Semester/Year: Fall 06

Lecture Hours: 2  
Lab Hours: 0  
Credit Hours: 2

Class Time: 1pm – 2:50pm  
Days: Monday  
Room: 227

Instructor’s Name: Darlene Pisani

Instructor's Contact Information:  
Office: HS 206  
Office Phone: 268-2258  
Email: dpisani@caspercollege.edu

Office Hours: Refer to instructor’s door schedule

Course Description: This is an interactive class designed to provide a forum for research and discussion of selected health topics relevant to women. Topics of interest include: being a health-wise consumer, environmental toxins, nutrition, exercise, heart disease, cancer, osteoporosis, osteoarthritis, reproductive tract infections, menopause, stress, anxiety, eating disorders, substance abuse, violence, and abuse.

Statement of Prerequisites: None

Goal: To provide a health promotion forum for students to learn more about women’s health as it pertains to themselves and other women.

Outcomes:
Students who are successful in this course will demonstrate the ability to:

1. Define holistic well-being.
2. Identify and describe internal and external factors that influence health.
3. Identify and discuss selected health problems.
4. Identify and discuss the benefits of illness prevention and health promotion.
5. Identify traditional and alternative therapies.
6. Identify web based and community resources that provide information and/or services to address women’s health issues.

Methodology: Instructor led group discussions and presentations, internet and community learning activities, guest speakers

Evaluation Criteria:
Grading Policy
Generations paper 100 pts
Community assignment/report 100 pts
Self-awareness journal 200 pts
Class preparedness and participation 200 pts
Internet research - (10 at 20 points each) 200 pts
Total points

800 pts
Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score Range</th>
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<tbody>
<tr>
<td>A</td>
<td>728-800</td>
</tr>
<tr>
<td>B</td>
<td>664-727</td>
</tr>
<tr>
<td>C</td>
<td>600-663</td>
</tr>
<tr>
<td>D</td>
<td>561-599</td>
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<tr>
<td>F</td>
<td>0 - 559</td>
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Class participation- Participating in class means attendance and taking part in the class discussions. 25% or 200 points of the grade is earned by your attendance and participation. Absences will affect your final grade, incrementally.

<table>
<thead>
<tr>
<th>Hours</th>
<th>Points Earned</th>
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<tbody>
<tr>
<td>0 – 2 hours</td>
<td>200 points earned</td>
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<tr>
<td>&gt;2-4 hours</td>
<td>150 points earned</td>
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<tr>
<td>&gt;4-6 hours</td>
<td>100 points earned</td>
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<tr>
<td>&gt;6-8 hours</td>
<td>75 points earned</td>
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<tr>
<td>&gt;8-10 hours</td>
<td>50 points earned</td>
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<tr>
<td>&gt; 10 hours</td>
<td>0 points earned</td>
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Written assignments:
- Generations Survey (100 points)
- Community Resource Activity (100 points)
- Self Awareness Journal (200 points)

Refer to written assignment handouts for point distribution values.

25 of the assignment points will pertain to quality of work:
- Grammar, punctuation, spelling – 20 points
- Folder, cover sheet – 5 points

Required Text: No text is required.

Computer and Internet Requirements: In order to complete most of the homework assignments, computer access will be necessary. Students may choose to use their personal computers or those provided for student access on the Casper College campus. Computer labs are located in the following buildings:
- Casper College Goodstein Library
- Thorson Business Building
- Administration Building
- Saunders Health Science Center, Multimedia Center
- Wold Physical Science Center

Class Policies: Last Date to Change to Audit Status or to Withdraw with a W Grade: Friday, November 3, 2006 5PM

Conduct: There is an expectation that students will conduct themselves in a civil and respectful manner during class sessions and in individual interactions with their instructors and peers.

Student Rights and Responsibilities: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.
Chain of Command: If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

Academic Dishonesty - Cheating & Plagiarism: Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

ADA Accommodations Policy: It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to see me at your earliest convenience.

Course schedule: A tentative schedule of homework assignments and class topics will be provided Monday, September 11. Any deviations from the schedule will be announced during class time.