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Course: NSP4425  
University of Central Florida

## **Script for NSP 4425 Women's Health Issues course**

Welcome to my Women's Health Issues course! I am thrilled that you are joining me on the journey into challenges and barriers that many women face that impact their health status and well-being. My goal is to arouse awareness in you that will evoke healthy changes in your lives and as well as those around you. This course forces introspection into your own health habits that need to be reexamined and changed. So join me in your journey toward better health.

The topics explored in this course include fitness, nutrition, substance abuse, violence against women, childbirth, women and research and why they are excluded from many studies; contraception, sexually transmitted infections, cardiovascular disease and why it is still considered a man's disease when more women die from it annually, cancer, chronic diseases, menopause, and politics.

In addition to weekly Discussion postings and quizzes, there are three written assignments; all APA formatted term papers. The first one is a Personal Action Plan that will be based on your scores from two health surveys. You will identify three (3) health issues that need some change. This assignment will be uploaded into the Assignment area, but not into the course Discussion area.

The second assignment is a field trip to a community agency that offers women's services, such as an abortion clinic, Planned Parenthood, an OB/GYN office, Curves, the UCF Health Center, a fertility clinic, a woman's shelter etc. You will interview the staff and develop a report for your peers to learn from. You must convince me that you actually visited that agency by your detailed description of it. This assignment will be uploaded into the Discussion area as well as the Assignment area for grading.

The third written assignment is a research paper on a specific condition/disease that impacts women's health. The outline for this paper and all assignments is on the course syllabus. This third assignment will be uploaded into the Discussion area in addition to the Assignment area for grading. Select a topic that interests you from that you wish to learn about.

The final for the course is essay which covers the topics discussed in the weekly modules. You will be given a choice of 5 out of ten questions to respond to online.

As you can see, this course will bring you on quite a journey to address numerous women's issues that impact their health. Some of the other weekly activities will bring you to your local

drug store to check out OTC contraceptives available and also provide an opportunity for you to interview a woman experiencing a chronic condition. Hopefully, both field trips will be enlightening for you.

Again, welcome to the course and it is my hope that we both learn together about things that matter in our lives – our health. The take-home message for you is – Choices you make when you are young will determine your health in your Golden Years – make them wisely!

Susan Ricci

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