

PHIL 108 Course Outline as of Fall 2020**CATALOG INFORMATION**

Dept and Nbr: PHIL 108 Title: PHIL OF BUDDHISM

Full Title: Philosophy of Buddhism

Last Reviewed: 1/27/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	1.00	Lab Scheduled	0	4	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	1.00		Contact Total	17.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

Catalog Description:

Introduction to the philosophy of Buddhism as taught by the historical Buddha, including major doctrines found in the Buddha's suttas; introduction to Buddhist mindfulness and loving-kindness meditation practices.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Introduction to the philosophy of Buddhism as taught by the historical Buddha, including major doctrines found in the Buddha's suttas; introduction to Buddhist mindfulness and loving-kindness meditation practices. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:		Effective:	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Not Certificate/Major Applicable

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Identify at least two of the major doctrines of early Buddhist philosophy
2. Demonstrate two techniques of Buddhist meditation, mindfulness and metta, defending the purpose of these practices with reference to their philosophical foundations

Objectives:

At the conclusion of this course, the student should be able to:

1. Describe the major events in the life of the Buddha and analyze their influence on his philosophy
2. Discuss two reasons why Buddhism is called the “Middle Path”
3. Summarize the Four Truths, employing the doctrines of anicca, nirvana, karma and samsara
4. Summarize the factors of the 8-fold path, utilizing and defining the categories prajna, sila, and samadhi
5. Apply the doctrines of karma, samsara, and paticca-samuppada in explaining the doctrine of anatta
6. Distinguish the four Brahma Viharas from each other (metta, karuna, mudita, upekkha)
7. Identify the steps of metta meditation and evaluate its use in daily life
8. Discuss the purpose and value of mindfulness meditation
9. Apply Refuge Recovery’s 12-step Buddhist recovery program to addiction issues

Topics and Scope:

- I. Life of the Buddha in Historical Context
- II. The Four “Noble” Truths
 - A. Truths 1 - 3
 - B. The 8-fold Path: Prajna, Sila, Samadhi
- III. Doctrines

- A. Karma
 - B. Samsara
 - C. Nirvana
 - D. Anatta
 - E. Anicca
 - F. Paticca-Samuppada
- IV. The Four Brahma Viharas
- A. metta
 - B. karuna
 - C. mudita
 - D. upekkha
- V. Buddhist Mindfulness and Metta Meditation Techniques
- VI. Refuge Recovery: 12-Step Program using Buddhist Principles to Address Addiction

Assignment:

1. Readings from course reader, textbooks, and other handouts provided in class (5-10 pages per week)
2. In-class discussions of assigned readings and lecture material
3. In-class meditation instruction and practice
4. Group discussions of meditation experience
5. Quizzes on assigned readings (3 - 6)
6. Two to four take-home essays (less than 500 words per essay)
7. One in-class final exam which may include multiple-choice, essay, and short-answer questions
8. Meditation journal, 15-18 entries (optional)

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Essays

Writing
25 - 40%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Meditation

Skill Demonstrations
5 - 10%

Exams: All forms of formal testing, other than skill performance exams.

Quizzes and final exam

Exams
40 - 50%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation, meditation, meditation journal (optional)

Other Category
10 - 20%

Representative Textbooks and Materials:

Buddhism Plain and Simple: The Practice of Being Aware, Right Now, Every Day. Hagen, Steve. Tuttle Publishing. 2011 (classic)

Class Reader created by Instructor of Record

The Places That Scare You: a Guide to Fearlessness in Difficult Times. Chödrön, Pema. 2002 (classic)

Refuge Recovery: A Buddhist Path to Recovering From Addiction. Levine, Noah. HarperOne. 2014 (classic)

When Things Fall Apart: Heart Advice for Difficult Times. Chödrön, Pema. Shambala. 2016

The Wisdom of No Escape and the Path of Loving Kindness. Chödrön, Pema. Shambala. 2001 (classic)