

Department of Anthropology

ANTHRO 2237G: HUMAN ADAPTABILITY AND RESILIENCE: Life at the Extremes

BRIEF COURSE OUTLINE

WINTER 2027

Date: June 8, 2026

Instructor and course information:

Instructor: Dr. Jay Stock

Method of delivery: in person.

Credit value: 0.5

Antirequisites: None.

Prerequisites: None.

Please note: Any of the following courses are recommended but not required:

Anthropology intros; Geography 1100, 1300B, 1400G, 1500F; Biology 1225, 1290B;

Health Sciences 1001A/B, 1002A/B.

Course Description:

The course considers the characteristics that make humans a unique and particularly adaptable species, the adaptive nature of cultural and biological variation, and the interactions between culture and biology that shape our relationship to the natural world. The course begins by considering broad approaches to understanding human diversity; the roles of migrations and environmental variation in shaping human variation; theories of biological and cultural change; and the roles of 'plasticity' and life history variation in human adaptability. Using specific ecological case studies, we will explore how humans have adapted to life in extreme environments, both those that exist in the natural world and those that are created by human activity. We will finish the course by considering how human activity pushes the limits of human biology through sport and space travel. The course will provide a broad overview of our understanding of human diversity, adaptability, and resilience in a dynamic and rapidly changing world. This course will be based around a two-hour lecture each week with some supplementary material and readings online.

A full course schedule including a week-by-week breakdown of topics and assigned readings will be available on the course's OWL Brightspace site before the first day of class.

Course Materials:

Required readings will be available through the Course Readings tool on the course site

Evaluation:

Grades will be based on the following:

- Midterm exam (multiple choice and matching)
- Reflection assignment (1000-word (4 page) reflection paper)
- Final Exam (multiple choice and short answer)

Midterm	25%
Reflection Assignment	30%

Final Exam

45%

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