**HEED/WOMS 3305**

**Women's Health Issues**

**Distance Education-Fall 2014**

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**Course Number, Section Number, and Course Title:** HEED/WOMS 3305, Women's Health Issues

**Description of Course Content:** This course is intended to address specific issues of importance to women and their health, including growth and development, nutrition, reproductive health, pregnancy, chronic diseases and relationship, & family issues.

**Student Learning Outcomes:**

1. To empower women to make informed decisions about their health & health care.

2. Focus on ways in which women can enhance their well-being physically, socially, emotionally, intellectually, occupationally and spiritually.

3. Empower men with whom women may be associated (i.e. spouse, partner, friend, mother sister, and other family members) to take an active role advocating for women's health issues.

**Course Features**

This course is a self-paced, Web-based course. Students in this course will obtain all the course information from their readings from the assigned textbook and from materials available on the Internet via the course Web site. Students are responsible for keeping up with their course work (see course schedule).

**Course Completion Suggestions:**

* As mentioned above, this is a web-based course. **You will need to have good computer skills with a computer that is reliable and internet service that is reliable. You will also need to download Lockdown Browser to take your quizzes and final. The link is on Blackboard.**
* You will also need to have the current textbook. An earlier version will not be adequate and may result in many wrong answers on the quizzes and final exam. Read the chapter prior to taking the quiz or final exam. Since the quizzes and final exam are timed, you may run out of time if you are trying to read the textbook and answer the questions simultaneously.
* The quizzes are only open for 30 minutes. Once you open the quiz, you have 30 minutes to complete and submit it. Do not wait until 11:55pm on the due date to submit your quiz. Depending on your internet provider and how slow your computer is, you may be “kicked out”, which results in a zero for the quiz. All quizzes close at 11:55PM.
* **You may work ahead**. All quizzes will be open when school starts. All discussions, however, must be completed weekly.

* If you participate in a discussion 3 times per week (once to my post and at least twice to your classmates), you will receive the 10 weekly points. There are 15 discussions=150 points.
* All discussions open Monday afternoon and close the following Monday at noon. All quizzes close on Tuesday night at 11:55pm.
* I will reopen a quiz or final **once** for everyone **IF** it is **before** the due date and time deadline. (See schedule). This would be applicable in cases where you lost internet connection, computer crash, etc., during the taking of a quiz. **(This is not to retake a quiz with a low score).** You must retake the quiz or final within 24 hours of reopening.
* The final exam is comprehensive. Use your notes that you have taken from your course reading to help you review for the exam. You have 4 hours to take the exam and there are 150 questions.

**Expectations for Out-of-Class Study:** Beyond the time required to attend each class meeting, students enrolled in this course should expect to spend at least an additional 9 hours per week of their own time in course-related activities, including reading required materials, completing assignments, preparing for exams, etc.

**Requirements**:

**Required Course Tools**

There are two required course tools:

1. Textbook- *New Dimensions in Women’s Health* (6th), Alexander, LaRosa, Bader, and Garfield

2. All students MUST use their UTA email account for communication with the instructor and posting comments in the course discussion blog. The account is free to all students enrolled at UTA. If you do not have a UTA account, please visit the UTA helpdesk for information on setting up the account. You may also call the OIT Help Desk at 817-272-2208 or email them helpdesk@uta.edu.

