

Course name: Human ecology (USOS Code: B-BM.077Eng)

ECTS: 2

No. of hours: 30 (15 lectures + 15 classes)

Course coordinator: Dr Magdalena Franczak

Prerequisites: -

Course description: Basics concepts of human ecology. History of the development of human ecology. Human ecology and other sciences. Human as biological and social unit. Biological evolution and human cultural evolution. Forms of human societies. Civilizations. Human population as an element of the ecological system. Biocenotic interactions with other species. Homeostatic mechanisms of the individual and population. Environmental factors (abiotic, biotic and social) affecting human development and health. Geographical distribution of human population and the impact of geoclimatic conditions. Genetic, physiological, and social adaptation to the environment and to environmental changes. The development of civilization: demographic and health changes. Effects of population density on health, social organization, and environmental quality. Diseases of civilization. Stress: symptoms, management, and prevention. Ecology of work environment. Ecological aspects of human activity. Ecology and evolution of nutrition.

Recommended literature: Bates D.G., Tucker J. (eds). 2010. Human ecology: contemporary research and practice. Springer, New York, London; Dyball R., Newell B. 2014. Understanding human ecology: a system approach to sustainability. Routledge, London, New York; Frisancho A.R. 1993. Human adaptation and accommodation. The University of Michigan Press, Ann Arbor.