

SEMESTER AT SEA COURSE SYLLABUS

Colorado State University, Academic Partner

Voyage:	Fall 2018
Discipline:	Philosophy and Religious Studies
Course Number and Title:	PHIL463 Seminar in Religious Studies (Focus: Contemplative Practice)
Division:	Upper
Faculty Name:	Dr. Matthew MacKenzie
Semester Credit Hours:	3

Prerequisites: None

COURSE DESCRIPTION

Seminar in Religious Studies will engage with the new, interdisciplinary field of Contemplative Studies. We will examine contemplative thought and practices through the lenses of philosophy, science, and religious studies. The course will focus on practices from Buddhist, Yogic, Daoist, and Zen traditions. What were the historical, religious, and cultural contexts in which these practices developed? How are they tied to particular traditions? What might these practices tell about the nature of the body, mind, and self? Can one gain knowledge from these practices? How are they ethically constrained? How are they thought to be ethically or spiritually efficacious? Can they be studied scientifically? What does the current science say about them? We will grapple with these and other questions throughout the course. The course will involve lecture, discussion, student presentations, and field experience. *Students will be asked to engage in and reflect on one or more contemplative practices. We will engage in close reading of texts, critical and analytical writing, and individual and group reflection and discussion.*

LEARNING OBJECTIVES

Students will be able to:

- Identify and distinguish main contemplative traditions and practices in their historical-cultural, religious, and intellectual contexts.
- Identify and explain key concepts as they arise in the different traditions.
- Read and comprehend key contemplative, philosophical, religious, and scientific texts.
- Write clearly and cogently on a variety of topics in contemplative studies.
- Actively, reflectively, and respectfully engage with/in a variety of contemplative practices.
- Employ active methods of comparison and contrast to achieve a deeper awareness of one's own culture and its historical and contemporary relationship with other cultures.

- Gain comprehensive knowledge of and empathy with the peoples, cultures and geography of the regions visited on the voyage.
- Develop keen powers of observation and employ writing skills and various communication technologies to record and evaluate experiences throughout the voyage.
- Understand the diversity of cultures and traditions in the world and develop tolerance and appreciation of differences.

REQUIRED TEXTBOOKS

AUTHOR: Louis Komjathy
 TITLE: Introducing Contemplative Studies
 PUBLISHER: Wiley-Blackwell
 ISBN #: 111915670X
 DATE/EDITION: 2017

AUTHOR: D. Goleman and R. Davidson
 TITLE: Altered Traits
 PUBLISHER: Avery
 ISBN #: 0399184384
 DATE/EDITION: 2017

AUTHOR: Gil Fronsdal (trans.)
 TITLE: Dhammapada
 PUBLISHER: Shambhala
 ISBN #: 1590303806
 DATE/EDITION: 2006

AUTHOR: Chip Hartranft
 TITLE: Yoga Sutras of Patanjali
 PUBLISHER: Shambhala
 ISBN #: 1590300238
 DATE/EDITION: 2003

AUTHOR: Louis Komjathy
 TITLE: Daoism
 PUBLISHER: Bloomsbury
 ISBN #: 1441148159
 DATE/EDITION: 2014

AUTHOR: Dogen
 TITLE: How to Cook Your Life
 PUBLISHER: Shambhala
 ISBN #: 1590302915
 DATE/EDITION: 2005

TOPICAL OUTLINE OF COURSE

Depart Hamburg, Germany – September 9

CONTEMPLATIVE STUDIES

A1—September 11: Introduction

A2— September 13: *Introducing Contemplative Studies (CS)*: Intro, Ch. 1

Barcelona, Spain – September 15-16

Valencia, Spain – September 17-18

A3—September 19: CS: Ch. 2; *Altered Traits (AT)*: Ch. 1

A4— September 21: CS: Ch. 4; AT: Ch. 2

Study Day – September 23: No Class

A5—September 24: CS: Ch. 4

A6—September 26: AT: Chs. 5-6

Tema, Ghana – September 27-28

Takoradi, Ghana – September 29-30

Community Programming – October 2: No Class

YOGA

A7—October 3: *Yoga-Sutras (YS)*: Chs. 1-2

A8— October 5: YS: Chs. 2-4; PAPER 1

Cape Town, South Africa – October 7-12

A9—October 13: Carpenter, “Practice Makes Perfect”

A10—October 15: Whicher, “The Integration of Spirit and Matter”

Study Day —October 16: No Class

BUDDHISM

A11—October 18: *Dhammapada (DP)*: Intro, Chs. 1-7; AT: 7

Port Louis, Mauritius – October 19

Study Day —October 21: No Class

A12—October 22: DP: Chs. 8-15; AT: 8

A13— October 24: DP: 16-26; AT: 9

Cochin, India — October 25-30 (Field Class October 26)

Reflection and Study —October 31: Global Studies Reflection

A14—November 2: con't; PAPER 2

Yangon, Myanmar — November 4-8

DAOISM

A15—November 9: Daoism (D): Introduction, Ch. 1

Community Programming — November 11: No Class

A16—November 12: D: Ch. 4-5

Ho Chi Minh City, Vietnam — November 14-18

A17—November 19: D: 6-7

Study Day — November 21: No Class

A18— November 22: con't; PAPER 3

Shanghai, China — November 24-29

ZEN

A19—November 30: *How to Cook Your Life* (HC): Intro, "Instructions for the Zen Cook"

Kobe, Japan — December 2-6

A20— December 7: HC: Chs. 1-4; AT: Ch. 11

A21—December 9: HC: Chs. 5-9

A22—December 11: HC: Chs. 10-14; PAPER 4

Study Day — December 12: No Class (International Date Line Crossing (2 days))

CONCLUDING REFLECTIONS

A23—December 13: AT: Ch. 12-13

A24— December 15: AT: Ch. 14

Honolulu, Hawaii – December 16

Study Day – December 18: No Class

A25–December 19: Conclusion; Final Paper

Arrive San Diego, California – December 23

FIELD WORK

Semester at Sea field experiences allow for an unparalleled opportunity to compare, contrast, and synthesize the different cultures and countries encountered over the course of the voyage. In addition to the one field class, students will complete independent field assignments that span multiple countries.

