



# Health and Liberal Arts

## Summer Program

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**UNIVERSIDAD SAN FRANCISCO DE QUITO**

**Semester:** 202130 - Summer 2021/2022

**Schedule:** see detailed chronogram below

**INSTRUCTOR/TEACHER INFORMATION:**

**Professor:** Marisol Bahamonde

**Email** [mbahamonde@usfq.edu.ec](mailto:mbahamonde@usfq.edu.ec)

**Office:** HDLV 154

**Office hours:** Virtual Covid 19, by appointment.

## Program Details

**Duration:**

May 29 – June 19, 2022

June 18 – July 9, 2022

**Language:**

English

**Campus:**

Cumbayá-Quito

**Language:**

English

**Staff:**

Professors from Universidad San Francisco de Quito (USFQ)

Representative from USFQ to accompany group on tours / excursions

**Elective program:**

Optional Spanish language lessons

Travel across Ecuador

**Prices:**

**Application Deadline:** April 20, 2022

**Program Fees:**

Module 1 - \$2.567

Module 2 - \$2.325

Cost per student | we require a minimum of 8 students to run the program

**Program Includes:**

Health & Safety Orientation

Access to facilities and placement locations, depending on track

Transportation to and from Quito's airport at the start of the program

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Accommodation for the duration of the program  
Support in case of medical emergencies

**Does NOT include:**

International Health Insurance (required)  
International Flights  
Personal expenses  
Gratuities (Strongly recommended)  
Additional expenses related to meals, travel & accommodation beyond what is covered by the program

**Covid-19 Policies**

All students must be fully vaccinated with authorized brands by the WHO.

**COURSE INFORMATION:**

**COURSE:** Health and Liberal Arts: Introduction to Social and Biological Sciences, Ecuadorian Perspective  
**NRC: Credits:** 6

**COURSE DESCRIPTION:**

This 6-week summer course is designed to provide a broad and integral understanding of health in the context of creative problem solving, with an interdisciplinary approach. The course is divided into two modules, the first three weeks “Health and Liberal Arts” will develop the concept of health within the Ecuadorian context, from a social, cultural and environmental perspective, as well as providing an overview of the health system, mental health and other challenges that can be applicable for a broad range of disciplines.

The second module “One Health” will focus on human health as a part of a shared environment with animals and the environment. Human populations growing and expanding into new geographic areas and needing more resources, leading to concerns with food and water supply and conditions. New interactions leading to emerging zoonotic diseases and disruption of previous environmental condition, create new scenarios for threats to human, animal and environmental health.

**COURSE LEARNING OUTCOMES:**

#	Learning Outcomes	Level
1	1. Learn the principles of health from a social and cultural perspective.	
2	2. Actively participate in creative problem-solving exercises to propose a problem and develop hypothetical solutions.	
3	3. Review health systems, determinants of health, and mental health as part of individual health maintenance.	
4	4. Understand human health as part of a system that we share with animals and the environment.	

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## COURSE CONTENTS:

### First Module: Health and Liberal Arts (Weeks 1-3)

#### Week 1

- Induction/Orientation
- Introduction to the concept of Health and One Health
- Ecuador Context (Environment, social, cultural, public health)
- Creative problem solving, critical thinking to propose a problem/objective based on the Ecuadorian Context

#### Week 2

- Health Anthropology: social, cultural, biological, and linguistic approach to better understand influence of these factors on health and well being.
- Prevention and treatment of sickness, healing processes, social relations of therapy management, and the cultural importance and utilization of pluralistic medical systems. Indigenous culture and health concepts.
- Principles of bioethics with cultural competence.

#### Week 3

- Health systems and health economy
- Telehealth as an integral aid in improving access.
- Maternal and Child Health
- Mental Health

### Second Module: One Health (Weeks 4-6)

#### Week 4

- Understand the concepts of One Health with a thorough introduction to the challenges and opportunities related to the One Health approach.
- Epidemiology, source tracking, risk and disease burden assessments, intervention options, and cross-disciplinary prevention and control scenarios, approach from various disciplines.
- Environmental factors that affect human health (Air pollution, Climate change and natural disasters, Diseases caused by microbes, Lack of access to health care, Poor water quality)

#### Week 5

- Emerging Zoonotic diseases: genetic evolution, demographic changes, environmental conditions, and climate changes affecting the ecosystem.
- Tropical diseases, drug resistance, impact on human and animal health issues related to microbial and chemical contamination

