

**Normandale Community College**

**Common Course Outline for HLTH 2105: Women's Health**

**A. Course Description**

1. Number of credits: 3
2. Recommended Prerequisites: Eligible for READ 1106 and ENGC 1101

**B. Date last revised:** January 2016

**C. Outline of Major Content Areas:**

This course examines critical issues in women's health. Topics will include biological, cultural, global, psychological, historical, and political areas that shape and define women's health and healthcare choices. We will explore behavior which promote or compromise women's health and the philosophy of an integrative approach to optimal health.

**D. Course Learning Outcomes:**

- Comprehend the historical aspects of women's health and the impact the women's movement, advocacy and consumer groups have on women's healthcare today.
- Identify the potential of an integrative approach to achieving optimal healthcare.
- Analyze the link between gender relations, science, legal perspectives, and women's healthcare.
- Analyze how racism, sexism, classism, etc. has affected women's health from a global perspective.
- Evaluate how factors such as gender, race, cultural perspectives, and socioeconomic status align with your role as a responsible citizen in local and global communities.
- Identify behaviors that tend to promote or compromise women's health.
- Discuss the interrelatedness of biological, cultural, psychological, historical, and political areas that shape women's healthcare.
- Explain physical, social, emotional, occupational, mental, spiritual, and intellectual factors which influence health behaviors.
- Critique health differentials and causes of illness across various stages of women's lives in the United States as well as the global community.

**E. Outline of Course Content:**

- Introduction
- History
- Lifespan development and personal dimensions
- Global Health, Ethnic Diversity in Healthcare
- Healthcare

- Economics
- Health Research Practices
- Diseases and Conditions
- Environment
- Consumerism
- Body Image
- Violence
- Relationships
- Nutritional/Physical Issues
- Chemical Health
- Gynecological Issues
- Sexual Health
- Contraception
- Pregnancy and Children
- HIV/STD's
- Spiritual Health

**F. Methods for Assessing Student Learning:**

Course evaluation may include (but not limited to): Objective examinations, Individual projects, group and individual presentations; research papers, journal/book reviews; critique/reaction papers; journal writing, personal assessments and summaries; class discussions; class attendance.

**G. Special Information: Entry Level Skills/Knowledge**

The following placement test results are recommended for successful completion of this health course:

- Eligible for READ 1106: Critical Reading Skills
- Eligible for ENGC 1101: Freshman Composition