AFRICANA STUDIES

College of Ethnic Studies
Interim Dean: Dr. Amy Sueyoshi

Department of Africana Studies
EP 103
Phone: (415) 338-2352
Interim Chair: Dr. Dawn-Elissa Fischer

Program Scope
The Department of Africana Studies at San Francisco State University was the first Black Studies Department established on a four-year college campus in the United States. The birth of Black Studies at SF State in 1968 was, in fact, inspired by student-led opposition to the then Western intellectual hegemony and racist scholarship that characterized the limitations found in traditional approaches to college education. In 2005, the Black Studies Department at SF State changed its name to the Africana Studies Department.

Every student should know about the unparalleled and unmatched contributions African and African American people have made to human civilization. These contributions include the formulation of the first system of government for a territorial state; creation of the foundations of science, mathematics, and advanced technology; the first written script, the foundations of philosophy and psychology; the building of the great pyramids and such modern inventions as the first electric light filament, the cotton gin, the first gas mask, the double effect evaporator, and the first design of a three-stage rocket capable of interstellar flight. In the Africana Studies program, students are able to learn about, critique, and be inspired by the accomplishments of African men and women who shaped and are shaping the moral conscience, artistic genius, scientific and technical achievements, and political activism of their time.

The Department of Africana Studies has continued to be in the vanguard of the intellectual discourse pertaining to domestic and global freedom, and the development of African people throughout the world. The maturation of the discipline has resulted in new and innovative alternatives to the traditional paradigms of oppression and exclusion. In addition to learning aspects of human history that have been hidden and/or stolen, students learn how to recognize and challenge intellectual hegemony and racist science. The discipline of Africana Studies not only provides students with the experience of challenging traditional Western orthodoxies, but also gives them an opportunity to explore new and alternative paradigms and theories. In Africana Studies, students acquire and develop an appreciation for the origins of knowledge, the philosophy of science, and the politics of knowing. Students develop a social character and personal outlook that gives them the ability to contribute to the well-being of themselves and humanity. The Africana Studies curriculum is designed to address the needs of the African and African American community as a classroom where lessons can be learned and taught. The discipline of Africana Studies prepares students to not only understand the world they live in but to see where the world is wanting and to have the ability and the desire to make it better.

Professor


Associate Professor
DAWN-ELISSA FISCHER (2008), Associate Professor of Africana Studies; B.A. (1999), Washington University, St. Louis; M.A. (2002), University of Florida.

SHAWN GINWRIGHT (2004), Associate Professor of Africana Studies; B.A. (1989), M.A. (1992), San Diego State University; Ph.D. (1999), University of California, Berkeley.


Assistant Professor
IFETAYO M. FLANNERY (2016), Assistant Professor of Africana Studies; B.S. (2009), Georgia State University; M.A. (2011), State University of New York, Albany; Ph.D. (2016), Temple University.

DOÑELA C. WRIGHT (2016), Assistant Professor of Africana Studies; B.A. (2000), University of Maryland, Baltimore County; M.A. (2008), North Carolina AT State University; Ph.D. (2016), Temple University.

Lecturers
Aaron, Bell, Casey, Cook, Flamer, Hubbard, Jackson, Origunwa, Prince, Spiva

Major
- Bachelor of Arts in Africana Studies (bulletin.sfsu.edu/past-bulletin-archive/2018-2019/colleges/ethnic-studies/aficana-studies/ba-aficana-studies)

Minor
- Minor Program in Africana Studies (bulletin.sfsu.edu/past-bulletin-archive/2018-2019/colleges/ethnic-studies/aficana-studies/minor-program-aficana-studies)

AFRS 100 General Studies Colloquium (Units: 3)
Developing the individual’s awareness of race and ethnicity as it impacts educational achievement and attainment from preschool to the university level. The social, economic, and political relationships between schools and the community. Survey of theories, characteristics, methodologies, and application of innovative research methodologies to the African American educational experience and connection to other cultural communities. Laboratory.

AFRS 101 Introduction to Africana Studies (Units: 3)
Development of Africana Studies as an academic discipline. Topics include history, literature, psychology, politics, and others.

