

<p>Course Name: HLTH 497/3.0</p> <p>Special Topics in Health Studies Winter 2024 Topic: Ecological Embodiment</p>	<p>Course Instructor: Andrea Reid</p>	<p>Contact Hours: Lectures: 1 x 3 hrs / 12 weeks</p>
		<p>Prerequisite: Level 4 in a HLTH plan (Major or Joint Honours) or KINE plan</p>
		<p>Exclusion:</p>
<p>Course Description:</p> <p><i>Is a high protein diet bad for the planet? What does it mean to hike on stolen land? Can I wear yoga pants and still be a friend to fish?</i> This course will consider a variety of approaches to answering such questions. We will start from the premise that “the environment” is not located outside the body, but is instead part and parcel of it. Understanding what “ecological embodiment” means, and what it implies for thinking about health in the context of climate change, will form the focus of our work.</p> <p>Drawing on a broad range of interdisciplinary literature on food, fitness, and the environment, we will undertake case studies of topics ranging from mud running to the microbiome, and from protein power to the paleo diet. We will be guided, especially, by scholarship in Indigenous, critical race, feminist, multispecies and science studies as we learn to think relationally, rather than individually, about diet and exercise.</p>		<p>Course Texts:</p> <p>Course notes will be placed on onQ.</p>
<p>Learning Outcomes:</p> <p>TBD</p>		<p>Course Evaluation:</p> <p>TBD</p>
Course Outline		