

# KINE 093: WOMEN'S HEALTH

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## In Workflow

1. PE Chair (jodya@cos.edu)
2. PE Dean (brentd@cos.edu)
3. Curriculum Coordinator (sarahha@cos.edu)
4. Articulation Officer (gregk@cos.edu)
5. Academic Resources Specialist (danielal@cos.edu)
6. PE Representative (allysonb@cos.edu)
7. Distance Education Coordinator (bricen@cos.edu)
8. Curriculum Coordinator (sarahha@cos.edu)
9. Michelle Bolt (michelleb@cos.edu)
10. Vice President of Academic Affairs (jenniferl@cos.edu)
11. Curriculum Committee Vote (amyp@cos.edu; andyh@cos.edu; charlesa@cos.edu; erich@cos.edu; jamesmc@cos.edu; milenas@cos.edu; tiffanyw@cos.edu; monicau@cos.edu; christopherhu@cos.edu; aimeea@cos.edu; allysonb@cos.edu; emilyb@cos.edu; tinat@cos.edu)
12. Curriculum Coordinator (sarahha@cos.edu)
13. Academic Senate President (juana@cos.edu)
14. Board of Trustees (danielal@cos.edu)
15. Academic Resources Specialist (danielal@cos.edu)
16. Banner (danielal@cos.edu)

## Approval Path

1. Wed, 18 Aug 2021 17:56:01 GMT  
Jody Allen (jodya): Approved for PE Chair
2. Tue, 12 Oct 2021 20:59:18 GMT  
Sarah Harris (sarahha): Rollback to Initiator
3. Thu, 14 Oct 2021 16:48:19 GMT  
Jody Allen (jodya): Approved for PE Chair
4. Thu, 02 Dec 2021 20:56:56 GMT  
Sarah Harris (sarahha): Rollback to Initiator
5. Fri, 04 Mar 2022 20:32:22 GMT  
Jody Allen (jodya): Approved for PE Chair
6. Sat, 05 Mar 2022 00:41:07 GMT  
Brent Davis (brentd): Approved for PE Dean
7. Thu, 31 Mar 2022 21:36:51 GMT  
Sarah Harris (sarahha): Approved for Curriculum Coordinator
8. Thu, 31 Mar 2022 22:59:13 GMT  
Greg Keen (gregk): Rollback to Curriculum Coordinator for Articulation Officer
9. Fri, 01 Apr 2022 15:21:28 GMT  
Sarah Harris (sarahha): Rollback to Initiator
10. Wed, 25 May 2022 03:50:53 GMT  
Jody Allen (jodya): Approved for PE Chair
11. Wed, 25 May 2022 20:21:44 GMT  
Brent Davis (brentd): Approved for PE Dean
12. Wed, 19 Oct 2022 17:40:17 GMT  
Sarah Harris (sarahha): Approved for Curriculum Coordinator
13. Wed, 19 Oct 2022 17:50:39 GMT  
Sarah Harris (sarahha): Approved for Articulation Officer
14. Wed, 19 Oct 2022 20:33:26 GMT  
Daniel Alvarado (danielal): Approved for Academic Resources Specialist
15. Fri, 28 Oct 2022 15:20:19 GMT  
Allyson Briano (allysonb): Approved for PE Representative
16. Wed, 02 Nov 2022 23:04:32 GMT  
Brice Nakamura (bricen): Approved for Distance Education Coordinator
17. Thu, 03 Nov 2022 17:51:40 GMT

Sarah Harris (sarahha): Approved for Curriculum Coordinator

18. Mon, 14 Nov 2022 22:19:13 GMT

Michelle Bolt (michelleb): Approved for michelleb

## History

1. Feb 26, 2019 by Michelle Bolt (michelleb)
2. Sep 11, 2019 by Greg Keen (gregk)
3. Nov 19, 2019 by Greg Keen (gregk)
4. Sep 14, 2020 by Daniel Alvarado (danielal)
5. Nov 17, 2020 by Michelle Bolt (michelleb)
6. Aug 12, 2021 by Daniel Alvarado (danielal)

