will be enhanced if they have these skills.</p> <p>Students need well-developed reading skills in order to understand and interpret information in their textbooks and writing skills to develop essays and projects.</p> <p>ENGL 1- Summarize, analyze, evaluate, and synthesize college-level texts.</p> <p>ENGL 1 - Write a well-reasoned, well-supported expository essay that demonstrates application of the academic writing process.</p>
Requisite:	qualification by appropriate assessment
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable	This course involves reading college level textbooks, developing projects, and answering essay questions. A student's success in this class will be enhanced if they have these skills.
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Charleen Zartman
Date:	10/10/2001
Last Reviewed and/or Revised by:	Le Valley Pattison
Date:	9/5/2019

Original Board Approval Date:	11/18/2013
Last Board Approval Date:	10/21/2019