Course Attributes:
- D1: Social Sciences
- Am. Ethnic & Racial Minorities
- Social Justice
AFRS 110 Critical Thinking and the Black Experience (Units: 3)
Developing the basic skills involved in understanding, criticizing, and constructing arguments by using materials reflective of experiences of Blacks and the third world culture in the United States.

AFRS 111 Black Cultures and Personalities (Units: 3)
The cultural influence on the development of Black personality configurations.

Course Attributes:
• D1: Social Sciences
• Am. Ethnic & Racial Minorities
• Social Justice

AFRS 125 Black Community Involvement Workshop (Units: 3)
Exploration of community organizations through actual involvement in various community agencies. Social, economic, and political resources in the community. Activity. May be repeated once.

AFRS 200 Introduction to Black Psychology (Units: 3)
Theories, characteristic methodologies, and applicability to the African American behavioral experiences and interface with other cultural communities.

Course Attributes:
• D1: Social Sciences
• Am. Ethnic & Racial Minorities
• Social Justice

AFRS 201 Kemet, Afrocentricity, and the Dawn of Science (Units: 3)
Kemetic Science and the primacy of Kemet (Egypt) in the development of modern science. The structured whole, the Nubian Vortex, Cartesian vs. Alchemical cosmologies, and the Afrocentric thought and achievement of African American scientists and engineers.

Course Attributes:
• C2: Humanities
• Am. Ethnic & Racial Minorities
• Global Perspectives
• Social Justice

AFRS 202 Black Men's Studies (Units: 3)
Exploration of diverse lives, experiences, and development of Black men and boys within the context of their families, communities, and society at large, and of the experience and development of Black manhood and masculinity from a cultural and historical lens within several societal dimensions.

Course Attributes:
• D1: Social Sciences
• Am. Ethnic & Racial Minorities
• Social Justice

AFRS 203 Black Social Sciences (Units: 3)
Methodological principles, key theoretical concepts of western social sciences, and applications in third world critical perspective. Work of Black social scientists that have added to understanding black experience. Relevance of western methods and theories to Black development.

Course Attributes:
• D1: Social Sciences
• Am. Ethnic & Racial Minorities
• Social Justice

AFRS 204 Black Creative Arts (Units: 3)
Culture of Black Americans through examination of the creativity of its women artists.

Course Attributes:
• C1: Arts
• Am. Ethnic & Racial Minorities
• Global Perspectives
• Social Justice

AFRS 208 Introduction to African American History (Units: 3)
Examination of Black history in the United States from Colonial times to the present. A critical review of major themes including enslavement, abolitionism, the Civil War, urbanization, freedom, and civil rights. The aftermath of each theme will be analyzed. (Plus-minus ABC/NC, CR/NC grading)

Course Attributes:
• U.S. History
• D2: Social Sciences: U.S. Hist
• Am. Ethnic & Racial Minorities
• Global Perspectives
• Social Justice

AFRS 210 Introduction to Africana Literature (Units: 3)
Role of literature in the formulation, maintenance, and articulation of a cultural ethos.

Course Attributes:
• C3: Humanities: Literature
• Am. Ethnic & Racial Minorities
• Social Justice

AFRS 213 Science and Spirituality in Ancient Africa (Units: 3)
Science and Spirituality in Ancient Africa will trace these concepts in their historical development in Africa. From an African centered perspective, the course will discuss the inseparability of science and spirituality in ancient Kemet (Egypt) and other selected African civilizations. The influence and distortions of African philosophies by Eurocentric western thought will be discussed. The religious-spiritual context used to provide goods and services, conduct trade, build monuments, study star and planetary motion, and explain the origin of the universe will be examined. Finally, the relevance and application of ancient African philosophies to contemporary issues will be explored.
AFRS 214 Second Year Written Composition: Africana Studies (Units: 3)
Prerequisite: ENG 114 or equivalent with a grade of CR or C- or better.
Development of expository and analytical writing skills through the study and appreciation of Black literature. Various authors and genres of Black literature from different historical and cultural periods. Literary criticism. Must be taken after a student has completed 24 units and before completing 60 units. (Plus/minus ABC/NC, CR/NC allowed)
Course Attributes:
- A4: Written English Comm II
- Am. Ethnic & Racial Minorities
- Social Justice

AFRS 215 Introduction to Black Family Studies (Units: 3)
Theories and research about Black families in America. Emerging trends in Black families: ethnic stratification, family, and marital stability, socialization processes, and research issues.
Course Attributes:
- E1: Lifelong Learning Develop
- D1: Social Sciences
- Am. Ethnic & Racial Minorities
- Global Perspectives
- Social Justice

AFRS 216 Pan African Science: History and Application (Units: 3)
Examination of African perspectives and approaches to and dissemination of science. While studying investigative research methodologies, students will observe established African scientists, develop general patterns in approaches to science, and analyze characteristic goals of science in the Pan African context. Lecture, 2 units; activity, 1 unit.

