

**J. Sargeant Reynolds Community College**  
**Course Content Summary**

**Course Prefix and Number:** HLT 204

**Credits:** 3

**Course Title:** Women's Health

**Course Description (as it should appear in the catalog)**

Explores current issues related to women's health and wellness with an emphasis upon prevention of disease and optimum well being. Takes a multi-ethnic approach to exploring the most up-to-date findings, diagnostic tools, and treatments for breast cancer, reproductive tract illness, heart, and other common diseases faced by women from puberty through menopause. Lecture 3 hours per week.

**General Course Purpose**

This course is designed to provide the student with knowledge about women's health, disease prevention and wellness. HLT 204 will serve as a wellness general education elective for any program with a wellness elective.

**Prerequisites:** None

**Course Objectives** (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

1. Explore women's roles (past, present, and future) as health care consumers and/or providers in the area of women's health.
2. Evaluate the impact of historical events and trends on current health practices that affect women and health care.
3. Examine culture, religion, economics, societal attitudes, and medical knowledge and practices that impact women's health at the personal/individual, national, and global level.
4. Demonstrate knowledge and insight into women's health issues, concerns, and risks from adolescence to older adulthood in the female life cycle including both physical and psychological perspectives.
5. Discuss current medical, ethical, and legal issues surrounding specific health care practices that affect women.
6. Explore ways in which differences such as race, class, age, gender, sexual orientation, marital status, and disability impact the ways in which women receive and provide health care.
7. Appreciate women's health care issues from diverse, multicultural national and global perspectives.
8. Synthesize past and current knowledge of women's health and health care issues into his/her own current and future roles as health care provider, advocate, and consumer.

**Major Topics to be Included**

1. Historical perspectives of women as healers and recipients of health care
2. Politics of women and gender from national and international perspectives
3. Health and wellness from the perspective of "taking care of ourselves," role of personal responsibility, sharing health care practices, and work/occupational environments
4. Health issues and health care needs in the life cycle of women at adolescence, young adulthood: sexuality and relationships, sexually transmitted diseases including HIV and AIDS, childbearing years: pregnancy loss, infertility, adoption, and reproductive technologies
5. Women in middle age and bereavement, and societal attitudes
6. Diseases specific to women: heart disease, cancer, breast cancer, and diabetes mellitus
7. Child abuse, incest, rape, and domestic violence

**Effective Date of Course Content Summary (Month, Date Year):** August 22, 2011