

# HHPL 160: Women's Health

Explore the contemporary topics: physical, historical, psychological, spiritual, and cultural aspects of women's health. Study menstruation, menopause, mental health, gender-based violence, sexually transmitted infections, reproductive tract infections, pregnancy and other health issues. Examine the perspectives of beneficial and detrimental lifestyles using current issues. Acquire the dimensions and strategies of health, levels of prevention, and leading causes of death for women. Assess the media and cultural norms that affect the health of women.

**Credits:** 1

**Program:**

## Health, Human Perform. & Leisure Studies

### COURSE DESCRIPTIONS