**Course Schedule Fall 2014**

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| --- | --- | --- | --- | --- | --- |
| **Lesson** | **Topic**  | **Reading** | **Discussion Post\***  | **DiscussionDue\*\***  | **Exam Due Date\*\*\*** |
|  Lesson 1 | Introduction  | Chapter 1  | August 25, 2014  | Sept. 1, 2014 | August 26, 2014 |  |
| Lesson 2 | Health Promotion & Disease Prevention  | Chapter 3  | Sept. 1, 2014 | Sept.8 28, 2014 | September 2, 2014 |  |
| Lesson 3 | Nutrition, Exercise, and Weight Management  | Chapter 9  | Sept. 8, 2014 | Sept. 15, 2014 | September 9, 2014 |  |
| Lesson 4 | Understanding Cardiovascular Disease & Cancer  | Chapter 10  | Sept. 15, 2014 | Sept. 22, 2014 | September 16, 2014 |  |
| Lesson 5 | Understanding Cardiovascular Disease & Cancer, cont’d.  | Chapter 10  | Sept. 22, 2014 | Sept. 29, 2014 | September 23, 2014 |  |
| Lesson 6 | Chronic Diseases and Conditions  | Chapter 11  | Sept. 29, 2014 | October 6, 2014 | Sept. 30, 2014 |  |
| Lesson 7 | Mental Health  | Chapter 12  | October 6, 2014 | October 13, 2014 | October 7, 2014 |  |
| Lesson 8 | Substance Abuse  | Chapter 13  | October 13, 2014 | October 20, 2014 | October 14, 2014 |  |
| Lesson 9 | Sexual health  | Chapter 4  | October 20, 2014 | October 27, 2014 | October 21, 2014 |  |
| Lesson 10 | Contraception and Abortion  | Chapter 5  | October 27, 2014 | Nov. 3, 2014 | October 28, 2014 |  |
| Lesson 11 | Pregnancy and Childbirth  | Chapter 6  | November 3, 2014 | Nov. 10, 2014 | November 4, 2014 |  |
| Lesson 12 | Reproductive Tract Infections  | Chapter 7  | November 10, 2014 | Nov. 17, 2014 | November 11, 2014 |  |
| Lesson 13 | Menopause and Hormone Replacement Therapy (HRT)  | Chapter 8  | November 17, 2014 | Nov. 24, 2014 | November 18, 2014 |  |
| Lesson 14 | Violence, Abuse, and Harassment  | Chapter 14  | November 24, 2014 | Dec. 1, 2014 | November 25, 2014 |  |
| Lesson 15 | The Economics of Women's Health  | Chapter 2  | December 1, 2014 | Dec. 8, 2014 | December 2, 2014 |  |
| Final Exam  |  |  |  |  | December 9 |  |

The **last day to drop classes** is October 29, 2014.

\* the initial discussion post by the instructor will be posted by 1pm. this date.

\*\*the discussion closes at 11:55am on this date
\*\*\* quizzes close at 11:55 pm.

**Grading Policy**:

Discussions- 10 points per week (15 weeks)-150 points

\*You must post a minimum of 3 times (one post to my blog questions and 2 posts to classmates) to receive the 10 weekly blog points

15 unit exams (40 points per exam)-600 points

Comprehensive Final exam-300 points

Total -1050 points

90-100% A, 1050-945 points

89-80% B, 944-840 points

79-70% C, 839-735 points

69-60% D, 734-630

59% and below F, 629 points

**Grade Grievances**: Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current undergraduate / graduate catalog. For undergraduate courses, see <http://wweb.uta.edu/catalog/content/general/academic_regulations.aspx#10>.

**Drop Policy:** Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance**. Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. For more information, contact the Office of Financial Aid and Scholarships (<http://wweb.uta.edu/ses/fao>).

**Americans with Disabilities Act:** The University of Texas at Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including the *Americans with Disabilities Act (ADA)*. All instructors at UT Arlington are required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities, University Hall 102. Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at [www.uta.edu/disability](http://www.uta.edu/disability) or by calling the Office for Students with Disabilities at (817) 272-3364.

**Title IX:** The University of Texas at Arlington is committed to upholding U.S. Federal Law “Title IX” such that no member of the UT Arlington community shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity. For more information, visit [www.uta.edu/titleIX](http://www.uta.edu/titleIX).

**Academic Integrity:** All students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

*I pledge, on my honor, to uphold UT Arlington's tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.*

*I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.*

Per UT System Regents’ Rule 50101, §2.2, "Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts", suspected violations of university's standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student's suspension or expulsion from the University.

**Student Support Services Available**:UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals, , students may visit the reception desk at University College (Random Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to resources@uta.edu, or view the information at www.uta.edu/resources.

**Electronic Communication Policy:**  UT Arlington has adopted the Mav Mail address as it's official means of communication with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. All students are assigned a Mav Mail account and ***are responsible for checking their MavMail regularly.*** There is no additional charge to students for using this account, and it remains active even after they graduate from UT Arlington. Information about activating and using MavMail is available at [http://www.uta.edu/oit/cs/email/](http://www.uta.edu/oit/email/)mavmail.php.

**Student Feedback Survey:** At the end of each term, students enrolled in classes categorized as lecture, seminar, or laboratory shall be directed to complete a Student Feedback Survey (SFS).Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student's feedback enters the SFS database anonymously and is aggregated with that of other students enrolled in the course. UT Arlington's effort to solicit, gather, tabulate, and publish student feedback is required by state law; students are strongly urged to participate. For more information, visit http://www.uta.edu.sfs.

**Final Review Week:** A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week *unless specified in the class syllabus*. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. During this week, classes are held as scheduled. In addition, instructors are not required to limit content to topics that have been previously covered; they may introduce new concepts as appropriate

**Emergency Phone Numbers:** In case of an on-campus emergency, call the UT Arlington Police Department at **817-272-3003** (non-campus phone), **2-3003** (campus phone). You may also dial 911.