

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: HLT 204

Credits: 3

Course Title: Women's Health

Course Description: 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.

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Explore women's roles (past, present, and future) as health care consumers and/or providers in the area of women's health;
- b. Evaluate the impact of historical events and trends on current health practices that affect women and health care;
- c. Examine culture, religion, economics, societal attitudes, and medical knowledge and practices that impact women's health at the personal/individual, national, and global level;
- d. 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;
- e. Discuss current medical, ethical, and legal issues surrounding specific health care practices that affect women;
- f. 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;
- g. Appreciate women's health care issues from diverse, multicultural, national, and global perspectives; and
- h. 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:

- a. Historical perspectives of women as healers and recipients of health care
- b. Politics of women and gender from national and international perspectives
- c. Health and wellness from the perspective of "taking care of ourselves," role of personal responsibility, sharing health care practices, and work/occupational environments
- d. 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
- e. Women in middle age and bereavement, and societal attitudes
- f. Diseases specific to women: heart disease, cancer, breast cancer, and diabetes mellitus
- g. Child abuse, incest, rape, and domestic violence

Date Created/Updated (Month, Day, and Year): January 30, 2019