AFRS 221 African American Music: A 20th Century Survey (Units: 3)
History, growth, and development of African American music during the 20th century.
Course Attributes:
- C1: Arts
- Am. Ethnic & Racial Minorities

AFRS 225 Images and Issues in Black Visual Media (Units: 3)
Historical and developmental survey of Black media; overview of the cultural economic, social and political forces that influence and shape Black media in America (which in turns affects Black images and identities all over the world); analysis of aesthetics, social theories, research methods and activist strategies that are associated with blackness, race, and representation in film, television, and alternative media outlets.

AFRS 230 African American Gospel Workshop (Units: 3)
Workshop on gospel music: traditional African antecedents of gospel music, religious and secular forms developed, and economic and political factors shaping gospel music. Guest appearance by a known gospel artist. Culminates in a student performance.
Course Attributes:
- C1: Arts
- Am. Ethnic & Racial Minorities

AFRS 240 Pan African Science: History and Application (Units: 3)
Examination of African perspectives and approaches to and dissemination of science. While studying investigative research methodologies, students will observe established African scientists, develop general patterns in approaches to science, and analyze characteristic goals of science in the Pan African context. Lecture, 2 units; activity, 1 unit.

AFRS 256 Hip Hop Workshop (Units: 3)
History, aesthetics, mechanics, and politics of Rap music and Hip Hop culture. African American aspects and African-centered qualities of the cultural movement known as Hip Hop.
Course Attributes:
- E1: Lifelong Learning Develop
- C1: Arts
- Am. Ethnic & Racial Minorities
- Environmental Sustainability
- Global Perspectives
- Social Justice

AFRS 260 Power, Racism, and Africana Liberation (Units: 3)
Behavioral and social sciences used to compare and analyze responses to racism by world culture and civilization of people of African descent across time, space, and geographical region. [Formerly ETHS 260]
Course Attributes:
- D1: Social Sciences
- Am. Ethnic & Racial Minorities
- Global Perspectives
- Social Justice

AFRS 266 Black Online: Cyberspace, Culture, and Community (Units: 3)
The impact of the information revolution and the digital divide on Black people worldwide. Understanding the need to blend cyber technology with the issues of Black culture and community. Fully online class.
Course Attributes:
- E1: Lifelong Learning Develop
- C2: Humanities
- Am. Ethnic & Racial Minorities
- Global Perspectives
- Social Justice

AFRS 270 Elementary Zulu Language and Culture (Units: 3)
Attainment of Intermediate-Low Level speaking, listening, reading, and writing skills.

AFRS 271 Elementary Kiswahili Language and Culture (Units: 3)
Introduction to speaking, listening and understanding, writing, and reading skills in Kiswahili and the Swahili culture and worldview.

AFRS 290 Malcolm X in the Context of Black Nationalism (Units: 3)
Critical examination of Malcolm X: his political, spiritual, economic, and social philosophy and programs in the historical context of Black Nationalism. Review of his legacy in contrast and comparison to other Black leaders such as Martin Luther King.

AFRS 300 From Africa to Olmec America: Ancient African Prehistory and History (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.
Early African civilizations and the pre-colonial era: the history of the ancient empires of Nubia, Ethiopia, Congo, Zimbabwe, Zulus, etc. History of colonialism. Patterns of annexation. The journey of Africans from Africa to the Caribbean, Latin and South America, and the U.S.
Course Attributes:
- Am. Ethnic & Racial Minorities
- Global Perspectives
AFRS 301 Africa in Global Perspective (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

The physical, social, cultural, political, technological, economic, and business environment of Africa. Policy determinants that influence the economy. Polity and business systems. Interactions between modern development theory, world political economy, and domestic policy. Strategies and constraints in addressing underdevelopment.

