

**Common Course Outline**  
**HLTH/WMST 240**  
**Women's Health Issues**  
**3 Semester Hours**

**Community College of Baltimore County**

**Description**

**HLTH/WMST 240 – 3 Credits – Women's Health Issues** explores health issues which are unique to and prevalent among women. Physical, emotional, and social factors affecting health are considered throughout the lifespan. The political and economic status of women in the health care system are examined. Students will create their own health care strategies.

**3 credits – 3 lecture hours per week**

**Prerequisite: ACLT 052 or ACLT 053**

**Overall Course Objectives**

Upon completion of this course the student will be able to:

1. identify biological risk factors that may affect women's health;
2. identify physiological, psychological, and emotional demands of adolescence, pre/post pregnancy, peri/menopause, and post menopause (on the body and mental health);
3. recognize "warning signs" of specific cancers (uterine, ovarian, and breast);
4. explain the role of hormones and the biological and emotional affects related to hormonal shifts;
5. recognize the importance of weight bearing exercise and proper nutrition with regard to osteoporosis and aging;
6. examine the changing role of women since the "women's movement and feminism" impacted society;
7. evaluate the options (pro/con) of various forms of birth control;
8. analyze the many roles women are currently holding in the 21<sup>st</sup> century;
9. identify the patterns of use/abuse of drugs in the female population; and
10. analyze the professional woman and the "pink collar" workforce in establishing economic equivalency.

**Major Topics**

- I. Predisposing factors for disease
- II. The changing role of women since World War II
- III. STD's, contraception, birth control options, and abortion
- IV. Pregnancy and childbirth
- V. Extended families
- VI. Exercise and women including aerobic vs. anaerobic (heart health)
- VII. Osteoporosis, calcium, caffeine, and alcohol
- VIII. Women and diets

- IX. Drug use, dependence and abuse
- X. Professional women and the economic disparity
- XI. “Who? What?” is the American woman today?
- XII. Survey the topic of gender bias and sex in the workplace

### **Course Requirements**

Grading/exams: Grading procedures will be determined by the individual faculty member but will include the following:

Written examinations (a minimum of 2)

Written assignments (journals, etc.)

Individual or group projects (presentations, discussions, etc.)

Attendance and active participation

### **Other Course Information**

The course is an elective and is taught in a lecture/discussion format.