

HSCI 116 Course Syllabus Fall 2012

COURSE INFORMATION

Credits: 3.0 units
Lecture: MW 9:45–11:00 am, Room 17-203
Website: <http://smccd.mrooms.net/>

INSTRUCTOR INFORMATION

Professor: Dani Behonick, Ph.D
Office: 16-205
Phone: (650) 306-3386
Email: behonickd@smccd.edu
Office Hours: M 11:30am-3pm,
TR 9-11am,
& by appointment

COURSE OBJECTIVES

This course serves as an introduction to issues related to women's health. Studies include the physiology of female reproductive cycles, contraception, pregnancy and menopause, as well as the psychological and sociological impacts of these life stages on women. The effect of diet, physical fitness and disease on the physical and mental well-being of women are also considered

COURSE LEARNING OUTCOMES

Upon completion of course, students will be able to:

- describe the basic nutritional needs of females throughout life, and explain why women of particular ages, cultures and/or socioeconomic backgrounds may be at specific nutritional risk.
- propose a strategy for supporting better mental health for women.
- graph the hormonal shifts that occur during the ovarian and uterine cycles and describe the key physical symptoms a female may experience as a result of these changes.
- give an example of how pregnancy and/or parenting might impact a woman's mental health and overall lifestyle.
- give an example of how menopause might impact a woman's mental health and overall lifestyle.
- describe the physiology of 2 different contraceptive methods and evaluate the potential effectiveness of these methods for a woman based on her age and lifestyle.
- give an example of a disease which manifests differently in females as compared to males and discuss the physiological basis for this difference.

REQUIRED RESOURCES

Required text for purchase

- Our Bodies Ourselves: A New Edition for a New Era (2005) by Boston Women's Health Collective, ISBN-13: 9780743256117

Required online access

- The course web site (Web Access - <http://smccd.mrooms.net/>) is a digital hub for locating course materials, performing online Reading Checks, accessing grades and communicating between students and the instructor. Free computer access is provided by the Learning Center (Bldg 9) which is open M-R 8am-9pm and F 8am-3pm.

ASSESSMENT & EVALUATION

Lecture Exams

There will be a total of 3 non-cumulative lecture exams; the third exam is scheduled during finals week. Lecture exams consist of multiple choice, short answer and essay questions that are relevant to lecture material. The multiple choice portion of these exams will require the use of a 50-question red colored ParScore™ form which you must purchase from the campus bookstore. Exams can be taken **only on the scheduled dates**. In the event of an extreme, unavoidable **and documentable** absence from an exam, a makeup essay exam **may** be administered at the professor's discretion within 1 week of the original exam date.

Accommodations will be made for students with verified learning disabilities as directed by the campus DSPS office.

Examinations remain in the instructor's possession. Students may review the exams at any time during the semester by coming to office hours or by appointment. All exams are destroyed six months after the end of the semester. Any student who wishes to dispute the grading of an exam question must do so in writing within 1 week of the graded exam return.

On exam days, the classroom will be open 10 minutes before the start of the exam period. All possessions must be left in the front of the classroom; students may bring to their desks their ParScore™ forms, writing implements and a bottle of water. Anything else will be at the professor's discretion and will be inspected before the exam begins. Students should take care of any restroom trips before the exam begins, as no one may leave the classroom and reenter during the exam period.

Semester Portfolio

Each student will be required to construct a portfolio of work during the semester. This portfolio will include weekly written reflections on lecture material and discussion, and "field assignments" to be completed outside the classroom. Student portfolios will be submitted on the last day of lecture, Wednesday, December 12, 2012.

REQUIRED WORK

General

- Be aware of important dates (exams, assignment due dates, etc.).
- Engage in the classroom discussion – ask a question, make a (topic-related) comment, ask for more information about something that interests you.
- Keep on top of your grade – all of your scores in this course will be available in the "Grades" section of the course Web Access page. If you don't understand your grade breakdown, ask to meet with the professor to review your work/scores.

Lecture

- Complete the assigned reading before coming to class. Readings for each lecture are listed on the course schedule and posted in PDF format on the course Web Access page.
- Print lecture notes from course Web Access page before coming to class (optional).
- Review notes after lecture, ask additional questions by email or at office hours.

