

## **Women's Health (3375) Online**

Instructor: Dr. Jesse S. Arrieta

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Office Hours: By Apt via zoom. Please email me with appointment request for zoom meetings and I will accommodate both of our schedules as quickly as possible.

**Course Description:** Women's Health will cover an overview of current health topics pertinent to women in the 21st century. The course will cover the basic politics and economics connected to women's health in the United States and globally. The course will focus on sexual and reproductive health through the life cycle, nutrition and exercise, and women's specific mental health topics.

**Course Objectives:** Students who are successful in Women's Health should have a general understanding of the biological and emotional realities of women's health as well as an understanding of alternative models of women's health care. Students in this course should be able to critically analyze the way that the current medical model of health care, and the economic and political systems that influence women's health care and marginalize women and girls.

**Pandemic Note:** We are still existing in the midst of a pandemic. Many of us are facing additional challenges this semester that we may or may not feel prepared for. Some of them you may feel comfortable sharing, some of them you may want to keep private, some of the challenges may be so deeply rooted that we may not even be aware that we are facing them. This is a semester that will inevitably be full of added stressors. If there is something that I can support you with, be that classwork, time management, advising, a good joke, etc. please let me know. I will do my best, when I am informed, to be flexible and to help you work to be successful in this class. We do not exist separately from the world around us, and I hope that this class is in some ways a space to explore that connectedness.

### **Required Reading:**

New Dimensions in Women's Health (8<sup>th</sup> Edition) Linda Lewis Alexander, Judith LaRosa, Helaine Bader, Susan Garfield, William James Alexander

Our Bodies Ourselves. The Boston Women's Health Book Collective (2011)

Additional Readings may be required throughout the semester and will be made available to the students via blackboard.

### **Grading and Performance Evaluation:**

Exams: 2x15pts: 30pts

Group Presentation: 15pts

Discussion Board: 45pts  
Response Papers: 10pts  
Total: 100pts

## **Assignments:**

**Exams:** Each exam will be worth 15 points. Exams will be multiple choice and true and false. The exams will be based on the reading, discussion boards, and student presentations. Exam one will cover the first half of the class and exam two will cover the second half of the course.

**Group Presentations:** Each student will complete one presentation this semester. The presentations will be completed with a partner and will be due on different dates throughout the semester. Each student must sign up for their presentation topic during the first week of the course. Students will create a presentation using the media of their choice; powerpoint, prezi, video etc. More information on the presentations is available on BB under the group sign up tab found in week 1.

**Response papers:** Students will submit 2 short essays this semester. The first essay will be a response to a film "The Business of Being Born", which I will provide for you in the first half of the semester. The second essay is a response to a short book, which you must either purchase/rent/or borrow from the library. For this assignment you will choose one of the following titles: The Big Letdown, This Common Secret, or Girls and Sex and complete an academic review. Details and instruction for the book review can be found under the week 9 tab.

**Discussion Board:** Discussion boards allow you to interact with your classmates as you would in a face to face course. They are essential for critical thinking analysis and connecting the ideas from the text with the wider world in this online course. You are expected to participate in the weekly discussion boards as follows.

- A. You must have one initial post of 200-300 words that makes an original statement and follows all discussion prompt guidelines for that week. You must cite two of the readings (or any other media or outside source) each week to receive full credit. You must use both in text citations and include your references at the bottom of the post.
- B. In addition you must respond to at least two different classmates' initial postings with a 75-150 word minimum response per post.
- C. Your initial post must be posted each Thursday by midnight, Mountain Time.
- D. Your follow up posts to peers are due each Sunday by 5pm, Mountain Time.
- E. Late initial posts and/or follow up posts will not be accepted and will not receive credit.
- F. You should respond to direct questions or issues raised by others in response to your initial post, including those raised by your professor.

## **Policies and Expectations:**

### **A note on Inclusion and being uncomfortable (adapted from Whitman College)**

The topics that we're covering in this class are often difficult, not just intellectually but emotionally. While I expect there to be rigorous discussion and even disagreement during our class discussions, I ask that you engage in discussion with care and empathy for other members in the classroom. Aim to disagree without becoming disagreeable. In this class, we will not shy away from the uncomfortable. Critically examining and assessing our most basic assumptions and values is not just one of the tasks of Women and Gender Studies but is an activity vital to living an authentic life. I urge you to have the courage to the uncomfortable in this class. In exchange for your courage, I will work to ensure a classroom environment that supports your taking these intellectual and emotional risks.

**Asking for Help:** • Be sure to ask questions of both your classmates and your professor. This is an essential part of learning. • Before contacting me with a question please review each of the following:

- I address the questions that students most frequently ask on the first entry entitled "FAQs" of the Discussion Forum. Please check this forum first before emailing me with a question. If you ask me a question that is addressed in the FAQs, I will respectfully direct you back to them.
- If you have a question that you think other students may want an answer to, (or may even have the answer) please post it on the "FAQ" Discussion Board. If you email me a question that is best addressed on this Discussion Board, I will respectfully direct you to post your question there and will answer it there.
- It has been my experience that often students' questions will be answered through a review of the syllabus or assignment prompt in question. Therefore, if you email questions that are directly and clearly addressed by these, I will respectfully redirect you back to them. If you review the syllabus and/or assignment prompt and still have questions or need clarifications, please do email me and I will gladly assist you.
- If you have a question about technical problems (ie, your computer, problems submitting an assignment, browser issues, internet connection issues) please contact Tech Support or the UTEP Help Desk as outlined on the first page of this syllabus. Please note that I am neither qualified nor able to help you with these issues and will respectfully direct you back to Tech Support.

