

Women's Health Issues HEED 203 CRN 50098

Summer, 6 weeks 2018-Distance Education

Instructor: Michelle Zulim-Clark

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Course start date: Monday, June 17

Course end date: Friday, July 26

Course 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 is 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: Alexander, Linda Lewis; Bader, Helaine; LaRosa, Judith; Garfield, Susan; Alexander, William James. *New Dimensions in Women's Health* Jones and Bartlett, Burlington, MA (2017). 7th edition

The text can be purchased in the Cuesta bookstore or online and is also offered as an e-text.

Welcome!

I am your instructor, Michelle Zulim-Clark. I teach a variety of health education, kinesiology and kinesiology activity classes on the San Luis Obispo campus.

This semester you will have the opportunity to learn more about major issues of special relevance to women with an emphasis on chronic disease prevention, promotion of positive body image, application of self-empowerment strategies, and global issues related to women.

This course is fully online- there is no mandatory face to face meetings. However, this is not a self-paced course. You will have weekly readings and assignments. To be successful in the class, you need to stay on top of coursework, quizzes, and exams. Keep in mind that you have 3 weeks of class work each week of a 6-week course.

The class will begin on Monday, June 17

If you are new to online courses, please take a moment to take this survey:

<http://www.cuesta.edu/student/aboutacad/distance/survey.html>Links to an external site.

And read the following: <http://www.cuesta.edu/academics/distance/forwhom.html>Links to an external site. Links to an external site.Links to an external site.

Course drop date: You must log on the first week, or you will be dropped, however, do not expect any instructor to drop you for non-attendance.

https://www.cuesta.edu/about/documents/vpaa-docs/Summer_2017_session.pdfLinks to an external site.

Please see the administration and records website for more information regarding drops:

http://www.cuesta.edu/student/servs_classes/admrreg Links to an external site.

Academic honesty policy:

Please note all students attending San Luis Obispo County Community College District at any district site and when representing Cuesta College in any off-campus activity, assume an obligation to conduct themselves in an acceptable manner compatible with the Student Code of conduct. https://www.cuesta.edu/about/documents/vpss-docs/StudentConducttrifold-brochure_2017.pdfLinks to an external site.

Waitlist Policy:

I will email all the individuals left on the waitlist the day our class starts. In addition to my course specific procedures, please review [Cuesta's waitlist procedure and instructions](#)Links to an external site.:

Accommodations:

This course is designed using an accessible Learning Management System, and course materials have been created with ADA compliance in mind. If you have a disability and might need accommodations in this class such as extended time on exams or other resources. Please contact the instructor as soon as possible so that you can receive appropriate accommodations in a timely manner. You should also contact [DSPS \(Disabled Student Programs & Services\)](#)Links to an external site. at 805-546-3148 or

Thank you for reading my welcome letter! I am looking forward to working with you this summer.

Michelle