#### Week 6

- Food safety: challenges for the growing human population while preserving the environment and natural resources for the benefit of future generations.
- Water as a critical factor in agriculture, food processing, nutrition and broader human health issues
- Conclusion

## METHODOLOGY FOR THE INTEGRATION OF THEORETICAL AND PRACTICAL CONTENTS:

The teaching methodology used in all courses at USFQ follows the liberal arts philosophy: encourage dialogue and enable learning through opportunities to exchange ideas among teachers and students. It is expected that all the theoretical content courses explore potential applications to professional practice and work contexts through the integration of diverse activities and simulations that foster the contextualized understanding of concepts using reality and professional practice as frames of reference.

## ASSESSMENT:

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Type	General Description	% of final grade
Creative Problem solving	Choose a health topic to study and develop as a transversal learning objective, to improve human health.	25%
Oral/Written presentations	Two topics will be assigned for oral class presentation or written presentations	25% (x2)
Participation	Be actively engaged, supportive of each other, and play an active role in the learning processes,	25%

**POLICIES:**

All students taking courses at USFQ must follow the rules for ethics of learning, research, and behavior detailed in the [USFQ's Code of Honor and Coexistence](#). All courses should follow the policies stated in USFQ's [Manual del Estudiante](#)

**SCHEDULE OF ACTIVITIES:**

**Module # 1**

		Schedule	
<b>Week 1</b>	Monday	9am - 5pm	Program Orientation, Welcome Lunch USFQ & City Tour
	Tuesday	9am - 12pm	Class at USFQ
	Wednesday	9am - 12pm	Class at USFQ
	Thursday	9am - 12pm	Class at USFQ
	Friday	9am - 12pm	Class at USFQ
<b>Week 2</b>	Monday	9am - 12pm	Class at USFQ
	Tuesday	9am - 12pm	Class at USFQ
	Wednesday	9am - 12pm	Class at USFQ
	Thursday	Field trip # 1	Ecuadorian Highlands (Imbabura Province, Otavalo)
	Friday	Field trip # 1	Ecuadorian Highlands (Imbabura Province, Otavalo)
<b>Week 3</b>	Monday	9am - 12pm	Class at USFQ
	Tuesday	9am - 12pm	Class at USFQ
	Wednesday	9am - 12pm	Class at USFQ
	Thursday	Field trip # 2	Ecuadorian Amazon (Napó Province)
	Friday	Field trip # 2	Ecuadorian Amazon (Napó Province)

**Module # 2**

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		Schedule	
<b>Week 4</b>	Monday	9am - 12pm	Class at USFQ
	Tuesday	9am - 12pm	Class at USFQ
	Wednesday	9am - 12pm	Class at USFQ
	Thursday	9am - 12pm	Class at USFQ
	Friday	9am - 12pm	Class at USFQ
<b>Week 5</b>	Monday	9am - 12pm	Class at USFQ
	Tuesday	9am - 12pm	Class at USFQ
	Wednesday	9am - 12pm	Class at USFQ
	Thursday	Field trip # 3	Quito and its surroundings
	Friday	Field trip # 3	Quito and its surroundings
<b>Week 6</b>	Monday	9am - 12pm	Class at USFQ
	Tuesday	9am - 12pm	Class at USFQ
	Wednesday	9am - 12pm	Class at USFQ
	Thursday	Field trip # 4	Ecuadorian Highlands (Cotacachi Communities, Imbabura Province)
	Friday	Field trip # 4	Ecuadorian Highlands (Cotacachi Communities, Imbabura Province)

*This syllabus was reviewed and approved by the coordination of the respective academic area or department. All sections of this course must follow this syllabus. Any changes or adjustments to this syllabus must be approved by the coordinator responsible for this academic area or department and must be reflected in the Curricular Design system.' 2020*

*During the sanitary emergency the learning process for this course has been designed to integrate technological, telematic tools and alternative methodologies to facilitate virtual synchronous learning. All the learning activities aim to guarantee the accomplishment of the academic plans for undergraduate and graduate programs and sustain the students' continuous learning; to protect the physical integrity of students, preserving educational quality and academic rigor and to respect the right to work, to preserve the personal health of faculty, administrative and support staff.*

For any additional information, please reach out to our email address: [opi@usfq.edu.ec](mailto:opi@usfq.edu.ec)

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