

**Department of Gender Studies
Faculty of Behavioral and Social Sciences
University of the Punjab, Lahore
Course Outline**



Program	BS Gender Studies	Course Code	GS--122	Credit Hours	3
Course Title	Gender and Health				
Course Introduction					
Recognizing the basic truth that good health of both men and women is an indicator of a prosperous society. This course looks at the current health status of the Pakistani community by exploring and understanding the health needs, facilities for addressing these needs, and more importantly, awareness about health needs. This course looks at how men and women perceive their personal health needs and how they look at each other’s health needs. In addition to the institutionalized health care-system, in this course we will also study traditional systems of cure and healing, and myths and belief systems.					
Learning Outcomes					
On the completion of the course, the students will:					
<ul style="list-style-type: none">• Understand the dynamics of healthcare and systems of healthcare around the globe and in Pakistan• Understand the difference in the healthcare needs of men and women• Recognize how healthcare is a gendered issue• Become aware of the disparities, discriminations and issues of healthcare, particularly in reference to women’s health needs.					
Course Content				Assignments/Readings	
Week 1	Unit-I Introduction 1.1 Defining Health 1.1.1 Variations in health status of men and women with special reference to poverty			Murray, A. F. (2013). Women’s health, poverty and rights. <i>From outrage to courage: the unjust and unhealthy situation of women in poorer</i>	

		<i>countries and what they are doing about it.</i> Common Courage Press.
	1.1 Continued	
Week 2	1.1.2 Role of traditions and myths 1.1.3 Health as a gender issue	
	1.1.4 Access to healthcare	World Health Organization. (2009). Executive summary. <i>Women and health: today's evidence tomorrow's agenda.</i> World Health Organization.
Week 3	1.1.5 Sources of data about health 1.1.6 Healthcare governmental and international agencies	
	Unit-II Women's health: Issues and Challenges 2.1 Life cycle of women's health 2.1.1 Girl child (from birth to puberty)	Murray, A. F. (2013). From the beginning: A deadly preference. <i>From outrage to courage: the unjust and unhealthy situation of women in poorer countries and what they are doing about it.</i> Common Courage Press.
Week 4	2.1.2 Reproductive span	Assessment 1: Quiz 1 on Unit 1

	2.1.3 Problems of ages and ageing women	Takeda, Y. (2010). Understanding the Life Stages of Women to Enhance Your Practice. <i>JMAJ</i> 53(5): 273–278.
Week 5	2.2 Health as a human right of women	Assessment 2: Assignment 1
	Unit-III Men’s health: Issues and Challenges 3.1 What is men’s health? 3.2 Importance of men’s health. 3.2.1 Gender gap in life expectancy	Bardehle, D., Dinges, M., & White, A. (2017). What is Men's Health? A definition. <i>Journal of Men's Health</i> , 13(2), e40-e52.
Week 6	3.3 Environmental exposure 3.4 Behavioral factors	Bilsker, D., Goldenberg, L., & Davison, J. (2010). A roadmap to men's health: current status, research, policy & practice.
	Unit-IV Reproductive Health 4.1 Menarche	Assessment 3: Quiz 2 on men’s health Handout on menarche to be given by course instructor
Week 7	4.2 Pregnancy and childbirth	Murray, A. F. (2013). The maternity death road: Reproductive and

		maternal health. From outrage to courage: the unjust and unhealthy situation of women in poorer countries and what they are doing about it. Common Courage Press.
	4.2 Continued	
Week 8	4.3 Male female infertility	Handout on male female infertility to be given by course instructor
	4.4 Abortion and Miscarriage 4.6 Role of men	Handout to be provided by course instructor
Week 9	Unit-V Health issues of difference gender identities 5.1 Transgenders' issues of identity and health 5.2 Transgenders' issues of mental health	Ming, L. C., Hadi, M. A., & Khan, T. M. (2016). Transgender health in India and Pakistan. <i>The Lancet</i> , 388(10060), 2601-2602. Akhtar, M. and Bilour, N., 2020. State of mental health among transgender individuals in Pakistan: Psychological resilience and self-esteem. <i>Community mental health journal</i> , 56(4), pp.626-634.
	Unit V Continued	Assessment 4: Assignment 2

