HEED 203 Spring Women’s Health Issues
Spring 2020 MW 1:00-2:20PM, Room 1100

Section 31696

WELCOME!

I look forward to working with you this semester. This semester you will have an opportunity to learn about personal wellness. We will also study major issues with a special relevance to women, with an emphasis on body image, access to care, prevention of chronic diseases, self-empowerment strategies and international health issues.

This section meets face to face in room 1100 on M and W 1:00 - 2:20PM.

Instructor: Coral Minton

Email: cminton@cuesta.edu

Catalog Description: Presents major health issues of special significance to women cross culturally. Emphasis will be placed on current trends in the prevention of chronic diseases and health disorders, the promotion of a positive body image, and self-empowerment. Identification of significant cultural obstacles of access for women’s health care by non-dominant groups are presented. In addition, traditional, as well as, experiential and cooperative teaching/learning strategies will be used to explore the application of lifestyle changes to individual health beliefs and practices.

Required text: An Introduction to Women’s Health. Minton, Publisher: Great River Learning

ISBN: 9781644960936

It is less expensive to purchase the text directly from the publisher at GRTEP.com. The publisher’s website is greatriverlearning.com. This is a digital text designed to work on most devices. The text can be saved in pdf format and printed.

Cuesta’s Course management system is CANVAS. Instructions are included in the first week’s assignments to (re)learn and demonstrate basic skills such as emailing, responding to a feed, and submitting assignments online. You can access CANVAS quickly by

1) going to www.cuesta.edu
2) On the top of the page click on Canvas (green button)
3) Log in with our cuesta college username and password
4) Click on your class page to get started. (HEED 203)

Canvas provides the framework for the course including links to documents, videos and presentations, student data files, the tools to receive and send course materials, and a grade book. Using the communication tools, you can communicate using e-mail, and you can share materials and ideas with other course participants via the discussion forums and groups.

Class opens / Accessing Canvas: The first meeting date is Wednesday (Jan 22, 2020), and you will need to be present the first day of class. Please check your email on your my.Cuesta.edu for any information or updates prior to start of class.
If you are having difficulty logging into Canvas and need assistance please email me or technical support at this email address: support@my.cuesta.edu. If you have never taken an online class or this is your first experience with Canvas, please be patient with yourself and ask for help.

I have office hours TBD weekly on the Cuesta college SLO campus. I am available to chat online at that time as well. My office is located in the Kinesiology department, Building 1300, in room 1321 located above the swimming pool.

**Course Student Learning Outcomes:**
- Identify barriers women face when accessing or receiving health care in the United States today.
- Demonstrate how body image issues influence lifestyle choices.
- Describe lifestyle changes you have made or plan to make, as a result of taking this health class
- Identify lifestyle changes that will reduce your risk of major chronic or communicable diseases based on your family health history and/or current lifestyle choices
- Evaluate contemporary media, literature and institutions for discrimination and bias in women’s health
- Analyze examples of dominant and non-dominant group conflict.
- Explore various international health issues.

**Quick references and links:**

Cuesta add policy: [http://www.cuesta.edu/student/studentservices/admrreg/arpolicies/addcourse.html](http://www.cuesta.edu/student/studentservices/admrreg/arpolicies/addcourse.html)

Drop Policy: Students that miss the first day/week and do not turn in work within the first week may be dropped, however do not expect to be dropped if you “go silent”. Please read Cuesta’s drop policies. [http://www.cuesta.edu/student/studentservices/admrreg/arpolicies/dropcourse.html](http://www.cuesta.edu/student/studentservices/admrreg/arpolicies/dropcourse.html)


Cuesta waitlist procedure and instructions:

If this class is full, I will add people on the wait list to offer them a spot as they become available. Please review the institution’s policies. [http://www.cuesta.edu/student/studentservices/admrreg/arpolicies/Waitlist.html](http://www.cuesta.edu/student/studentservices/admrreg/arpolicies/Waitlist.html)
Cuesta Tech Support email: support@my.cuesta.edu

DSPS Statement:

This course design is with an accessible Learning Management System. Course materials are prepared with ADA compliance in mind. Any student who feels they may need an accommodation based on the impact of a disability, such as extended time on exams, should contact me privately to discuss your specific needs. Please contact Disabled Student Services & Programs at Building 3300 (546-3148) on SLO Campus or on North Campus (591-6215) to coordinate reasonable accommodations for documented disabilities. Doing so as soon as possible will help ensure accommodations in a timely manner.

Thank you for reading my welcome letter and I look forward to working with you. If you have any questions regarding this class please feel free to contact me at the email listed above. I will do my best to answer your questions or refer you to someone that can answer your technology needs.

Sincerely,

Coral Minton