

Syllabus for Women's Health Course

The goal of this course is to provide an overview of relevant information as well as clarification of terms and concepts relating to women's health. Women's health is defined holistically as the inter-relationship between a woman's physical, emotional and spiritual well being.

1. Nutritional Health	Number of classes
- USDA Standards	(1)
- Servings	(1)
- How to read food labels	(1)
- Healthy eating habits vs. Dieting	(1)
- Body Image/Media/Eating Disorders	(2)
2. Emotional Health	
- Mind/Body relationship	(1)
- The nervous system and neurotransmitters	(2)
- Stress/Anxiety	(2)
- Depression (PMS, Pregnancy and Post-Partum)	(2)
- Management and Techniques (Therapeutic models)	(2)
- Effective Communication (Assertiveness, Anger Management, Conflict Resolution)	(3)
3. Reproductive Health	
- Menstrual Cycle	(3)
- Pregnancy	(3)
- Nursing	(2)
- Healthy Relationships	(2)

Grades will be determined by attendance, class participation, and short in-class and take-home essay assignments