AFRS 302 Black Diaspora (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.


AFRS 303 African American History (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Recurrent themes and issues in Black history since the 19th century. Reconstruction and the emergence of mass movements and counter-ideologies.

AFRS 304 Black People and the American Experience (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

History of Black people and their American experiences from 1770 to 1954. Important constitutional, political, economic, and cultural issues as they developed nationally and locally.

AFRS 305 Ancient Egypt (Units: 3)
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

History, religion, culture, economic system, and dynastic periods of the world’s greatest ancient civilization, Egypt or KMT, the Black Country.

Course Attributes:
- UD-C: Arts and/or Humanities
- Am. Ethnic & Racial Minorities
- Global Perspectives
- Social Justice

AFRS 310 Anthropology of Blackness (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Examination of anthropological theory, research, and practice as it relates to constructions of blackness as well as African diasporic identities. African diasporic contributions to anthropology, anthropological research, and theory concerning Africana identities.

AFRS 312 Kalifia: The Black Heritage of California (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

African American presence in the Golden State. The Black heritage in the establishment, development, and evolution of California from the Gold Rush era to the present.

AFRS 320 Black Politics, Mass Movements, and Liberation Themes (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Theoretical constructs and basic premises that draw on the political experiences of Black people. Review of political science theories as they have been applied to Blacks in the U.S.

AFRS 326 Black Religion (Units: 3)
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Examination of the philosophical bases of contemporary Black religious movements. Reformation of traditional African, Islamic, Ancient Wisdom Mythology, Black Mysticism, Christian, and other current and historical religious concepts.

Course Attributes:
- UD-C: Arts and/or Humanities
- Am. Ethnic & Racial Minorities
- Social Justice

AFRS 335 The Black Woman: A Cultural Analysis (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Black women in the Americas, Caribbean, and on the African continent: their struggles for rights as Blacks and as women, contributions to the development of their societies, political aptitude, and artistic adeptness.

Course Attributes:
- E1: Lifelong Learning Develop
- Am. Ethnic & Racial Minorities
- Global Perspectives
- Social Justice

AFRS 340 Economics of the Black Community (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Economic problems of Black people. Role of Black labor in the American capitalistic economy. Welfare schemes and Black reactions to population control.

AFRS 345 Blacks in Urban America (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Structural and cultural conditions such as poverty, economics, welfare, and political arrangements that impact urban America. Particular attention to how Black communities examine the influence of poverty and race on social policy and effective strategies and solutions for change.

AFRS 350 Black Indians in the Americas (Units: 3)
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Examines factors impacting on multiracial identity formation among Native communities throughout the Americas with a specific focus on Black Indians. Explores concepts and theories regarding blood quantum, sovereignty, and land rights, and the social, legal, and political understanding of mixed-race Native Americans. (This course is offered as AIS 350, AFRS 350, and LTNS 355. Students may not repeat the course under an alternate prefix.)

Course Attributes:
- UD-D: Social Sciences
- Am. Ethnic & Racial Minorities
AFRS 370 Health, Medicine, and Nutrition in the Black Community (Units: 3)
Prerequisite: GE Areas A1, A2, A3, and B4 or consent of the instructor.

Theoretical and practical implications of health, health disparities, health access, and healing in the Black community today. Includes interactive class activities and presentations from people in the community as well as the examination of new and traditional approaches to addressing health issues. Representation and space for discussion around personal and community perspectives on historical health disparities in the Black community and ideas for solutions.

Course Attributes:
- UD-D: Social Sciences
- Am. Ethnic & Racial Minorities
- Environmental Sustainability
- Social Justice

AFRS 375 Law and the Black Community (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Contemporary and historical investigations of city, state, and federal laws and how they affect the human rights, self-determination, and survival of the Black community in America. Administration of justice by court, police, security, and legislative agencies.

Course Attributes:
- Calif State & Local Govt
- U.S. Govt CA State Local Govt
- U.S. History
- Am. Ethnic & Racial Minorities
- Social Justice

AFRS 376 Government, the Constitution, and Black Citizens (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Nature and source of constitutional power: federal and state. The interaction between the Supreme Court, Congress, and Presidency. Constitutional issues involving poor and Black citizens. [CSL may be available]

Course Attributes:
- U.S. Govt CA State Local Govt
- U.S. History
- Am. Ethnic & Racial Minorities
- Social Justice

AFRS 382 African American Economic History (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Factors which have historically constrained the economic status of African Americans in the labor market such as industries and occupations and relationships to trade unions. How all of these factors affect the income position of African American families.

