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UNIVERSITY OF THE PHILIPPINES MANILA
The Health Sciences Center

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N1 Behavioral Foundation in Health and Illness

ANTHROPOLOGY

STUDY GUIDE

1st Semester, AY 2023 - 2024

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N1 Behavioral Foundation in Health and Illness
ANTHROPOLOGY PORTION
1st Semester, AY 2023 – 2024

Health is defined by the WHO as a “state of complete physical, psychological and social well - being and not merely the absence of disease or infirmity”. With such a definition, factors affecting health are many and complex. These factors are occurring not only in the present but also conditions that have existed in the past among our parents and ancestors but have been passed on to their offsprings until the present generation. This makes anthropology, which is the study of human beings and their ancestors through time and space and in relation to physical character, environmental and social relations, and culture, very important to understand human behavior in health and illness.

LEARNING OUTCOMES

After completing this part of the course, the students should be able to:

1. Describe the different branches of anthropology and their contribution to the understanding of health and illness behavior;
2. Discuss the important biological foundations of anthropology including theories on the origin of life, genetics, human and non-human evolution, homonization, humanity, and the future of human beings;
3. Explain the value of archeological evidence in analyzing tool traditions, rise of civilizations, and the hominization of the Philippines and the world;
4. Explain the cultural aspects of health and illness behaviors through an ecological framework that emphasizes on the roles and contributions of human and non-human actors;
5. Discuss the impact of language, including its evolution and development, to health and illness behaviors and culture in general;
6. Describe components of Filipino culture based on important life events and the dynamics of individuals, families, population groups and communities;
7. Discuss the dynamics of being a human person and a Filipino amidst urbanization, globalization, technological advancement, modernization, and the challenges of the world today; and
8. Apply anthropological perspectives in understanding one’s own culture and behavior, and as a member of family, population group, and community.

Topic Outline

I. Overview of Anthropology

- A. Anthropology as a Science
- B. Fields of Anthropology
- C. Special Topics in Anthropology
- D. Anthropology and Nursing

II. Biological Foundations of Anthropology

- A. History of Physical Anthropology
- B. Origin of Life
- C. Genetics and Evolution
- D. Hominins, Hominids, and modern Homo sapiens
- E. Hominin Presence in the Philippines
- F. Humanity
- G. Continuing Human Evolution
 - 1. Anthrozoology
 - 2. Nutritional Anthropology
 - 3. Utopias and Dystopias
- H. Sociobiology
- I. Ecosystems and Ecology

III. Anthropological Linguistics

- A. Language, Biology and Culture
- B. Anatomy and Physiology of Communication
- C. Keywords
- D. Speech Acts (Social Linguistics)
- E. Sexual Scripts
- F. Cognitive Anthropology
- G. Speech as Participation
- H. Paralanguage
- I. Kinesics
- J. Proxemics

IV. Cultural Ecology of Health and Illness

- A. Ecological Perspective in Medical Anthropology
- B. Ecological Framing of Health and Illness
- C. Colonial Rule and Public Health
- D. Challenges of Modern / Post modern Living
- E. Epidemics and Culture

F. Climate Change and Health

G. Aging

V. Anthropology of Spaces, Places, Bodies, and Emotions)*

A. Urban Structure: The urban community

B. Spaces of Consumption

C. Center and the Periphery

D. Third Space

E. (Re)Structuring the Urban

F. The Just Space

G. The Anti-Space

H. Walkscapes and Walkers

I. Time and Space

J. Ghettoized Embodied Spaces

K. The Cosmopolitan Space

L. Migration and the Ambivalent Notions of Home

M. Expanding Spaces

N. Connections and Networks

**Note: Included topics may change*

SCHEDULE OF ACTIVITIES		
DATE	Topic	Learning Resources
Week 1 October 10, 2023	<p>I. Overview of Anthropology</p> <p>A. Anthropology as a Science B. Fields of Anthropology C. Special Topics in Anthropology D. Anthropology and Nursing</p> <p>II. Biological Foundations of Anthropology</p> <p>A. History of Physical Anthropology B. Origin of Life C. Genetics and Evolution D. Hominins, Hominids, and Modern Homo sapiens E. Hominin Presence in the Philippines F. Humanity G. Continuing Human Evolution 1. Anthrozoology 2. Nutritional Anthropology 3. Utopias and Dystopias H. Sociobiology I. Ecosystems and Ecology</p> <p>III. Anthropological Linguistics</p> <p>A. Language, Biology and Culture B. Anatomy and Physiology of Communication C. Keywords D. Speech Acts (Social Linguistics) E. Sexual Scripts F. Cognitive Anthropology G. Speech as Participation H. Paralanguage I. Kinesics, J. Proxemics</p>	<p>❖ Participate:</p> <ul style="list-style-type: none"> ❖ Class discussions <p>❖ Attend</p> <ul style="list-style-type: none"> ⊙ Lectures <p>❖ View (See Reference List)</p> <ul style="list-style-type: none"> ⊙ National Museum of Anthropology YouTube: https://youtu.be/0gq7sJS38Aw ⊙ Why do we Study Fossils? by the National Museum of Natural History on YouTube https://youtu.be/bVahKUORgI ⊙ Origin of Life by Tech Insider, YouTube: https://youtu.be/2W5hOJaFjxU ⊙ Human Origins 101 by National Geographic YouTube: https://youtu.be/ehVMmuvVMU ⊙ Sabong and its Cultural Relevance by Dr. Nestor Castro on YouTube: https://youtu.be/Ay8n9td8QIM <p>❖ Answer: QUIZ 1</p>