CLASS POLICIES

- Each student has the right to learn in a safe and respectful environment. Be respectful of your fellow students, your instructors, your facility and your learning materials. This includes but is not limited to: paying attention during lectures, not distracting your classmates and raising a hand and waiting to be acknowledged to ask a question.
- Arrive to class on time. If you're late, come in quietly and do not interrupt the lecture with your entrance.
- Having beverages in class is fine, having food is not.
- Ask questions during class by raising your hand, after class, by email and/or during office hours.
- If you must miss a lecture, it is your responsibility to obtain notes and handouts from that class.
- **ACADEMIC INTEGRITY POLICY** Cheating or any manner of academic dishonesty (or appearance thereof) will not be tolerated and will be dealt with severely. Cheating/academic dishonesty includes but is not limited to: sneaking answers into an exam period, passing answers to a classmate during a quiz or exam, copying answers from a classmate during a quiz or exam and/or plagiarism (from a published source or another student, for example on a lab report). These infractions may result in a grade of 0 points on the quiz/exam/assignment in question and/or in expulsion from the class or the school (at the discretion of the professor and the Dean of the Division).

- **TECHNOLOGY POLICY** The lecture classroom is a technology-free zone. All manner of technological devices including (but not limited to) cellular phones, satellite phones, pagers, laptops, etc. must be turned-off and remain off for the duration of the lecture unless used for a documented medical reason. The only exception to this policy is voice recorders, which may be used to tape lectures. If this policy is not respected, the professor reserves the right to enforce it using methods including the following: confiscation of technological devices in use, restricting students' access to personal belongings in the classroom during lecture and spontaneous in-class pop quizzes to ensure student engagement.
- **ATTENDANCE POLICY** During the first two weeks of the course, failure to attend any class meeting time will result in the student being dropped from the course. After the second week, four or more consecutive unexcused absences will result in the student being dropped from the course.
- **WITHDRAWL FROM THE COURSE**

Last date to drop with a refund	<u>August 31, 2012</u>
Last date to drop without "W" on transcript	<u>September 9, 2012</u>
Last date to drop with "W" on transcript	<u>November 16, 2012</u>

If you are still on my roster as of **November 16, 2012**, I must assign you a grade for this course.

GRADING POLICY

Exams, 3 x 200 points	600 points
Semester Portfolio	
Weekly Reflections, 15x10 points	150 points
Field Assignments, 4x100 points	<u>400 points</u>
TOTAL	1150 points

The following distribution is tentative and subject to change if circumstances warrant in order to provide a more accurate representation of the work actually assigned during the semester.

FINAL GRADES:

- A = 1035-1150 total points
- B = 920-1034.9999... total points
- C = 805-919.9999... total points
- D = 690-804.9999... total points
- F = 689.9999... or fewer total points

Scores are **not** curved in this course and extra credit is **not** available. I do not round, I do not "bump" students to the next highest grade regardless of how close they may be, and I **sincerely do not appreciate being asked to do this**. All requests of this nature will be ignored.

LETTERS OF RECOMMENDATION

Students who wish to request letters of recommendation from the instructor must do so at least 1 month in advance of their submission deadline. The instructor requires the following materials **at this date**: a copy of a current resume/curriculum vitae, a draft of the student's personal statement, any forms that must be included with the references and any guidelines the school(s)/program(s) provide regarding desired content of recommendations. If the recommendation is to be completed/submitted electronically, a link to the upload site should be provided at this time. Any requests submitted less than 1 month in advance of the submission deadline will be denied. The instructor reserves the right to decline to write a recommendation for any student. Please note that if the instructor will be expected to mail the recommendation(s) directly to the school(s), it is good form for the student to provide postage.

ADDENDUM
HSCI 116 Syllabus
Fall 2012

GRADING POLICY

Exams, 3 x 200 points	600 points
Semester Portfolio	
Weekly Reflections, 10x10 points	100 points
Field Assignments, 3x100 points	<u>300 points</u>
TOTAL	1000 points

The following distribution is tentative and subject to change if circumstances warrant in order to provide a more accurate representation of the work actually assigned during the semester.

FINAL GRADES:

- A = 900-1000 total points
- B = 800-899.9999... total points
- C = 700-799.9999... total points
- D = 600-699.9999... total points
- F = 599.9999... or fewer total points

Scores are **not** curved in this course and extra credit is **not** available. I do not round, I do not “bump” students to the next highest grade regardless of how close they may be, and I **sincerely do not appreciate being asked to do this.** All requests of this nature will be ignored.

APPENDIX 1.

