

## ENV-3190J Tropical Marine Biology


The oceans occupy about 71% of the Earth's surface, and tropical seas hold the highest ecosystem and species diversity. In this course, we will introduce the basic concepts of tropical oceanography, marine ecology, and marine biology, with an emphasis on the interaction between species, between species and their environment, and between ecosystems. We will also learn about human environmental impact and the utility, management, and conservation of ecosystems.

## ENV-3044J Tropical Ecosystems Gallery

The "Tropical Ecosystems Gallery" program offers students a comprehensive understanding of various ecosystems found in Costa Rica. Taking advantage of Costa Rica's unique geographical and environmental characteristics, the course explores its diverse ecosystems and bioclimates. Despite its small size, Costa Rica hosts an impressive array of ecosystems, including terrestrial, aquatic, and near-land environments. Throughout the program, students will visit different ecosystems such as the Caribbean slope, highland tropical areas, rainforests, and volcanic regions. The course aims to provide a basic descriptive overview of selected tropical ecosystems in Costa Rica, offering students valuable insights into the country's rich biodiversity.

## PHOT-2100J Ecological Photography

Explore the intersection of art and environmental awareness in our Ecological Photography course. Learn the fundamentals of photography technique and composition while delving into the importance of ecological themes. From capturing the beauty of natural landscapes to highlighting environmental issues, this course emphasizes the power of photography as a tool for ecological advocacy. Join us to develop your skills as a photographer, focusing on capturing the essence of our planet and promoting environmental consciousness.





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# J- Term Programs

## **ENV-2500J Introduction to Genetics: Current applications**

This introductory course delves into the concepts and applications of genetics, applying basic theoretical-practical fundamentals to address various problems. Students will explore the Central Dogma of molecular biology, gene expression processes, and mutation effects. Emphasis is placed on analyzing recent research topics and discussing controversial issues in genetics. Practical learning is enhanced through a field tour for sample collection and analysis, enabling students to develop laboratory skills in DNA extraction, PCR, electrophoresis, and DNA sequence analysis using specialized software. Through analysis of specialized literature, students will broaden their understanding of genetics applications across different fields. The course also fosters skills in group work, leadership, and effective oral and written communication.

## **HHD-2050J Eco Wellbeing: Intersections of Health, Biodiversity & Climate**

This course explores the complex relationship between holistic health, biodiversity loss, and climate change. Through theoretical discussions and experiential learning, students will gain insights into the interconnectedness of human well-being and planetary health. Practical tools and nature-based practices will empower students to take proactive steps towards addressing these critical challenges. By fostering a deeper connection to nature and holistic approaches to well-being, students will be equipped to contribute to a healthier and more sustainable future for all.




## **HIS-3293J Costa Rican Health Care System**

The course focuses on the history and development of the public health care system within the context of the Costa Rican sociopolitical and economic situation. It also gives a strong emphasis on how the system works and points out not only the strongholds of the systems, but also its weak points. Also, it is of fundamental importance to understand Costa Rica as a tropical country. Students will research about the existing relevant tropical diseases.

## **PSY-2200J Health & Psychology: A Holistic Perspective**

This course offers an introductory exploration of the intersection between health and psychology from a holistic perspective. Students will examine how physical, mental, emotional, and spiritual aspects interact to influence overall well-being. Various theories and practices in systemic psychology, integrative and functional medicine, and alternative therapeutic approaches will be analyzed to understand how they can complement and enhance traditional treatments. Additionally, topics such as stress, mental health, quality of life, and self-care will be addressed from a comprehensive standpoint.

## **HHD-3150 Wholistic Midwifery Skills: A Latin American Perspective**



The course provides an immersive exploration of midwifery traditions in Latin America, focusing on Costa Rica, spanning from ancestral practices to contemporary challenges. It examines cultural roots, indigenous wisdom, and the impact of medicalization and obstetric violence on childbirth. Emphasizing respectful, woman-centered care, students gain insights into maternal and neonatal health, while exploring natural birthing techniques such as herbal medicine, yoga, and emotional support.

## **HHD-3030J Sustainable Food Systems: A Holistic & Practical Focus in Costa Rica**

This short-term, practical course provides a holistic overview of the global food system as experienced in Costa Rica and examines some short value chain, grass-roots initiatives at the national level working towards sustainable alternatives. It has been conceived to fall within the framework of the United Nations Sustainable Development Goals (SDGs) and specifically SDG #2: Zero Hunger and SDG #12: Sustainable Consumption and Production.

## **SPN-3450J The Role of Women in Latin American Short Stories - Taught in Spanish**

This course is aimed at Spanish speakers or Spanish second language speakers who enjoy literature and reflection, especially on Latin American machismo. The most outstanding traits of the female characters in the selected readings will be identified, the symbols present in the selected readings will be analyzed, and the similarities and differences between Latin American women of the 20th century will be discovered through the comparison and contrast of the female characters in the selected readings.