Date Submitted: Tue, 24 May 2022 23:33:05 GMT

### Viewing: KINE 093 : Women's Health

Formerly known as:

KINE 193 (or if cross-listed - deactivated courses associated with this course)

**Last approved: Thu, 12 Aug 2021 10:49:13 GMT**

**Last edit: Thu, 03 Nov 2022 17:51:24 GMT**

Changes proposed by: michelleb

**Proposer and Co-Contributor(s):**

**Proposer:**

Name:	Email:
Michelle Bolt	michelleb@cos.edu

**Effective Term:**

Fall 2023

## General:

**Credit Status:**

Credit - Degree Applicable

**Subject:**

KINE - Kinesiology

**Course Number:**

093

**Catalog Title**

Women's Health

**Catalog Description**

This course focuses on physiological, psychological, social, cultural and political influences on women's health. Emphasis is on diversity of women's health experiences and factors involved with both population level health outcomes and individual decision making. Focus on empowerment for primary prevention.

**Method of Instruction:**

Distance Education

Lecture and/or Discussion

## Course Units/Hours:

**Course Units Minimum:**

3

**Lecture Hours Minimum (week)**

3

**Outside Hours Minimum (week)**

6

**Total Contact Hours Minimum (semester)**

52.5

**Total Outside Hours Minimum (semester)**

105

**Total Student Learning Minimum Hours (semester)**

157.5

**Do you want to override any hours fields?**

No

**Repeatability:**

No

**Repeat Type:**

N - Non-Repeatable Credit

**Open Entry/Exit:**

No

**Field Trips:**

Not Required

**Grade Mode:**

Standard Letter

**State Requirements****TOP Code:**

127000 - Kinesiology

**SAM Code:**

E - Non-Occupational

**Basic Skills Status:**

N - Not Applicable

**Prior Transfer Level:**

Y - Not Applicable

**Cooperative Work Experience:**

No

**Approved Special Class:**

N - Not special class

**Funding Agency Category:**

Not Applicable

**Program Status:**

Program Applicable

## Course Content

### Methods of Assessment:

Essay quizzes or exams  
Multiple choice tests  
Oral presentations  
Problem solving assignments or activities  
Project  
Skill demonstrations  
Written essays or extended papers

### Course Topics:

Course Topics	
1	Women's Health Movement , historical events, and political context.
2	Politics of Women's Health and Medical Issues
3	Quality of life and end of life care decisions.
4	Sexual Health: female anatomy, expressions of sexuality, medicalization of sexuality, menstrual cycle, reproductive choices, pregnancy, childbirth infertility, lactation, reproductive tract infections
5	Infertility and Reproductive rights and legislation.
6	Navigating the Health Care System: access, prevention, complementary health practices, insurance, affordable care act
7	Health Promotion and Disease Prevention: epidemiological terms, global health issues, leading causes of disease burden and death, life stage health risks and risk reduction behaviors.
8	Life stage health risks and risk reduction behaviors: adolescence, puberty, menarche, young adulthood, childrearing, midlife, menopause, care giving, senior years.
9	Reproductive Tract Infections: epidemiology and treatment of sexually transmitted infections, including HIV/AIDS, sexual decision making, communication and risk reduction.
10	Assisted Reproductive Technologies: adoption, lactation, psychological process, health benefits, support for breastfeeding and legislation.
11	Diet and Activity: dietary guidelines, physical fitness, weight management
12	Cardiovascular Disease, Cancer, Osteoporosis, Arthritis, Diabetes, Autoimmune diseases, and Alzheimer's disease.
13	Mental Health Problems: gender differences, bias in research, factors in development.
14	Mood disorders, Anxiety disorders, eating disorders, personality disorders, suicide and treatment options
15	Substance Use and Abuse: effects, risks, and co-dependency
16	Violence , abuse, harassment and health: interpersonal, collective, sexual and prevention health
17	Women in the Workforce: equal pay, balancing family and work, gender expectations, occupational safety, communication strategies.
18	Evaluation of Health related information for decision-making: media literacy, body image and health behaviors, race and ethnicity, age and culture.

