Course Description:

This course will focus on health and wellness issues pertinent to women in their young adult years through middle to late adulthood. The conceptual framework based on elements of body, mind and spirit will be used to explore common health problems and wellness issues (i.e. exercise, nutrition, stress, emotions, and relationships, acute and chronic disease). Self-empowerment in relation to health promotion and disease prevention will be stressed.

Instructor: Karen Cardillo RN, MS HSMI
Office: 10-128
Phone: 292-2852
Email: kcardillo@monroecc.edu I do accept e-mail messages from students. Assignments may be submitted via e-mail with instructor permission only.

Office Hours: Monday 2-3 PM
Tuesday 11-12 PM
Wednesday 2-3 PM
Thursday 11-12 PM
Friday 9-10 am
Alternate/Additional Hours Available by Appointment

Course Outcomes

At the completion of this course the student will be able to:
1. Discuss important events in the history of the women’s social movements and the history of women’s health.
2. Describe and discuss the dimensions of wellness and the relationship between these dimensions and optimal wellness for women.
3. Use one theoretical model for change and develop a plan to make one wellness focused lifestyle change using this model.
4. Describe the major issues for women moving through early adulthood, middle to late adulthood including: physical status, social influences, self-image, family issues, and life goals.

Respect for self and others in words and deeds
Responsibility for one’s own success through personal accountability
Reality of the expectations and standards in a college environment
5. Describe and discuss the body mind and spirit benefits of fitness activities and develop a plan for personal fitness based on the four health-related components of fitness.
6. Describe and demonstrate effective assertive communication, listening and problem-solving skills while working with peers in collaborative group projects.
7. Discuss the relationship between self-image, self-esteem and women’s health; identify techniques/activities for enhancing emotional wellness.
8. Describe the impact of stress on women and identify/implement stress management strategies to balance body, mind and spirit.
9. Discuss the relationship between nutrition and women’s health and develop a plan for obtaining/maintaining optimal nutrition.
10. Describe and discuss common acute and chronic conditions common to women in terms of risk factors, health promotion and disease prevention strategies.


Course Requirements:
1. Attend all scheduled classes. Arrive on time for each class.
2. Turn off cell phones and pagers during class sessions.
3. Prior to each class, complete assigned reading.
4. Submit all homework assignments as directed in class.
5. Actively participate in class projects/discussions.
6. Submit individual research paper
7. Complete Personal Wellness/Risk Assessment and Behavior Change Plan
8. Experience one self-care activity and write a reaction paper.
9. Participate as a group member to create a bulletin board display related to issues in women’s health.
10. Complete 5 quizzes

Attendance and Withdrawal Policy

Class attendance is expected. Attendance is part of your grade. Students should arrive on time and participate in each class session. Students who arrive late (after attendance is taken) will be marked absent. It is the student’s responsibility to obtain notes or catch up on material missed during absences.

The last day to withdraw from an individual course with a grade of “W” is 4/28/06. Students who wish to withdraw from this course must obtain a Student Initiated Withdrawal from Records and Registration office. Complete the form and bring to me for my signature prior to 4/28/06. It is the student’s responsibility to initiate a withdrawal if unable to complete course requirements or do not wish to receive a grade in this course. I DO NOT withdraw students for nonattendance.
Quizzes (50 Points)

There will be 5 quizzes. The student is expected to take the quiz on the date scheduled. Students who are unable to take the quiz as scheduled must initiate plans to make-up the Missed quiz within one week. Students who do not comply with this policy will receive a “0” for the missed quiz.

Self-Care Assignment (5 Points)

Each student is to identify, plan, experience and evaluate one self-nurturing activity. After participating in the activity the student will submit a reaction paper describing:

- the activity
- why they choose the activity
- how the activity nurtured body/mind/spirit
- how they felt during and after the activity
- what they learned about themselves as a result of the activity.

This reaction paper is to be 1-2 pages long, typed, double-spaced, 12 point font with spelling and grammar checked. **This assignment is due on Tuesday February 27, 2006. Later papers will be accepted, however, one point will be deducted for each day late.**

Personal Wellness/Risk Assessment Behavior Change Plan (10 Points)

Each student will complete a personal wellness assessment and determine their level of risk for a variety of common health problems affecting women. After reviewing their personal health and wellness inventory, the students will identify one target behavior they would like to change, set realistic and specific goals and outline a plan of action for goal achievement. This assignment will be discussed further in class. **The assignment is due on Tuesday May 9, 2006. NO LATE PAPERS WILL BE ACCEPTED.**

Homework (10 Points)

Periodically throughout the semester, an assignment will be given to complete outside of class. It is expected that the student will follow any directions given with the assignment and Submit on the date discussed in class. It is the student’s responsibility to obtain any assignment distributed if they are absent. **Homework assignments are due one week after announced/distributed in class.**

Research Project/Presentation (10 Points)

Each student will complete a research pertaining to one specific women’s health issue, disease, or disorder in which they have a personal interest. This research paper must include the following:

- General description or statement about the disease/disorder/issue
- Impact on the health and wellness of women
- Causes and/or risk factors
• Prevention strategies
• Signs and symptoms
• General treatment methods
• Bibliography

This paper should be 5-7 pages in length, double spaced, 12 point font with spelling and grammar checked. The Bibliography (resources used) must be documented according to the format described in the MCC publication The New Guide to Writing Research Papers. This paper is due Thursday April 13, 2006. Late papers will be accepted, however, one point will be deducted for each day late.

