

Course discipline/number/title: HLTH 2126: Women's Health Issues

A. CATALOG DESCRIPTION

1. Credits: 3
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
4. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course examines lifestyle choices dealing with many aspects of overall health prevention and promotion. This course will identify major health issues confronting women today, by exploring issues from the traditional medical model to the holistic model using an integrative approach to wellness. This course will include an overview of critical contemporary women's health topics such as exercise, nutrition, stress management, pregnancy, labor and childbirth, menopause, heart disease, self-esteem, domestic violence and other issues as they affect today's women.

C. DATE LAST REVISED (Month, year): February, 2021

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Introduction to Women's Health and Rights
2. Economics of Women's Health Insurance and Care
3. Health Promotion and Disease Prevention
4. Sexual Health/Reproductive Health
5. Pregnancy and Childbirth
6. Menopause, Stages and Health Effects
7. Nutrition, Exercise, Weight Management
8. Cardiovascular Diseases and Cancer, Risks and Prevention
9. Chronic Diseases
10. Mental Health
11. Substance Abuse
12. Violence, Abuse and Harassment
13. Women in the Workforce, Historical Trends and Finding a Balance

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Explain the impact of politics on women's health issues
2. Explain the current medical model and the health care system
3. Identify health care concerns and preventive measures for adolescents, young adults, women in mid-life and senior years.
4. Explain the cultural implications, anatomy, conditions, cures and healing approaches to the female anatomy
5. Explain the possible concerns and conditions present during the menstrual cycle, pregnancy, childbirth and menopause as well as the approaches to healing and curing.
6. Explain the principles of exercise and nutrition and the role they play in a healthy lifestyle.
7. Create a personal plan combining health care, nutrition, exercise and the knowledge of the benefits of positive energy to achieve optimal health
8. Identify basic categories of mental disorders, including mood, anxiety, and eating disorders as well as their symptoms, treatment, and effects of women
9. Explain the different forms of violence and their impact on all elements of women's wellness.
10. Explain the impact of drugs, medications, dependency and treatment issues on women's health within biological, social and cultural context.
11. Translate the historical trends of women in the workforce and issues present today related equal wages and work/life balance.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Participation/Attendance

- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
Continued. . .
2. Written assignments
 3. Discussion
 4. Research paper
 5. Quizzes/Written exams
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s):
Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None