Miyazaki International College

Course Syllabus

(Fall 2021)

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| Course Title ( Credits ) | ANT 3111 Topics in Anthropology |
| Course Designation for TC |  |
| Content Teacher | |
| Instructor | Debra J Occhi, PhD, RYT |
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| Language Teacher | |
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| Course Description: | | |
| This course provides for extended study of selected issues, areas, or methods in anthropology. Course focus varies at the discretion of the instructor. | | |
| Course Objectives: | | |
| This course will examine the anthropology of the human body, analyzing species-level and cultural-level issues including our genetic inheritance and anatomy, wellness/illness, and culture-specific responses to illness. Where possible, we will explore solutions to the conflicts between physical and social needs faced by many contemporary humans, particularly the problem of sedentism (too much time sitting).  Note: There may be physical exercise as well as meditation in each class. Students must wear clothes and shoes that allow free movement. The textbook, Exercised by Daniel E. Lieberman, is required to purchase in paperback (students will be marking in it to show work) and is available on amazon.com (not the summaries on amazon.jp) 978-0593295397 or 978-0593295397 only | | |
| Course Schedule | | |
| Day | Topic | Content/Activities |
| 1 | Introduction | Syllabus discussion and assessments |
| 2 | Prologue | Reading and reading strategies, self tracking |
| 3 | Part I: Inactivity | Compare/contrast Ironman and Tarahumara |
| 4 | Couch potatoes vs the Hazda | Self-survey, compare/contrast to Hazda and other WEIRD people |
| 5 | Importance of being lazy | Comparing primates, Basic Metabolic Rate (BMR) |
| 6 | Starvation and laziness | Discussion and review, quiz |
| 7 | Sitting: is it the new smoking? | Cultural beliefs and health practices: reading and discussion |
| 8 | Sleep | Self-tracking review |
| 9 | Part II: Speed, Strength, and Power | Comparing humans to other animals |
| 10 | From Brawny to Scrawny | History of exercise, compare to primates & Hazda |
| 11 | Fighting and Sports | Anatomy and biomechanics of throwing |
| 12 | Midterm exam |  |
| 13 | Part III: Endurance | Walking in cultural and personal contexts |
| 14 | Running, Dancing, and Hunting 1 | Comparing across species and over time |
| 15 | Running, Dancing, and Hunting | Comparing across species and over time |
| 16 | Endurance & Aging | Self-survey and reflection |
| 17 | IV: Exercise in the Modern World | Social engineering survey |
| 18 | How Much & What Type? | Analyzing longitudinal surveys |
| 19 | Exercise & Disease 1 | Metabolic syndrome: cultural approaches to health -related beliefs and practices |
| 20 | Exercise & Disease 2 | COVID-19 & other RTIs comprehension |
| 21 | Other Lifestyle Diseases | Discussion and review |
| 22 | Mindfulness research 1 | Video, reading/discussion |
| 23 | Mindfulness research 2 | Summary and quiz |
| 24 | Yogic science 1 | Jigsaw reading |
| 25 | Yogic science 2 | Jigsaw reading |
| 26 | Review of Exercised | Group presentation |
| 27 | Yogic science presentation | Group presentation |
| 28 | Course summary | Discussion and review |
| 29 | Study day | all materials in hand |
| 30 | Study day | all materials in hand |
|  | Final Exam |  |
| The instructor reserves the right to make changes to this syllabus as needed. | | |
| Required Materials: Students will need a two-hole notebook to keep class materials organized, an A4 paper notebook, and writing instruments (or, equivalent electronic storage and note taking systems). Students will use the class Moodle and Mahara, so students will need a means to access that (e.g., tablets, laptop computers). Using Moodle on cell phones will not be allowed in principle. Quizlet use on cell phones will be allowed. Otherwise, cell phones should be turned off. A mask covering the mouth and nose must be worn at all times during face-to-face classes. | | |
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| Course Policies (Attendance, etc.) | | |
| Expectations: Students must actively participate in class in order to contribute effectively to group work and to benefit from this course. Any issues that make activity difficult must be discussed with the instructor. Students with more than 3 unexcused absences may be required to withdraw from the course. Missing class (lateness or absence) will result in deductions in the participation grade as well as any work missed. Excessive lateness or absence that affects your ability to meet your class responsibilities may cause you to be required to withdraw from the course. Lack of participation will negatively affect grades. Job hunting does not excuse students from doing the work.  Participation: Participation means coming to class prepared and on time, taking part in all class activities and assignments, listening to others and taking part in discussions. This class will be built around participation individually and as a member of pairs or groups. Even students whose absences are excused must make up for lost time in class interaction. In group projects, you must make arrangements with classmates if you will be absent so that you may work effectively.  Students should follow the email protocols learned in 1st year ICT and the citation rules of senior thesis as needed.  Plagiarism and Intellectual Honesty: Plagiarism is representing some else's work (words, ideas, or images) as your own. Plagiarized work is not accepted in this course: it will cause a failing grade and possibly further consequences. | | |
| Class Preparation and Review | | |
| Students are expected by MEXT decree to spend at least one hour reviewing and doing homework and one hour preparing for every hour of lesson time. | | |
| Grades and Grading Standards | | |
| In-class participation 15% Homework 15% Quizzes 25% Presentation 20% Comprehensive final examination 25% | | |
| Methods of Feedback: | | |
| Quizzes, comments on presentation, classroom interaction, final examination | | |
| Diploma Policy Objectives: | | |
| Work completed in this course helps students achieve the following Diploma Policy objective(s):  DP1: Advanced thinking skills (comparison, analysis, synthesis, and evaluation) based on critical thinking (critical and analytic thought)  DP2. The ability to understand and accept different cultures developed through acquisition of a broad knowledge and comparison of the cultures of Japan and other nations  DP3. The ability to identify and solve problems  DP4. Advanced communicative proficiency in both Japanese and English  DP5. Proficiency in the use of information technology | | |
| Notes: | | |
| Contents of this syllabus may be changed by the professor during the semester in response to conditions. Students will be advised as soon as possible of any changes. | | |