Group Project-Bulletin Board (5 Points)

The purpose of this assignment is to research and share information with other members of the class and college about issues in women’s health and wellness. Students will meet in groups to identify a topic and create a display to post. Brainstorming for ideas, due dates and details of this project will be discussed in class. Groups are responsible for:

• Deciding on a role for each group member
• Collaborating to develop a topic
• Collecting necessary materials and posting supplies
• Putting up the display by the due date
• Removing the display at the end of the allotted time period or by the end of the semester

Points earned will be based on creativity of design, topic relevance, information presented and group participation.

Grading

A final grade for this course will be based on:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes</td>
<td>50</td>
</tr>
<tr>
<td>Homework</td>
<td>10</td>
</tr>
<tr>
<td>Self Care Assignment</td>
<td>5</td>
</tr>
<tr>
<td>Wellness/Risk Assessment &amp; Behavior Change Plan</td>
<td>10</td>
</tr>
<tr>
<td>Research Paper</td>
<td>10</td>
</tr>
<tr>
<td>Group Bulletin Board</td>
<td>5</td>
</tr>
<tr>
<td>Attendance</td>
<td>10</td>
</tr>
</tbody>
</table>

Total Points = 100

Final Grade

Scale

A = 93-100 points  C- = 68-69 points
A- = 89-92        D+ = 66-67
B+ = 85-88        D = 63-65
B = 80-84         D- = 60-62
B- = 77-79        F = 59 or below
C+ = 74-76
C = 70-73
Academic Honesty

In the academic process, it is assumed that intellectual honesty and integrity are basic responsibilities of any student. Violations of academic honesty consist mainly of cheating and plagiarism. **Cheating** is defined as the unauthorized use or exchange of information by students or others for the purpose of achieving unfair advantage in the classroom or examining process. Plagiarism is defined as offering the work of someone else as one’s own. Any student who fails to give credit for ideas or materials that are taken from another, verbatim or in paraphrase, is guilty of plagiarism. Any form of plagiarism is essentially an act of cheating. See **MCC Catalog and Student Handbook** for examples, Disciplinary Action and Appeal Procedure.

Learning Centers:

Monroe Community College has a number of Learning Centers at Brighton (for example, Accounting, Math, Psychology, Writing, the Electronic Learning Center, etc.) and at Damon (the Integrated Learning Center). Learning Centers are staffed with instructional personnel and may be equipped with computers and software to assist students.

It is recommended that students use these Learning Centers to get additional help with concepts learned in the classroom and with their homework. Please complete Part A of the Learning Center Referral form attached to this Course Information Sheet and return the form to your instructor.

Emergency Closings

If the College is closed due to inclement weather or some other emergency, all Rochester area radio and television stations will be notified no later than 5:30 am. In addition, the homepage on the MCC website (www.monroecc.edu) will display a message indicating the College is closed. Please do not call the College to avoid overloading the telephone lines.

Class cancellation information is available daily on the web or through the telephone. Simply go to the MCC website (www.monroecc.edu) and under “Quick Links” window on the homepage, click on “Class Cancellations”. Additionally, class cancellation information is available by dialing 292-2066, press “1” for the Brighton Campus and “2” for the Damon Campus. If possible please use the web as there could be delays in the voice recordings based on the number of cancellations.
HED 212: Women’s Health and Wellness  
2006 Course Schedule

We will work through the course content in the order listed below, however, schedule is subject to change based on student/teacher discussion

<table>
<thead>
<tr>
<th>Topics</th>
<th>Contemporary Women’s Health</th>
</tr>
</thead>
</table>
| Introduction and Overview of Course  
Establish Learning Atmosphere | Chapter # 1 |
| Women’s Social Movement and History of Women’s Health | |
| Developing a Healthy Lifestyle  
Dimensions of Wellness  
Body, Mind and Spirit Connection  
Health Promotion and Self-Responsibility  
Behavior Change Theory, Planning Lifestyle Changes | Chapter #2 |
| Physical Wellness – Feeding the Body  
Food Pyramid, Meal Planning, Essential nutrients and Life Transitions  
Current Issues Related to Nutrition and Health for Women Weight Problems and Solutions Life | Chapter # 7  
**Quiz # 1 (Chapter 1 and 2)** |
| Physical Wellness – Exercising the Body  
Body, Mind and Spirit Benefits of Fitness  
Health Related Components of Fitness  
Personal Fitness Assessment  
Developing a Fitness Plan | Chapter # 8 |
| Transitions, Early Adulthood through Late Adulthood  
Physiologic Changes  
Body Image Changes  
Relationships with Significant Others  
Marriage, Career Issues | Chapter # 3 (pages 43-49 only)  
Chapter # 4  
**Quiz # 2 (Chapter 7 and 8)** |
| Emotional and Spiritual Wellness  
Social and Cultural Influences on Personal Development  
Self-Esteem and Self Image | Chapter #5 |
| Stress and Women | Chapter # 6  
**Quiz # 3 (Chapter 3, 4, and 5)** |
| Using Alcohol Responsibly | Chapter # 10 |
| Managing Cardiovascular Health | Chapter # 19 |
| Catch-up Week | **Quiz # 4 (Chapters 6 and 10)** |
| Reducing Your Risk of Cancer | Chapter #20 |
| Healthy Relationships  
Types of Relationships  
Emotional Intimacy  
Successful Relationships/Troubled Relationships | Chapter # 14 |
| Unhealthy Relationships  
Violence and Abuse | Chapter # 13  
**Quiz # 5 (Chapters 19 and 20)** |
I have read the course syllabus distributed and understand the course requirements, grading system, attendance and withdrawal policy.

Student Signature:__________________________

Date:__________________________