

San José State University
COSS/ANTH
ANTH151, Modernity & Disease, Section 1, Fall 2021

Course and Contact Information

Instructor(s): Professor Elizabeth Weiss
Office Location: N/A
Telephone: (408) 924-5546
Email: Elizabeth.Weiss@sjsu.edu
Office Hours: By Phone, Tuesdays and Wednesdays 10:30 to 11:30 AM
Class Days/Time: Mondays and Wednesdays 9:00 to 10:15 AM
Classroom: WSQ004
Prerequisites: ANTH012 or Instructors Consent

Course Description

Modernity and Disease explores the effects of the modern world on human biology, with specific emphasis on adaptations to the last several decades of environmental changes. Topics include reproduction, diet, and infectious, geriatric and environmental diseases.

Course Materials and Updates

Course materials, such as handouts, notes, assignment instructions, will be sent to your email address (the one which is stored on MySJSU). I may also hand out materials in class. In this class, I do not use Canvas. You are responsible for regularly checking your email to learn of any updates.

Course Learning Outcomes (CLO)

During the semester, students will acquire knowledge on how human health is impacted by our genes, evolution and the modern environment.

Upon successful completion of this course, students will be able to:

- CLO 1 identify trends of bone health that have occurred in the last 100 years.
- CLO 2 identify human evolutionary adaptations that are incongruent with modern lifestyles.
- CLO 3 identify types of data used to understand changes in health through time.

Required Texts/Readings (Required - Delete the word “Required” in final draft)

Textbook

Paleopathology in Perspective: Bone Health and Disease through Time. 2014. Elizabeth Weiss. Rowman and Littlefield. ISBN-10: 0759124426; ISBN-13: 978-0759124424.

- This book is available for free through the SJLibrary:
<https://ebookcentral.proquest.com/lib/sjsu/detail.action?docID=1901093>

Evolving Health: The Origins of Illness and How the Modern World Is Making Us Sick. 2002. Noel Boaz. John Wiley & Sons. ISBN-10: 0471352616; ISBN-13: 978-0471352617.

- This book, in hard copy form, is available for free through Course Reserves: [https://csu-sjsu.primo.exlibrisgroup.com/permalink/01CAL\\$SJO/1li1n15/alma991013818416502919](https://csu-sjsu.primo.exlibrisgroup.com/permalink/01CAL$SJO/1li1n15/alma991013818416502919)

Other Readings

Johnson, S. 2021. How Humanity Gave Itself an Extra Life. New York Times.

<https://www.nytimes.com/2021/04/27/magazine/global-life-span.html?action=click&module=Spotlight&pgtype=Homepage>

Kolata, G. 2021. Intense Strength Training Does Not Ease Knee Pain, Study Finds. New York Times.

<https://www.nytimes.com/2021/02/19/health/knee-osteoarthritis-exercise.html?searchResultPosition=2>

Schencker, L. 2021. New Illinois laws make it easier to get birth control and extend telehealth coverage beyond COVID-19 pandemic. Microsoft News. <https://www.msn.com/en-us/health/medical/new-illinois-laws-make-it-easier-to-get-birth-control-and-extend-telehealth-coverage-beyond-covid-19-pandemic/ar-AAMrLAR>

University of Cambridge. 2021. Cancer rates in medieval Britain around ten times higher than previously thought, study suggests. Medical Express. <https://medicalxpress.com/news/2021-04-cancer-medieval-britain-ten-higher.html>

Weiss, E. 2021. What to be thankful for. Liberty Unbound. <https://libertyunbound.com/what-to-be-thankful-for/>

Course Requirements and Assignments (Required - Delete the word “Required” in final draft)

- There will be 3 quizzes (20% each) and a comprehensive final exam (25%).
- There will be 3 debates, on modern health issues, topics are listed below, but depending on events we may add topics that are of interest to students; each debate is worth 5% of your grade (15%). In these debates, students will be assigned a perspective that they will need to research, using a variety of sources, and be ready to civilly argue for:
 - Debate One Topics:
 - Should females wait until they are older for extreme athleticism?
 - When should minors make their own medical decisions, such as related to cross-hormone treatment, surgery, and vaccinations?
 - Is transitioning into a different gender safe for bone growth and development?
 - Should we use shame (including shaming parents) to reduce obesity?
 - Debate Two Topics:
 - Do surgeries help resolve joint problems, such as back and knee pain?
 - Should doctors avoid prescribing opioids for chronic pain?
 - Should public waters be fluorinated?
 - Debate Three Topics:
 - Does lead in the water lead to health problems, such as in Flint, Michigan?
 - Are chronic diseases (e.g., cardiovascular diseases, diabetes) over diagnosed?
 - Should pregnant women be able to choose abortion due to genetic screening results?
 - Did the US count COVID-19 deaths accurately (not under or over)?
 - Should we conduct human challenge trials?
- There will be extra credit opportunities based around preparedness for the review sessions; extra credit is worth one exam question.
- Read the assignments before class and ask questions when something is unclear.

“Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.”

Final Examination or Evaluation

The final will be a comprehensive in-class exam worth 25% of your grade; it will be closed book and no notes. The final exam will take place in the regular class location (WSQ004) and be held on scheduled final exam day. The University has not yet published its final exam schedule for Fall 2021, please see this link for more information and updated information: <https://www.sjsu.edu/classes/final-exam-schedule/fall-2021.php>

“Faculty members are required to have a culminating activity for their courses, which can include a final examination, a final research paper or project, a final creative work or performance, a final portfolio of work, or other appropriate assignment.”

Grading Information

| A | B | C | D |
|---------------------|-----------------|-----------------|-----------------|
| 97% - 100% = A plus | 87-89% = B plus | 77-79% = C plus | 67-69% = D plus |
| 91-96% = A | 81-86% = B | 71-76% = C | 61-66% = D |
| 90% = A minus | 80% = B minus | 70% = C minus | 60% = D minus |

Make-up Work

If you know in advance that you should be unable to attend a quiz or the final it is your responsibility to contact me by e-mail. Only students with a valid documented excuse will be able to take an exam late or hand in a late assignment.

University Policies

Per [University Policy S16-9](#), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on [Syllabus Information web page](#) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

ANTH151 / Modernity & Disease, Fall 2021, Course Schedule

Course Schedule

| Date | Topics, Readings, Assignments, Deadlines |
|---------|---|
| M, 8/23 | Introduction & Greensheet: Public Health and Private Decisions Discussion |
| W, 8/25 | Changes Through Time, Bone Biology: Weiss 1; Boaz 1 |
| M, 8/30 | Bone Health: Malnutrition & Growth: Weiss 2 |
| W, 9/1 | Bone Health: Losing Bone: Weiss 3 |
| M, 9/6 | No Class – Labor Day |

| Date | Topics, Readings, Assignments, Deadlines |
|-------------|---|
| W, 9/8 | Bone Health: Reproductive Choices: Weiss 3; https://www.msn.com/en-us/health/medical/new-illinois-laws-make-it-easier-to-get-birth-control-and-extend-telehealth-coverage-beyond-covid-19-pandemic/ar-AAMrLAR |
| M, 9/13 | Childhood Injuries: Weiss 4 |
| W, 9/15 | Debate 1 |
| M, 9/20 | Quiz 1 Review |
| W, 9/22 | Quiz 1 |
| M, 9/27 | Bipedality, Back Pain: Weiss 5; Boaz 11: 149-153 |
| W, 9/29 | Repetitive Stresses: Boaz 11: 155-160 |
| M, 10/4 | Osteoarthritis: Weiss 6; https://www.nytimes.com/2021/02/19/health/knee-osteoarthritis-exercise.html?searchResultPosition=2 |
| W, 10/6 | Gout: Boaz 10 |
| M, 10/11 | Oral Health: Dental Biology: Weiss 7 |
| W, 10/13 | Debate 2 |
| M, 10/18 | Quiz 2 Review |
| W, 10/20 | Quiz 2 |
| M, 10/25 | Infectious Diseases: Bacteria and Parasites: Weiss 8; https://www.nytimes.com/2021/04/27/magazine/global-life-span.html?action=click&module=Spotlight&pgtype=Homepage |
| W, 10/27 | Infectious Diseases: Viruses: Boaz 4 |
| M, 11/1 | Birth Defects: Weiss 9; Boaz 3: 44-53 |
| W, 11/3 | Cancer and Evolution: Boaz 5, 6, 8; https://medicalxpress.com/news/2021-04-cancer-medieval-britain-ten-higher.html |
| M, 11/8 | High Blood Pressure: Boaz 7 |
| W, 11/10 | Diabetes: Boaz 9 |
| M, 11/15 | Gut Diseases: Boaz 12 |
| W, 11/17 | Debate 3 |
| M, 11/22 | Quiz 3 Review |
| W, 11/24 | No Classes – Thanksgiving Break, Optional reading: https://libertyunbound.com/what-to-be-thankful-for/ |
| M, 11/29 | Quiz 3 |
| W, 12/1 | Next Fifty Years: Weiss 10; Boaz 14 |
| M, 12/6 | Review |
| R, 12/9 | Final Exam at 7:15-9:30 AM: WSQ004 |

