Humans at the Extremes
AANT 416
Spring 2019
Pre-Reqs: AANT 110&211

Class Time: W 4:15-7:05
Location: BB 125
Instructor: Dr. Cara Ocobock
Office Hours:
Office Location: A&S 119
Email: cocobock@albany.edu
Phone: (518) 442-4717

Course Description
The Arctic Circle, Mount Everest, the Sahara Desert, poverty, and obesity, and even space! These are all extremes some humans experience. Using primary literature and pop culture resources, this course will explore how humans have biologically, culturally, and technologically overcome these extremes. Through this use of mixed media we will also discuss how the media misrepresents and misreports scientific studies, making us all more discerning consumers of information. You will be expected to compare and contract different types of resources for each topic covered. You will also be expected to work within a group to explore a human extreme of your own choosing and present it to the class.

Course Text
All readings are made available as pdfs on the course Blackboard website or through links.

Assessment
You will be evaluated in this class on attendance and participation, shorts reports on each topic, your group presentation, and a final paper about your chosen topic. The breakdown for each of these is provided below along with brief descriptions. More detailed rubrics and expectations for each assignment will be provided closer to the due date.

11 SHORT REPORTS! 10 points each + about yourself = 120 pts (see table for due dates)
Topic Due – 10 pts (due 2-13-19)
Film & Article Selection Due – 10 pts (due 3-6-19)
Participation – 50 pts
Presentation/Discussion – 130 (see table for due dates)
Final Project/Paper Due – 130 pts (due 5-8-19)
Total Possible Points – 450 pts

Short Reports – These are due on the discussion day for each topic. Your short reports need to provide 1) a summary of the articles you read, 2) a synthesis of the information, and 3) at least 2 questions you had while reading the articles. Each report should be roughly 500-750 words...do not go under 500 words! This 500-750 words summarizes ALL THE ARTICLES TOGETHER! You DO NOT have to do a short report for the topic/day you present!
**Final Project & Presentation/Discussion:** Potential topics are listed at the bottom of the syllabus; you are not limited to this list. You will be given a rubric for each of these as we get further into the semester.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading</th>
<th>Assignment Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/23</td>
<td>Introduction to Class</td>
<td>SYLLABUS</td>
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</table>
| 1/30  | High Altitude Film: *Into Thin Air* | Beall, 2007  
West, 2004  
Surugue, 2016  
Parker, 2015  
Murphy, 2016 | Short Report #1 – High Altitude + About Yourself |
| 2/6   | Space/Isolation Film: *The Martian* | Williams et al., 2009  
LeBlanc et al., 2000  
Berger, 2016  
Stone, 2015  
Arrigo & Bullock 2006  
Bond 2014  
Hawkley et al 2010  
Khullar 2016 | Short Report #2 - Space |
| 2/13  | Physical Activity/Heat Film: *Running on the Sun* | Hori, 1995  
Heat & Football, 2016  
Pontzer et al., 2012  
Ocoboek, 2016  
Dugas et al. 2011  
Seidl et al 2014 | Short Report #3 – PA&Hot  
**GROUP & TOPICS DUE** |
| 2/20  | Body Building Film: *Generation Iron 2 or Ronnie Coleman: The King* | Smith & Stewart 2012  
Baghurst & Kissinger 2009  
Ghandourah et al 2012  
Hall et al. 2016  
Probert & Leberman 2009  
Spellwin website | Short Report #4 – Body Building |
| 2/27  | Cold Climate Film: *Wind River* | Steegmann, 2007  
Tikusis et al., 2000  
Cannon & Nedergaard, 2012  
Leonard et al., 2005  
Ocoboek Work | Short Report #5 – Cold |
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Film/Related Material</th>
<th>Articles/Film Choices</th>
<th>Due Date</th>
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<tbody>
<tr>
<td>3/20</td>
<td>SPRING BREAK</td>
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<td>3/27</td>
<td>NO CLASS – OCOBOCK AT CONFERENCE</td>
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<tr>
<td>4/3</td>
<td>Wealth/Poverty</td>
<td>Link &amp; Phelan, 1995&lt;br&gt;Marmot et al., 1997&lt;br&gt;Assari, 2016&lt;br&gt;St. John, 2016&lt;br&gt;Dorman, 2016</td>
<td>Wealth/Poverty &amp; Health</td>
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<tr>
<td>4/10</td>
<td>Anorexia</td>
<td>Sri Bhattacharya&lt;br&gt;Lea Jones&lt;br&gt;Danielle DeLaMothe&lt;br&gt;Michelle Chen&lt;br&gt;Chris Desrosin</td>
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<td>Anorexia</td>
</tr>
<tr>
<td>4/17</td>
<td>OCD</td>
<td>Rachel Kearns&lt;br&gt;Olivia Ashley&lt;br&gt;Anthony Savasta&lt;br&gt;Andrew Gariepy&lt;br&gt;Vlad Myshchuk</td>
<td></td>
<td>OCD</td>
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<tr>
<td>4/24</td>
<td>Body Modification</td>
<td>Joseph Gilfeather&lt;br&gt;Brittany Carpenter&lt;br&gt;Brianna Ciorca&lt;br&gt;Alec Ettlinger&lt;br&gt;Lindsay Sullivan</td>
<td></td>
<td>Body Mod.</td>
</tr>
<tr>
<td>5/1</td>
<td>Sleep Deprivation</td>
<td>Chris Corrado&lt;br&gt;Aubrey Stegel&lt;br&gt;Nidhi Shah&lt;br&gt;Pamela Rodriguez</td>
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<td>Sleep D.</td>
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Short Report #6 – Stress

Short Report #7 - Obesity

Short Report #8 – Wealth/Poverty & Health

Short Report #9

Short Report #10

Short Report #11

Short Report #12
Attendance
Since a large part of this course will revolve around discussion, your attendance is crucial.
Excused absences include: 1) U Albany sporting or sanctioned event 2. Death in the family 3.
Illness requiring your physical presence at a doctor or hospital. Waking up with a sore throat or
upset tummy will not cut it 4. A professional interview. I WILL NOT provide make-up
assignments for any excuse other than the 4 listed above. NO EXCEPTIONS!

Academic Integrity
Plagiarism and cheating will not be tolerated. For full information on the University’s Standards
of Academic Integrity, please see: http://www.albany.edu/eltl/academic_integrity.php.

Disability Services
Reasonable accommodations will be provided for students with documented physical, sensory,
systemic, cognitive, learning and psychiatric disabilities. If you believe you have a disability
requiring accommodation in this class, please notify the Director of the Disability Resource
Center (Campus Center 137, 442-5490). That office will provide the course instructor with
verification of your disability, and will recommend appropriate accommodations.

On a Personal Note
Any student who faces challenges securing their food or housing or faces a catastrophic event
(death or illness in the family for example) and believes this may affect their performance in the
course is urged to contact the Vice Provost for Undergraduate Education ((518) 442-3950, or by
email to UGEducation@albany.edu) for support. Furthermore, please notify the professor if you
are comfortable in doing so. This will enable her to provide any resources that she may possess.

Potential Topics for your groups
1. Malnutrition
2. Eating disorders
3. Body modification – plastic surgery, tattoos, synthol, etc.
4. Loneliness
5. Deep Sea Diving - (the Haenyo and Ama)
6. Sleep or lack there of
7. Light/dark exposure
8. Drugs
9. War
10. Toxin exposure – can be taken many ways – coal miners, lead exposure, radiation exposure,
etc.

I reserve the right to change this syllabus at any time!