



Doc Nbr:	9662533	Status:	ENROUTE
Initiator:	mhwill	Created:	Dec 6, 2011

## New Course EA NURS-K 352

### Course Request Key Fields

1 .	Requesting Campus:	EA-East
2 .	Matching Course:	No
3 .	School:	NURS-School of Nursing
4 .	Subject:	NURS-Nursing
5 a.	Course Number:	K-352
b.	Has course number been reserved with, SES-CourseCatalog@exchange.iu.edu, Student Enrollment Services?	Yes
6 .	Credit Type:	Undergraduate
7 .	Is this a Purdue Course?	No
8 a.	Course Title	Women's Health
b.	Recommended Abbreviation (30 characters including spaces):	Women's Health

### Course Catalog Attributes

9 .	Academic Career:	Undergraduate
10 .	Effective Term (anticipated):	Spring 2012
11 .	Credit Hours:	Fixed at 3
12 .	Contact Hours:	Fixed at 9
13 .	Is S-F grading approval being requested?	No
14 .	Is variable title approval being requested?	No
15 .	Prerequisites/Corequisites (Information Only):	none
16 .	Course Description:	This course will provide a comprehensive and holistic update on the health related issues surrounding women across the lifespan. Allopathic and alternative health care options will be presented with a focus on empowering women to trust their bodies, make informed health care choices, and form partnerships with health care providers.

### Course Attributes for Scheduling

17 .	Equivalent Courses:	none
18 a.	Repeatable for Credit?	Yes
b.	Total Career Credit Hours Allowed:	3
c.	Total Career Completions Allowed:	1
d.	Allow multiple enrollments in term?	No
19 a.	Type of Instructional Experience (Select primary component):	Readings
b.	Additional component(s) that apply:	Activity Discussion Lecture Quiz Readings Wait List Section

20 .	<b>Instruction Mode (select all that apply):</b>	Audiovisual-live Audiovisual-recorded Correspondence World Wide Web
21 .	<b>Instructor Name:</b>	Marsha H. Williamson
22 .	<b>Estimated Enrollment:</b>	40
23 .	<b>Estimated Enrollment Percent Expected to be Graduate Students:</b>	0
24 .	<b>Frequency of Schedule:</b>	Once Per Year
25 .	<b>Course Typically Offered:</b>	Summer Term
26 .	<b>Will this course be required for majors?</b>	No

### Additional Course Information

27 .	<b>Justification for New Course:</b>	Formerly offered as NURS Z-492, this elective course fulfills BSN degree requirements in the social competence, cultural diversity, or open elective clusters. Open to the entire campus, it can also be taken as an elective to meet requirements for other degrees and certificates.
28 a.	<b>Does this course overlap with existing courses?</b>	No
b.	<b>Please explain:</b>	
c.	<b>Have you contacted the appropriate department, school, etc. affected by the overlap?</b>	
29 .	<b>Are the necessary reading materials currently available in the appropriate library?</b>	Yes
30 .	<b>Do you anticipate this course will require a special fee? (Information Only)</b>	No

### Essential Syllabus Information

ESI 1.	<b>Course Content:</b>	<p>Introduction to the Course Orientation to course</p> <p><b>Module #1</b> History of womens health care and providers Health Promotion- sleep, vitamins, herbs Stress management-exercise, meditation, yoga, Tai Chi, massage therapy, reflexology, counseling Violence against women</p> <p><b>Module #2</b> Eating well Keeping fit Sexuality: menstrual cycle, contraception, pre conception, infertility, pregnancy loss, menopause</p> <p><b>Module #3</b> Sexually Transmitted infections Chronic Health Conditions Reproductive cancers</p> <p><b>Module #4</b> Pregnancy and birth Birth technologies Birth options/home birth</p> <p><b>Module #5</b> Spiritual wellness Substance abuse Healthy relationships</p>
ESI 2.	<b>Representative Bibliography or Resources:</b>	Kolander, C., Ballard, D., Chandler, C. (2010). Contemporary womens health: Issues for today and the future. 4th Ed. McGraw-Hill: New York ISBN 978-0-07-338084-1

ESI 3.	Teaching and Learning Methods:	Learning will occur through a variety of strategies including but not limited to: online lecture notes and web links, videos, group discussions, handouts, and the development of a personal health maintenance plan.
ESI 4.	Learning Outcome/Objectives:	<p><b>IJ EAST LEARNING OBJECTIVES ADDRESSED:</b>  Educated persons should have the ability to develop informed opinions, to comprehend, formulate, and critically evaluate ideas, and to identify problems and find solutions to those problems. Effective problem solving involves a variety of skills including research, analysis, interpretation, and creativity. Educated persons should be able to express themselves clearly, completely, and accurately. Effective communication entails sharing ideas through a variety of techniques, including reading, writing, speaking, and technology. Educated persons should have achieved depth in some field of knowledge. A sequential accumulation of knowledge and skills in an academic discipline is essential for a focused personal and professional development. Educated persons should be expected to have some understanding of and experience in thinking about moral and ethical problems. A significant quality in educated persons is the ability to question and clarify personal and cultural values, and thus to be able to make discriminating moral and ethical choices.</p> <p><b>COURSE LEARNING OUTCOMES:</b>  At the completion of this course the student will be able to:</p> <ol style="list-style-type: none"> <li>1. Identify recent demographic changes in women in the United States</li> <li>2. Examine historic, economic, political, cultural, and social factors that have influenced access and quality of health care services to women.</li> <li>3. Differentiate symptomatology of sexually transmitted infections in men and women and discuss pharmacological options, prevention, and treatment plans for common STIs</li> <li>5. Outline recommended gynecologic screening procedures and immunizations for well women</li> <li>6. List risk factors for and traditional and alternative treatments of common female diseases and health problems</li> <li>7. Identify health promotion practices and develop a personal health maintenance plan</li> <li>8. Compare and contrast the view of menopause as a normal life event as opposed to an "Illness"</li> <li>9. Evaluate the risks, benefits, and contraindications for hormone replacement therapy</li> <li>10. List risk factors, medications, prevention, and treatments for osteoporosis</li> <li>11. Compare and contrast gender differences in women and men with cardiovascular disease</li> <li>12. Summarize complementary/alternative therapies that have been effective in various women's health issues</li> <li>13. Discuss women's sexuality issues including sexual preference, preconception, infertility, contraception, pregnancy, and birth</li> <li>14. Relate the impact of personal relationships and spirituality on women's health</li> <li>15. Identify the relationship between health and nutrition</li> <li>16. Explore the childbirth options and birth culture in the United States</li> </ol>
ESI 5.	Learning Assessment:	Evaluation will be based on the completion of: Self introduction (3%) 1 personal health promotion/ health maintenance plan (12%) 5 quizzes over assigned readings (50%) 1 Online discussion forum(10%) 4 Movie Reactions and responses to other students' postings (25%)

## Student Enrollment Services

<b>SES 1.</b>	<b>Course ID:</b>	
<b>SES 2.</b>	<b>Remonstrance List:</b>	