Week 10	Unit-VI Nutrition, malnutrition and impact on health 6.1 Myths and Practices	Handout to be provided by course instructor
	6.2 preventable and treatable diseases and their management	
Week 11	6.3 Gender differences	
	Unit-VII Access to health care and services 7.1 Physical access and availability	Handout to be provided by course instructor
Week 12	7.2 Economic access	
	7.3 Socio-cultural access 7.4 Challenges	
Week 13	Unit-VIII Health care system of Pakistan 8.1 Structure	Kurji, Z., Premani, Z. S., & Mithani, Y. (2016). Analysis of the health care system of Pakistan: lessons learnt and way forward. J Ayub Med Coll Abbottabad, 28(3), 601.
	8.2 Policies and programs	
Week 14	Unit-IX Gender issues and their influence on health 9.1 Literacy	Murray, A. F. (2013). Childhood: The hope for education and the persistence of discrimination. <i>From outrage to courage: the unjust and unhealthy situation of women in poorer countries and what they are doing</i>

		<i>about it</i> . Common Courage Press.
	9.2 Employment	
	9.3 Early child marriage	
Week 15	9.4 Violence	Murray, A. F. (2013). Violence against women: Abuse or Terrorism. <i>From outrage to courage: the unjust and unhealthy situation of women in poorer countries and what they are doing about it</i> . Common Courage Press.
Week 16	Final presentations on a health-related issue: survey or interview to assess issues and challenges related to health	Along with presentations, a soft copy of project as MS Word document must be submitted. Instructions for submission: APA format of text and citations. Paper size a4, Font size 12, Font style Times New Roman.
	Final presentations continued	
Textbooks and Reading Material		
Textbooks. Akhtar, M. and Bilour, N., 2020. State of mental health among transgender individuals in Pakistan: Psychological resilience and self-esteem. <i>Community mental health journal</i> , 56(4), pp.626-634.		

Bilsker, D., Goldenberg, L., & Davison, J. (2010). A roadmap to men's health: current status, research, policy & practice.

Bardehle, D., Dinges, M., & White, A. (2017). What is Men's Health? A definition. *Journal of Men's Health*, 13(2), e40-e52.

Ming, L. C., Hadi, M. A., & Khan, T. M. (2016). Transgender health in India and Pakistan. *The Lancet*, 388(10060), 2601-2602.

Murray, A. F. (2013). *From outrage to courage: the unjust and unhealthy situation of women in poorer countries and what they are doing about it*. Common Courage Press.

Takeda, Y. (2010). Understanding the Life Stages of Women to Enhance Your Practice. *JMAJ* 53(5): 273–278.

Suggested Readings

Books

Bird, C. E., and Rieker, P. P. (2008). *Gender and health*. Cambridge: Cambridge Univ. Press

Curtis, S. (2004). *Health and Inequality*. London: Sage.

Kariapper, R. (2007). *Unraveling realities: reproductive health and rights*. Lahore: Shirkat Gah.

Khan, A. (2000). *Adolescents and reproductive health in Pakistan*. Islamabad: Population Council

Nelson, Debra L., and Burke, R. J. (2002). *Gender, work stress, and health*. Washington, D.C.: American Psychological Assoc.

Pollard, Tessa M., and Hyatt, S. B. (1999). *Sex, gender, and health*. Cambridge: Cambridge University Press.

Schulz, A. J., and Mullings, L. (2006). *Gender, race, class, and health: intersectional approaches*. San Francisco, CA: Jossey-Bass.

a. Journal Articles/ Reports

World Health Organization. (2009). *Women and health: today's evidence tomorrow's agenda*. World Health Organization.

Pakistan Journal of Women's Studies. (2006). vol. 13, no. 2 (special issue on women's health).

Kurji, Z., Premani, Z. S., & Mithani, Y. (2016). Analysis of the health care system of Pakistan: lessons learnt and way forward. *J Ayub Med Coll Abbottabad*, 28(3), 601.

Mashhadi, S. F., Hamid, S., Roshan, R., & Fawad, A. (2016). HEALTHCARE IN PAKISTAN–A SYSTEMS PERSPECTIVE: Healthcare in Pakistan. *Pakistan Armed Forces Medical Journal*, 66(1), 136-42.

Teaching Learning Strategies

- Reading and discussion of texts
- Class discussion on issues and challenges of health in context with gender

Assignments: Types and Number with Calendar

- Quizzes: Week 3 and week 6
- Assignments: Week 4 and week 9
- Group presentation and project submission: Week 16

Assessment

Sr. No.	Elements	Weightage	Details
•	Midterm Assessment	35%	Written Assessment at the mid-point of the semester.
•	Formative Assessment	25%	Continuous assessment includes: Classroom participation, assignments, presentations, viva voce, attitude and behavior, hands-on-activities, short tests, projects, practical, reflections, readings, quizzes etc.

•	Final Assessment	40%	Written Examination at the end of the semester. It is mostly in the form of a test, but owing to the nature of the course the teacher may assess their students based on term paper, research proposal development, field work and report writing etc.
---	------------------	-----	--