SCHEDULE OF ACTIVITIES		
DATE	Topic	Learning Resources
<p>Week 2-3 October 17 & 24, 2023</p>	<p>III. Anthropological Linguistics <i>(Continuation)</i></p> <p>A. Language, Biology and Culture B. Anatomy and Physiology of Communication C. Keywords D. Speech Acts (Social Linguistics) E. Sexual Scripts F. Cognitive Anthropology G. Speech as Participation H. Paralanguage, I. Kinesics, J. Proxemics</p> <p>IV. Cultural Ecology of Health and Illness</p> <p>A. Ecological Perspective in Medical Anthropology B. Ecological Framing of Health and Illness C. Colonial Rule and Public Health D. Challenges of Modern / Postmodern Living E. Epidemics and Culture F. Climate Change and Health G. Aging</p>	<p>❖ Participate:</p> <ul style="list-style-type: none"> ❖ Class discussions <p>❖ Attend</p> <ul style="list-style-type: none"> ⊙ Lectures <p>❖ View:</p> <ul style="list-style-type: none"> ⊙ Ang Wika Bilang Salamin ng Kultura by Dr. Nestor Castro, YouTube: https://youtu.be/ytjwWQ02h8Q <p>❖ View:</p> <ul style="list-style-type: none"> ⊙ I-Witness: 'Ako si Patient 2828,'dokumentaryo ni Howie Severino on YouTube: https://youtu.be/KdqgzZJbiCw ⊙ Virtual Museum Visit https://www.nationalmuseum.gov.ph/nma360/HTML5/NMA360.html <p>❖ Consultation:</p> <ul style="list-style-type: none"> ⊙ As needed <p>❖ Answer: QUIZ 2</p>

SCHEDULE OF ACTIVITIES		
DATE	Topic	Learning Resources
<p>Week 4 October 31, 2023</p>	<p>V. Anthropology of Spaces, Places, Bodies, and Emotions)</p> <p>A. Urban Structure: The Urban Community</p> <p>B. Spaces of Consumption</p> <p>C. Center and the Periphery</p> <p>D. Third Space</p> <p>E. (Re)Structuring the Urban</p> <p>F. The Just Space</p> <p>G. The Anti-Space</p> <p>H. Walkscapes and Walkers</p> <p>I. Time and Space</p> <p>J. Ghettoized Embodied Spaces</p> <p>K. The Cosmopolitan Space</p> <p>L. Migration and the Ambivalent Notions of Home</p> <p>M. Expanding Spaces</p> <p><i>*Note: Included topics may change</i></p>	<p>❖ Participate:</p> <ul style="list-style-type: none"> ❖ Class discussions <p>❖ Attend</p> <ul style="list-style-type: none"> ⊙ Lectures <p>❖ Read:</p> <ul style="list-style-type: none"> ⊙ Dilemmas among the Urban Poor of Doña Imelda, Quezon City (Calinaya, Igup, Posadas, 2020): https://r3.rappler.com/move-ph/ispeak/261682-first-person-dilemmas-urban-poor-dona-imelda-coronavirus <p>View:</p> <ul style="list-style-type: none"> ⊙ TIMELINE: Pandemic in the Philippines by Rappler on YouTube: https://youtu.be/dxzWjuXeIQ
<p>Week 5 November 7, 2023</p>		<p>Answer:</p> <p>FINAL EXAM</p>

Open Resource Learning Materials in Anthropology:

1. <https://open.umn.edu/opentextbooks/textbooks/explorations-an-open-invitation-to-biological-anthropology-shook>
Explorations: An Open Invitation To Biological Anthropology
2. <https://irl.umsl.edu/cgi/viewcontent.cgi?article=1016&context=oer>
Languages and Worldview
3. <https://open.umn.edu/opentextbooks/textbooks/the-art-of-being-human-a-textbook-for-cultural-anthropology>
The Art of Being Human: A Textbook for Cultural Anthropology
4. <https://open.umn.edu/opentextbooks/textbooks/perspectives-an-open-invitation-to-cultural-anthropology>
Perspectives: An Open Invitation to Cultural Anthropology
5. <https://open.umn.edu/opentextbooks/textbooks/the-history-of-our-tribe-hominini>
The History of Our Tribe: Hominini