Field Class & Assignment

The Field Class for this Course will be **Thursday, 25 October in Cochin/Kerala, India.**

Field Class attendance is mandatory for all students enrolled in this course. Do not book individual travel plans or a Semester at Sea sponsored trip on the day of your field class. Field Classes constitute at least 20% of the contact hours for each course, and are developed and led by the instructor.

Yoga Philosophy and Practice:

We will visit the Patanjali Yoga Training and Research Centre. We will have the opportunity to learn about the philosophy, theory, and practice of hatha yoga. We will practice yoga and learn about contemporary research into yoga practice.

Learning Objectives

- Gain an understanding of the similarities and differences between contemplative traditions.
- Connect the readings and core concepts of these traditions to contemporary expressions and practices.
- Identify contemporary sites or practices embodying or influenced by these traditions.
- Engage with/in specific contemplative practices.
- Reflect on the continued relevance of contemplative traditions and practices.
- Reflect on similarities and differences with one's religious and/or philosophical background.

Field Assignment

Students will be expected to actively, reflectively, and respectfully engage with people, practices, and locations on the field experience. You will have the chance to compare, contrast, synthesize, and critically reflect upon the philosophical ideas and texts from the course in the context of the field experience. Upon return, you will:

- write a reflection/analysis paper (4-5 pages),
- develop a list of discussion questions
- discuss your papers and questions in small groups
- do a short class presentation on the insights and further questions that have emerged.

Independent Field Assignments

Students will complete two short reflection and analysis assignments in other ports. These papers will be based on your independent observation and reflection. You will be assessed on your ability to reflectively compare, contrast, synthesize, and/or apply core concepts and knowledge from the course.

METHODS OF EVALUATION

Class Participation (10%): You are required to come to class on time and prepared to discuss all assigned materials. Your class participation grade will be based on both the quality and the frequency of your participation in class discussions.

Papers (40%): You will write four short (4-6 pages) essays throughout the semester (10% each). Questions/topics will be given one week prior to the due date. *Papers are to be submitted through Canvas.* Check the course schedule for due dates.

Field Experience (20%): Active, reflective, and respectful participation in the field experiences is expected (10%). Students will complete a reflection paper, group discussion, and presentation upon returning from the FE (10%).

Field Assignments (10%): Students will complete two short reflection and analysis assignments in other ports (5% each).

Final Paper (20%): Students will write a final paper (10-12 pages) on a topic of their choosing, subject to my approval.

GRADING SCALE

The following Grading Scale is utilized for student evaluation. Pass/Fail is not an option for Semester at Sea coursework. Note that C-, D+ and D- grades are also not assigned on Semester at Sea in accordance with the grading system at Colorado State University (the SAS partner institution).

Pluses and minuses are awarded as follows on a 100% scale:

<u>Excellent</u>	<u>Good</u>	<u>Satisfactory/Poor</u>	<u>Failing</u>
97-100%: A+	87-89%: B+	77-79%: C+	Less than 60%:
93-96%: A	83-86%: B	70-76%: C	
90-92%: A-	80-82%: B-	60-69%: D	

ATTENDANCE/ENGAGEMENT IN THE ACADEMIC PROGRAM

Attendance in all Semester at Sea classes, including the Field Class, is mandatory. Students must inform their instructors prior to any unanticipated absence and take the initiative to make up missed work in a timely fashion. Instructors must make reasonable efforts to enable students to make up work which must be accomplished under the instructor's supervision (e.g., examinations, laboratories). In the event of a conflict in regard to this policy, individuals may appeal using established CSU procedures.

LEARNING ACCOMMODATIONS

Semester at Sea provides academic accommodations for students with diagnosed learning disabilities, in accordance with ADA guidelines. Students who will need accommodations in a class, should contact ISE to discuss their individual needs. Any accommodation must be discussed in a timely manner prior to implementation.

A letter from the student's home institution verifying the accommodations received on their home campus (dated within the last three years) is required before any accommodation is provided on the ship. Students must submit this verification of accommodations to academic@isevoyages.org as soon as possible, but no later than two months prior to the voyage.

STUDENT CONDUCT CODE

The foundation of a university is truth and knowledge, each of which relies in a fundamental manner upon academic integrity and is diminished significantly by academic misconduct. Academic integrity is conceptualized as doing and taking credit for one's own work. A pervasive attitude promoting academic integrity enhances the sense of community and adds value to the educational process. All within the University are affected by the cooperative commitment to academic integrity. All Semester at Sea courses adhere to this Academic Integrity Policy and Student Conduct Code.

Depending on the nature of the assignment or exam, the faculty member may require a written declaration of the following honor pledge: "I have not given, received, or used any unauthorized assistance on this exam/assignment."

RESERVE BOOKS FOR THE LIBRARY

None

FILM REQUEST

None

ELECTRONIC COURSE MATERIALS

None

ADDITIONAL RESOURCES

None