

# GLENDALE COMMUNITY COLLEGE

## HLTH 106 – Women’s Health

### Course Information

Ticket: 1603  
Units: 3  
Semester/Year: Spring 2017  
Meeting Time: 10:45am-12:10pm  
Location: SN 101

### Instructor Information

Instructor: Elizabeth Garcia  
Office: SN 100 Room 2  
E-mail: egarcia@glendale.edu  
Office Ph: (818) 240-1000 x3026  
**Office Hours: Mo/We 12:10 – 1:10 pm**

### Catalog Description:

HLTH 106 is designed to introduce the student to the special needs of women and the responsibility they have for their health care. The student will understand the importance of the various health units as they relate to women and increase their knowledge about general health education.

Prerequisite: None. Transfer Credit: CSU, UC, USC

### Student Learning Outcomes:

Upon successful completion of the required course work the student will be able to:

1. Recognize and analyze signs and symptoms of disease and discuss these conditions using basic medical vocabulary.
2. Interpret and formulate an educated opinion about the reliability of multi-media delivered health information.
3. Explain the relationship between lifestyle choices and longevity, and will use this information to implement and promote healthy living.

### Materials (Required):

1. **Text:** Kolander, C. A., Ballard, D. R., & Chandler, C. K. (2014). *Contemporary Women's Health* (5th ed.). New York, NY: McGraw-Hill.
2. 4 Scantron #886

<u>Student Grades/Evaluations:</u>	<u>Points</u>
Exams (4)	370
Attendance	100
Web Research	30
<u>Web Research Essay</u>	<u>50</u>
<b>Total points possible:</b>	<b>450</b>

### Tests:

Unit 1 Chapters 1, 3, 4, 5  
Unit 2 Chapters 10, 6, 7  
Unit 3 Chapters 15, 16, 11  
Unit 4 Chapters 8, 9, 14

**It is the student’s responsibility to check their GCC email for correspondence from the instructor and regularly log into Moodle online in order to be aware of announcements, access course materials and complete course assignments.**

## Course Policies

**Attendance:** GCC policy states that a student may be dropped from the class for absence on the first day of class or after 4 absences of regular class. I will take roll at each class so it is up to you to make sure you are not dropped from the class.

**Readings and Lecture Slides:** It is very important to read the assigned chapters BEFORE the class period (with the exception of Chapter 1, which may be read after the first lecture). All of the lecture slides will be posted to the Moodle in advance, and it is highly recommended that you use them to take notes while reading the textbook and during lecture. Although the exams will be based off of the topics from the lecture presentations, not all of these topics will be covered in detail during lecture. **IT IS THE STUDENT'S RESPONSIBILITY TO ENSURE UNDERSTANDING OF THE MATERIAL.** *If you do not think that your reading comprehension or English writing skills are at the level required for the assignments in this syllabus, I highly recommend that you drop the class and wait to take it until after you have mastered these skills in other classes.* If you are confused or have questions, please see me during my office hours or email me.

### **Email etiquette:**

Email communication is the quickest way to contact your instructor during the semester. Following the instructions below will ensure that your email can be read, understood and answered in a timely manner by your instructor. These are also great recommendations when contacting anyone in a professional or academic setting. Remember, your communication is a representation of yourself – you'll want to present your best!

- Email from your GCC email address. This is the only way instructors are allowed to contact students, so make sure you check this email address even if you originally emailed your instructor from a different address. Also, you may want to keep your personal email address to yourself and your friends; [partygirl24@gmail.com](mailto:partygirl24@gmail.com) does not sound professional and may be overlooked by your instructor because they do not know who you are.
- Include your name, class, day and time, and reason for your email in the subject line. Example: Vinny Vaquero, Health 104 T/Th 7:35am, re: assignments.
- Check your email for clarity, spelling and punctuation errors. Do not email as you would text a friend; (e.g. RU goin 2 giv us xtra crdt?) but rather as you would write a class paper. Also, be sure your email is NOT in all caps as this makes it seem like you are yelling at your instructor.

**Class Conduct:** Disruptive and rude behavior for the instructor and fellow classmates will not be tolerated and may result in suspension or dismissal from the class. Students are expected to come to class prepared with paper, pen/pencil, notes, assignments, etc. iPods or mp3 players are not allowed. You may use a laptop or tablet but **ONLY** for note-taking or in-class assignments. All of the following is considered disruptive behavior:

- Attending class late (>5 minutes) **2 tardies = 1 absence.**
- Cell phone ringing in class.
- Conversing with other students during lecture.
- Texting, using social media or listening to music during lecture.

As a student at Glendale Community College you will behave in such a manner so not to bother students and disrupt the instructor during class. If you fail to act in such a manner, disciplinary action will be taken. Ultimately you can be asked to drop the class. **If you behave in a disruptive manner, you will be given 1 verbal warning. Any further disruptive behavior will be reported to the Dean of Student Affairs.**

### **Late Papers/Quizzes/Exams:**

- Quizzes may not be made up – no exceptions. Online quizzes are posted with at least 1 additional class meeting before the due date, so do not wait until the last minute and risk technological failure. Computer labs are available on campus for students to use for this purpose, and quizzes can also be taken on a smartphone with access to internet.
- Late papers will be accepted for ½ credit after the due date and before the last day of instruction. You may also rewrite your papers – fix any errors and respond to feedback - and resubmit them for a possible ½ of the missing points by the last day of instruction. See assignment guidelines for details.
- Exams MAY be made up at the instructor's discretion **ONLY** if you follow the guidelines below:
  - Notify your instructor **PRIOR** to the missed class or exam date. (If you email me or call my office during the class time I will not get it until afterward.)
  - Provide evidence of a serious event that prevents you from attending the class/exam. Acceptable examples include death of a close family member (memorial or funeral program), serious illness

or injury (Dr. or health center note), or accident/event (receipt showing damage on date/time or police report.)

**Students with Disabilities:** This instructor, in conjunction with Glendale Community College, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the Center for Students with Disabilities at 818.240.1000, extension 5905 or visit the San Rafael building, 2<sup>nd</sup> floor. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

**Academic Dishonesty Policy:** College study is the process of becoming an independent scholar. All students are expected to do their own work. All forms of cheating and plagiarism are absolutely forbidden. This is the official policy of Glendale Community College and the instructors of this course. Students found cheating will earn an F (0 points) on any assignment cheated on, and may also receive a failing grade (F) for the course. Incidents of academic dishonesty will be reported to the Vice President of Instruction and will become part of the student's Glendale College file. Examples of cheating include, but are not limited to, the following:

- Using unauthorized materials on exams (Note: translators and dictionaries are not allowed on Health 104 exams).
- Copying other student exams or allowing other students to copy their own exams
- **Submitting any assigned work not the student's own**
- Copying other written materials without proper credit to the original author (plagiarism)
- Downloading from computer networks
- Purchasing papers