Thoughts on Plagiarism

Plagiarism is illegal in the United States and is not tolerated in my classroom. Don't do it and we'll get along famously.

What is plagiarism?

If you copy information word-for-word from a source and do not put it in quotation marks and clearly state who the original author/source of that information is, you have committed plagiarism. Under the laws on intellectual property, you have just stolen the words and ideas of someone else, which is a crime. You **MUST** give credit to the original author/source.

“Here are some examples: All of the following are considered plagiarism:

- turning in someone else's work as your own
- copying words or ideas from someone else without giving credit
- failing to put a quotation from any source in quotation marks
- giving incorrect information about the source of a quotation
- changing words but copying the sentence structure of a source without giving credit
- copying so many words or ideas from a source that it makes up the majority of your work, whether you give credit or not ”

Source: www.Plagiarism.org

How do you avoid plagiarism?

Just like shown above (see boxed text), you must place quotation marks (“ “) before and after the information that you are quoting and then clearly state the origin of the information (i.e. **cite the source**). This citation can also be placed in a bibliography.

When you correctly cite ideas and information you avoid committing plagiarism AND you have the chance to have your own ideas stand out, your originality comes across and your work is more professional.

It is even preferable to this to write everything in your own words whenever possible. This not only makes it less likely that you will plagiarize, but also makes it more likely that you will retain the information you have learned, as you have explained it in a way that makes sense to you.

For more information, visit www.plagiarism.org for more explanations about plagiarism and how to avoid it, and/or talk to Dr. Behonick. Ignorance is never an excuse for plagiarism.

Authors: Drs. Silvia Foppiano & Dani Behonick

COURSE SCHEDULE (subject to change)

<i>Date</i>	<i>Topic</i>	<i>Reading (2005 edition)</i>
M Aug 20	Introduction	
W Aug 22	Nutrition I	Ch. 2, pp 19-36
M Aug 21	Nutrition II	USDA/HHS <i>Dietary Guidelines for Americans 2010</i> Ch. 4, pp 57-62
W Aug 29	Body Image I	Ch. 1, pp 3-17
M Sept 3	NO CLASS – LABOR DAY	
W Sept 5	Body Image II	Ch. 2, pp 37-43
M Sept 10	Substance Use	Ch. 3, pp 45-55
W Sept 12	Mental Health	Ch. 6, pp 82-95
M Sept 17	Sexuality & Relationships I	Ch. 9, pp 141-153
W Sept 19	Sexuality & Relationships II	Ch. 10, pp 154-168 Ch. 11, pp 169-185 Ch. 12, pp 186-222
M Sept 24	[wiggle room]	
W Sept 26	Exam 1	
M Oct 1	Sexual Anatomy & Reproduction I	Ch. 13, pp 227-240
W Oct 3	Sexual Anatomy & Reproduction II	
M Oct 8	The Menstrual & Ovarian Cycles	Ch. 13, pp 240-259
W Oct 10	Safer Sex & STIs I	Ch. 14, pp 261-271
M Oct 15	Safer Sex & STIs II	Ch. 15, pp 272-290
W Oct 17	Parenting & Conception	Ch. 17, pp 309-321
M Oct 22	Contraception I	Ch. 18, pp 322-332, 345-365
W Oct 24	Contraception II	Ch. 18, pp 332-345, 365-379
M Oct 29	Unexpected Pregnancy	Ch. 19, pp 381-388
W Oct 31	Abortion	Ch. 20, pp 389-414
M Nov 5	Exam 2	
W Nov 7	Pregnancy & Childbirth I	Ch. 21, pp 419-441
M Nov 12	NO CLASS – VETERANS' DAY	
W Nov 14	Pregnancy & Childbirth II	Ch. 21, pp 441-448
M Nov 19	Pregnancy & Childbirth III	Ch. 22, pp 450-472
W Nov 21	Infertility & Assisted Reproduction I	Ch. 25, pp 506-518
M Nov 26	Infertility & Assisted Reproduction II	Ch. 25, pp 518-523
W Nov 28	Midlife & Menopause	Ch. 26, pp 527-551
M Dec 3	Medical Problems & Procedures I	TBA
W Dec 5	Medical Problems & Procedures II	TBA
M Dec 10	Medical Problems & Procedures III	TBA
W Dec 12	Navigating the Health Care System	Ch. 30, pp 701-717
M Dec 17	Final exam 8:10-10:40AM	