

# HEALTH HUMANITIES (HHUM)

## HHUM 110N: Health, Illness, and the Human Condition

### 3 Credits

This survey course explores the human experience of health and illness from a combined social/behavioral science and humanities perspective. Topics may include the following: the body in art, science, and history; models of normality and disease; family, patient, and practitioner stories; adaptation to illness; health care relationships; principles and psychology of health care ethics; cultural aspects of end-of-life; identity, meaning, and mental health in health care professionals. Reading, writing, and discussion will give students in all majors a set of skills and knowledge for understanding individuals and groups in the context of health and illness. Texts include fiction; poetry; graphic memoir; film; essays; and social science research and theory. Students will experiment with various writing genres to understand and challenge disciplinary boundaries, and creative projects will provide experience with diverse methods and types of knowledge. The arena of health and illness presents a valuable opportunity for integrating social/behavioral science and humanities in analyzing and solving real world problems. Despite technological advances, health care is essentially a human-to-human endeavor, so the humanities and social sciences are necessary to complement biomedical perspectives. This course provides transferable skills and a framework for addressing similar challenges and opportunities in a range of fields that students may encounter in the future. This is an Inter-Domain course containing two general education domains (GH/GS). Successful completion of the course fulfills 3 credits of Integrative Studies in General Education. Prerequisite: ENGL 15

**Prerequisite:** ENGL 015.

Cross-listed with: BIOET 110N

General Education: Humanities (GH)

General Education: Social and Behavioral Scien (GS)

General Education - Integrative: Interdomain

GenEd Learning Objective: Effective Communication

GenEd Learning Objective: Crit and Analytical Think

GenEd Learning Objective: Integrative Thinking

GenEd Learning Objective: Soc Resp and Ethic Reason

## HHUM 112: Mindfulness

### 3 Credits

HHUM 112 provides students with a comprehensive and balanced introduction to the practice of one of the most popular health and wellness practices today. We will cover the ancient roots of this technique, how it was extracted from religion and secularized, its scientifically verified health benefits, and the emerging social critiques of the practice. Mindfulness will be studied in an interdisciplinary way, weaving together perspectives such as history, religious studies, Asian studies, philosophy, psychology, social sciences, economics, and neuroscience, depending on the specific expertise of the instructor. The class will also allow students to spend a significant amount of time learning to actually practice mindfulness for themselves.

General Education: Health and Wellness (GHW)

GenEd Learning Objective: Integrative Thinking

GenEd Learning Objective: Key Literacies

## HHUM 220N: Ethics, Society, and Science Fiction

### 3 Credits

This inter-domain (GH and GS) course will introduce students to the application of technology-ethics and bioethics, as well as the humanities (especially health and medical humanities) and the social sciences, through the lens of science fiction and speculative fiction. As an inter-domain course, it will: (1) develop foundational knowledges across the disciplines of the humanities and the social and behavioral sciences; and (2) encourage an appreciation for the plethora of stakeholders and often-competing values and interests underlying bioethical/technology-ethics concerns. By applying ethics-based, analytical arguments and counterarguments, students will engage in civil, reasoned debate on highly charged, challenging topics using ethical frameworks. In addition, given exposure to a wide range of non-canonical authors and other creators with varied intersectionalities, students will engage with the concepts of diversity, equity, and inclusion.

Cross-listed with: BIOET 220N, ESC 220N

General Education: Humanities (GH)

General Education: Social and Behavioral Scien (GS)

General Education - Integrative: Interdomain

GenEd Learning Objective: Creative Thinking

GenEd Learning Objective: Crit and Analytical Think

GenEd Learning Objective: Integrative Thinking

GenEd Learning Objective: Soc Resp and Ethic Reason

## HHUM 294: Research Project

### 1-12 Credits/Maximum of 12

Supervised student activities on research projects identified on an individual or small-group basis.

## HHUM 296: Independent Studies

### 1-18 Credits/Maximum of 18

Creative projects, including research and design, which are supervised on an individual basis and which fall outside the scope of formal courses.

## HHUM 297: Special Topics

### 1-9 Credits/Maximum of 9

Formal courses given infrequently to explore, in depth, a comparatively narrow subject that may be topical or of special interest.

## HHUM 494: Research Project

### 1-6 Credits/Maximum of 6

Supervised student activities on research projects identified on an individual or small-group basis.

## HHUM 495: Internship

### 1-12 Credits/Maximum of 12

Supervised off-campus, nongroup instruction including field experiences, practica, or internships appropriate to the Health Humanities major.

HHUM 496: Independent Studies

1-18 Credits/Maximum of 18

Creative projects, including research and design, which are supervised on an individual basis and which fall outside the scope of formal courses.