### Course Objectives:

Course Objectives	
1	Identify contributions of women and key events in the history of Women's Health Movement.
2	Examine the political climate and access to quality care on women's health outcomes.
3	Define basic Epidemiological terms.
4	Survey leading causes of death and disease in women.
5	Explain health threats during the life span.
6	Investigate causes of health disparities related to gender, race, ethnicity, sexual orientation, age, disability, and income.
7	Utilize accurate, comprehensive information in health related decision-making.
8	Identify influences on sexual behaviors and reproductive choices.

9	Apply knowledge of health behaviors to prevention of diseases, such as sexually transmitted infections, cardiovascular disease, cancer, osteoporosis, arthritis, diabetes and Alzheimer's disease.
10	Explain common mental health disorders and influences, such as biological social, and psychosocial factors, on the development and treatment of mental health issues in women.
11	Assess health risks of drug use.
12	Investigate causes of violence and the impacts of violence against women.
13	Discuss the impact of gender roles and stereotypes within relationships and the workplace.
14	Recognize the health effects of occupational threats, exposures and inequities for women.

**Course Outcomes:**

Course Outcomes	
1	Explain the development of the women's health movement since the early nineteenth century.
2	Understand the effects of relationship violence from a socio-cultural, historical, and economic perspective.
3	Compare contraceptive methods to determine the best options for a given case study.

**Assignments:**

Assignment Type:	Details
Reading	Students will read selections from their textbook; news stories in print and online, research (of scholarly journals, books and magazines). For example students would read Self Defense Steps to Survival, by Katy Mattingly.
Writing	Students will provide written responses- (essays, journal writing, reflection writing to lectures, readings and class discussion. For example, student will be asked to prepare a written response to the following: (1) Describe current US cultural norms and attitudes towards breastfeeding. (2) How does objectification of women's bodies influence attitudes towards human lactation and breastfeeding behaviors? (3) Do current societal attitudes towards breastfeeding adequately support women? (4) What are common logistical obstacles women face when following the American Academy of Pediatrics' recommendations for breastfeeding? (5) Explain your opinion of public health campaigns proclaiming "breastmilk is best".
Homework	Homework Example 1: Students will be required to interview 3 women on their experience of major life transition (menarche, motherhood, or menopause). HOMEWORK EXAMPLE 2: Students will be required to prepare several research and reflection papers, addressing (1) process of egg donation; (2) Health risks associated with this procedures; (3) arguments in favor or against financial compensation for egg donors; (4) a statement of personal position on the matter of financial compensation for women who are egg donors. HOMEWORK ASSIGNMENT #3: Students will create a power point presentation on a topic of their choice related to women's health issues. This assignment will include research

**Textbooks or other support materials**

Resource Type:	Details
Books	New Dimensions in Women's Health 7th edition, by Linda Lewis Alexander, William Alexander, Judith H. LaRosa and Helaine Bader Publisher: Jones & Bartlett Learning; August 15, 2016 ISBN-10: 128408843X ISBN-13: 978-1284088434
Books	The Boston Women's Health Book Collective, Our Bodies, Ourselves. 40th Anniversary ed., Simon & Schuster, 2011.
Books	Kolander, Cheryl, Ballard, Danny and Chandler, Cynthia. Contemporary Women's Health: Issues For Today and the Future, 5th ed., McGraw-Hill, 2014.
Books	Weschler, Toni. Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control....20th Anniversary ed. Harper Collins, 2015.
Web/Other	Our Bodies, Our Selves. <a href="https://www.ourbodiesourselves.org">https://www.ourbodiesourselves.org</a>

**Books** Lowdermilk Deltra, Shannon Perry, Mary Catherine Cashion, Kathryn Rhodes Alden and Ellen Olshansky. Maternity & Women's Health Care. 12th ed., Mosby, 2020.

**Library Materials:**

No

**Equity Review:**

No

**Transferable to CSU**

Yes - Proposed

**Transferable to CSU Justification**

The course transfers to both CSU and UC campuses.