### **Late Work:**

As a general policy I will not accept late work. I do commit to being flexible with any deadline. If you know that you are struggling to make a deadline, reach out to me. I will work with you to create deadlines that will work with your schedule. It is my goal to help everyone do well in this course and to help everyone complete all of the work. I know that all of you are balancing a lot of different things. To help you grow as students I am asking you to be accountable for your

schedules and to be honest with me when you need more time. I will always accommodate your timeline needs (within reason).

**Work Load:** This is an online course. I expect that you will commit between 6-8s hours per week on this course. As you prepare for your semester please schedule your time accordingly so that you can commit the time you need each week to be successful in the course.

**Extra Credit:** There may be opportunities for extra credit during the semester. The instructor reserves the right to present these opportunities throughout the semester.

**Resources:**

Academic Writing: For help with writing any assignments for this course, please visit the University Writing Center online at <http://academics.utep.edu/Default.aspx?tabid=57766> For further information on the writing centers services and hours please call 915.747.5486

**Research:**

UTEP librarians are here to help you so please visit them in person for assistance or online at <http://libraryweb.utep.edu/>.

**Academic Dishonesty:** Academic dishonesty is prohibited and is considered a violation of the UTEP Handbook of Operating Procedures. It includes, but is not limited to, cheating, plagiarism, and collusion. Cheating may involve copying from or providing information to another student, possessing unauthorized materials during a test, or falsifying research data on laboratory reports. Plagiarism occurs when someone intentionally or knowingly represents the words or ideas of another person's as ones' own. And collusion involves collaborating with another person to commit any academically dishonest act. Any act of academic dishonesty attempted by a UTEP student is unacceptable and will not be tolerated. Violations will be taken seriously and will be referred to the Dean of Students Office for possible disciplinary action. Students may be suspended or expelled from UTEP for such actions. Academic dishonesty is an assault upon the basic integrity and meaning of a University.

Cheating, plagiarism, and collusion in dishonest activities are serious acts which erode the University's educational and research roles and cheapen the learning experience not only for the perpetrators, but also for the entire community. It is expected that UTEP students will understand and subscribe to the ideal of academic integrity and that they will be willing to bear individual responsibility for their work. Materials (written or otherwise) submitted to fulfill academic requirements must represent a student's own efforts. Any act of academic dishonesty attempted by a UTEP student is unacceptable and will not be tolerated. Violations will be referred to the Dean of Students Office for possible disciplinary action. Students may be suspended or expelled from UTEP for such actions.

**Disabled Student Statement:** In Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act (ADA) of 1990, if a student needs an accommodation then the Office of Disabled Student Services located at UTEP need to be contacted. If you have a

condition, which may affect your ability to perform successfully in this course, you are encouraged to discuss this in confidence with the instructor and/or the director of the Disabled Student Services. You may call 915.747.5148 for general information about the American with Disabilities Act (ADA) and the rights that you have as a UTEP student with a disability. Individuals with disabilities have the right to equal access and opportunity. It is the student's responsibility to contact the instructor and The Disabled Student Services Office at The University of Texas at El Paso.

**Conduct and Grievances:** The Student Handbook covers the proper procedure for addressing student complaints and expected conduct. If you have a question, problem, or concern with this class, please discuss it with your instructor so that a resolution can be reached quickly. Each student is responsible for notice of and compliance with the provisions of the Regents Rules and Regulations, which are available for inspection electronically at <http://www.utsystem.edu/bor/rules.htm>.

**Equity Statement:** All persons, regardless of gender, age, class, race, religion, physical disability, sexual orientation, etc., shall have equal opportunity without harassment in this course. This includes inappropriate comments about the above mentioned on line, in person, or in confidence. Any problems with or questions about harassment can be discussed confidentially with your instructor.

**Diversity and Inclusion.** Women's and Gender Studies supports an inclusive learning environment in which diversity and individual differences are understood, respected, and appreciated. We believe that all students benefit from training and experiences that will help them to learn, lead, and serve in an increasingly diverse society. All members of our program must accept the responsibility to demonstrate civility and respect for the dignity of others. Expressions or actions that disparage a person's race, ethnicity, nationality, culture, gender, gender identity, religion, sexual orientation, age, veteran status, or disability are contrary to the mission of our program. All our faculty and staff are responsible for promoting inclusive spaces for all, including students with children and breastfeeding mothers. While a Women's and Gender Studies student, you will be given an equitable opportunity to contribute and succeed. The diversity of lived experiences and knowledge that you bring to our courses are considered a resource, strength, and benefit. Thank you for the diversity you bring to our program!

Furthermore, I would like to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities. To help accomplish this:

- If you have a name and/or set of pronouns that differ from those that appear in your official UTEP records, please let me know. I (like many people) am still in the process of learning about diverse perspectives and identities. If something was said in class (by anyone) that made you feel uncomfortable, please talk to me about it.

**Drop Policy:** The instructor reserves the right to drop a student for lack of participation and/or lack of work submitted. If at any time a student decides to drop the course, it is the student's responsibility to do so. If you drop before the UTEP drop deadline, you will receive a "W". If you drop yourself or are dropped by the instructor after the deadline, you will receive an "F".