

# C-ID Descriptor

## Women's Health

### Descriptor Details

- **Descriptor Title:** Women's Health
- **C-ID Number:** 116
- **Units:** 3
- **Date of Last Revision:** 9/18/2023 12:17:09 PM PDT

### General Description

This course analyzes the biological, psychological, and sociocultural aspects of women's health, and explores health services, health education, and healthcare delivery systems. Social determinants of health and health inequities are examined, as well as contemporary issues relating to LGBTQ+ rights, racism, ageism, gender stereotypes and gender roles, politics, and the role of women in the family, workforce, community, and society. Strategies for social and political change are developed.

### Prerequisites

No information provided

### Corequisites

No information provided

### Advisories

English, one level below transfer (i.e., eligibility for English composition (C-ID ENGL 100) and reading a course with an exiting skill of ability to read a college level text.

### Content

1. Physical health
  1. Reproductive anatomy and physiology
  2. Sexual response
    1. Hormonal cycles
      1. Menstruation and menopause
2. Contraception and reproductive options
  1. Methods to prevent pregnancy and sexually transmitted infections
    1. Hormonal
    2. Barrier
    3. Sterilization
    4. Other
  2. Pregnancy
  3. Maternal and infant health
    1. Racial differences in infant mortality
  4. Reproductive options
  5. Nutrition, fitness, and weight control
  6. Diseases and infectious conditions particular to women
  7. Health services, health education, and healthcare delivery
    1. Diverse communities
      1. LGBTQ+ women
      2. Racial differences and inequities
      3. Socioeconomic status
3. Psychological health
  1. Stress response and stress management
    1. Sexist discrimination
    2. Racism
  2. Substance use, abuse, and dependency
  3. Mental health disorders
  4. Mental health treatment and resources
    1. Dual Diagnosis/Co-Occurring Disorders
4. Intellectual health
  1. Education
  2. Career choice
  3. Scientific research on women's health

1. Credibility criteria
2. Methodology
  1. Racial, ethnic, socioeconomic status, and gender bias in health research
5. Environmental health
  1. Health services
  2. Health education
  3. Health care delivery systems
6. Social health
  1. Relationships and communication strategies
  2. Gender-based violence, objectification in the media, and discrimination
  3. LGBTQ+ issues and rights
  4. Gender identity, roles and stereotypes, past and present
  5. Women's activism and politics
    1. Historical and contemporary women's health issues
    2. Strategies for change
7. Social determinants of health
  1. Prevention of illness and disease
  2. Availability and quality of health services, health education, and healthcare delivery
    1. Impact of race, ethnicity, sexual orientation, and socioeconomic status
  3. Feminist analysis and theoretical perspective
    1. Health equity and diverse concerns
      1. Individual, community, state, and national level
8. Contemporary health issues
  1. Qualitative and quantitative methodology
  2. Research standards and ethics
  3. Writing and speaking the scientific language
  4. LGBTQ+ rights
  5. BLM
  6. Gender roles and stereotypes
  7. Ageism
  8. Role of the woman in the family, workforce, community, and society

## Lab Activities

No information provided

## Objectives

Upon successful completion of the course, students will be able to:

1. Demonstrate knowledge of the female body, particularly reproductive anatomy and physiology, and sexual response system.
2. Identify various reproductive options and methods of contraception that may reduce the risk of unplanned pregnancy and sexually transmitted infections for heterosexual and LGBTQ+ women, and analyze differences in reproductive and other healthcare services in various racial and socioeconomic communities.
3. Identify the risks associated with the development of diseases and infectious conditions particular to women, such as breast cancer, cervical cancer, osteoporosis, and depression.
4. Describe how the physical, psychological, intellectual, environmental, and social aspects of health impact women in society using evidence-based research.
5. Analyze the impact of the social determinants of health in the prevention of illness and disease, and on the availability and quality of health services, health education, and healthcare delivery for women of various race, ethnicity, sexual orientation, and socioeconomic status.
6. Analyze the social determinants of women's health using a feminist and theoretical perspective to promote and understand health equity and diverse concerns on an individual, community, state, and national level.
7. Analyze the broad scope and interplay of the politics on women's health and delivery of health services, health education, and healthcare, and develop strategies for change.
8. Explore contemporary health issues and ethics concerning LGBTQ+ rights, Black Lives Matter (BLM), gender roles and stereotypes, ageism, and the role of the woman in the family, workforce, community, and society using qualitative and quantitative methods.
9. Locate, interpret, and critically evaluate qualitative and quantitative women's health research and findings to gain an understanding of scientific validity, ethical issues, and potential cultural and demographic bias.
10. Communicate in writing and orally the scientific language of women's health research.

## **Evaluation Methods**

May include:

Exams

Quizzes

Written Assignments

Projects

## **Textbooks**

Alexander, Linda, Judith LaRosa, Melanie Bader, Susan Garfield, and William Alexander. New Dimensions in Women's Health