**CSU General Education**

CSU GE D: Social Sciences

Transferable to CSU

**This course will also be proposed for UC transfer.**

Yes

**Transferable to UC**

Yes - Proposed

**UC/IGETC General Education**

IGETC 4: Social & Behavioral Sciences

Transferable to UC

**COS General Education**

COS GE D: Social & Behavioral Science

**Other Degree Attributes**

Degree Applicable

Not a Basic Skills Course

**Attachments:**

**Distance Learning Addendum**

DLA- Kine 093.pdf

**Database:**

**Banner Title:**

Women's Health

**Proposal Type**

Substantial

**Gen Ed/ Transfer**

Pending

**Gen Ed/ Transfer Notes**

Proposed for CSU GE Area D or E, and COS GE Area D

**Course Control Number:**

CCC000602272

**CIP Code:**

310505 - Kinesiology and Exercise Science.

### Enforced Prerequisites

And/Or ( Course/Test Code Min Grade/Score Academic Level ) Concurrency

#### Method of Instruction (Banner):

All Classes except labs  
Hybrid  
Lecture and/or Discussion  
Online  
Online with Orientation  
Online-Simultaneous Interact  
Online/Hybrid-Delayed Interact

#### Justification / Rationale:

An investigation of this course in the California Community College system revealed that schools are offering it for transfer to CSU-Area D4 and IGETC Area 4. The transferability change from CSU Area E to Area D will make the course more attractive to students. This rewrite is inspired by a synthesis of information from five of those institutions (Las Positas, Oxnard, Hartnell, Columbia and Canyons).

Updated title, description, course content, outcomes, and textbook

#### Reviewer Comments

**Michelle Bolt (michelleb) (Tue, 12 Oct 2021 20:56:08 GMT):** I am attempting to make the suggested revisions to the outcomes portion of this document and it will not allow me to do anything.

**Sarah Harris (sarahha) (Tue, 12 Oct 2021 20:59:18 GMT):** Rollback: Rollback for edits at faculty request

**Sarah Harris (sarahha) (Thu, 02 Dec 2021 20:56:56 GMT):** Rollback: Rollback for edits at faculty request

**Sarah Harris (sarahha) (Thu, 31 Mar 2022 21:35:26 GMT):** Updated course title to remove "fitness" per faculty request. Note: Faculty member has been advised that these changes are substantive and may require re-submission to area E in addition to new submission to area D. In addition, because topics may fall outside standard qualifications in this discipline, I recommend discussion of the proposal at curriculum committee. The faculty member has been advised and is prepared to discuss the proposed changes with the committee, including examples of similar courses approved in this GE area at other colleges.

**Greg Keen (gregk) (Thu, 31 Mar 2022 22:57:33 GMT):** Michelle, in 2019-20 when the college submitted this course for CSU GE Area E or Area D it was approved for Area E and Not approved for Area D. The reviewer's comments were: "Area D - The course does not lead to a broader understanding of the principles, methodologies, value systems, and ethics employed in social scientific inquiry." I don't believe this revised course adequately addresses these documented deficiencies identified in 2019-20. If your goal is to get this course approved for both Area E and Area D, I believe you need to address the topics required for Area D while balancing the topics necessary to maintain approval for Area E. If you believe you have addressed all the 2019-20 reviewers concerns and want to proceed with the course approval process resubmit and I will forward.

**Greg Keen (gregk) (Thu, 31 Mar 2022 22:59:13 GMT):** Rollback: Please see reviewers comments

**Sarah Harris (sarahha) (Fri, 01 Apr 2022 15:21:28 GMT):** Rollback: Please review and respond to articulation officer comments (course rolled back to me in error - should have gone directly to initiator).

**Sarah Harris (sarahha) (Wed, 19 Oct 2022 17:39:59 GMT):** Note: Communicated with faculty, they believe reviewer comments have been addressed. Moving forward as requested - this course will need to be discussed in curriculum committee meeting.

**Michelle Bolt (michelleb) (Wed, 26 Oct 2022 23:54:00 GMT):** Self Defense needs to be removed from the title of this course as the objectives and topics were removed from the curriculum

**Sarah Harris (sarahha) (Thu, 03 Nov 2022 17:51:24 GMT):** Removed self-defense from course title per faculty comments. Substantial changes to course content. Course will come to committee on action for discussion.

Key: 3458