AFRS 380 Black Arts and Humanities (Units: 3)
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Creative efforts of Black writers and artists. Values expressed in these works and their relation to African-American culture.

Course Attributes:
- UD-C: Arts and/or Humanities
- Am. Ethnic & Racial Minorities
- Social Justice

AFRS 401 Pan African Black Psychology: A North American, South American, and Caribbean Comparison (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Examination of how the "identity" and "Consciousness" of Afro-Brazilian, African-American, and Haitian people have been complicated and confused by enslavement, westernization, and the imposition of a White Supremacist ideology. Comparison of the similarities and differences between Afro-Brazil, Haitian, and U.S. African American retention.

Course Attributes:
- Am. Ethnic & Racial Minorities

AFRS 411 African and African American Literature (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Literature of Blacks of two continents. Examination of the cultural phenomenon of the critical impact of American Black authors on African writing and perspective.

AFRS 450 African Philosophy and Cosmology (Units: 3)
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Foundations of Black philosophy from ancient Africa to the present. Theories of knowledge and thought within the social and political context.

Course Attributes:
- UD-D: Social Sciences
- Am. Ethnic & Racial Minorities

AFRS 466 Black Lives Matter: Race and Social Movements (Units: 4)
Prerequisites: Successful completion of GE Areas A1, A2, A3, and B4; or consent of the instructor.

Analysis and applications concerning Africana/Black creativity and political strategy. Examinations of Black vanguard movements concerning social status, politics, cultural arts, civic engagement and educational innovations in the US, and explicating the nexus of power, racism, and violence. Solutions-oriented approaches and strategies for social change in terms of leadership, organization, and movements.

Course Attributes:
- UD-D: Social Sciences
- Am. Ethnic & Racial Minorities
- Social Justice
AFRS 515 Black Family Studies (Units: 3)
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Structure, history, and functioning of the Black family. African cultural traditions related to Black family life.

Course Attributes:
- UD-D: Social Sciences
- Am. Ethnic & Racial Minorities
- Environmental Sustainability
- Social Justice

AFRS 516 Research Methods (Units: 3)
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Application of research methods to Black populations and the Black community.

Course Attributes:
- UD-D: Social Sciences
- Social Justice

AFRS 525 Black Child Development (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Analysis of both traditional and innovative theoretical approaches to the study of Black children: areas of cognitive development, socialization, education, personality development, and the social context of childhood.

AFRS 551 Applied Africana Studies (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Supervised fieldwork in community organizations enabling students to apply knowledge gained in classes to the solution of problems and development of the community. Lecture, 2 units; activity, 1 unit.

AFRS 600 Proseminar in Africana Studies (Units: 3)
Prerequisite: Senior standing or consent of the instructor.

Educational, sociological, psychological, political, economic, historical, and cultural aspects of the Black experience, particularly as they pertain to Africana Studies curricula and programs.

AFRS 645 Literature of the Harlem Renaissance (Units: 3)
Prerequisites: Successful completion of GE Areas A1, A2, A3, and B4; AFRS 214 or equivalent; or consent of the instructor.

Reading of Harlem Renaissance writers including Countee Cullen, Nella Larsen, Zora Neale Hurston, and Langston Hughes. Hone reading and analytical writing skills through essays, class discussion, and structured group work.

Course Attributes:
- E1: Lifelong Learning Develop
- UD-C: Arts and/or Humanities
- Am. Ethnic & Racial Minorities
- Global Perspectives
- Social Justice

AFRS 646 Frantz Fanon's Psychology of Violence, Negation, and Liberation (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

A critical discussion of human oppression and liberation. A study of the writings of Frantz Fanon and their use to understand various paradigms of oppression, the psychology of liberations, objectification, and negation, and the psychological value of African-centered thought.

AFRS 660 Civil Rights Movement and Education (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

The civil rights movement and its impact on the education of Black children and youth. Implications of equal access and justice from Brown vs. Board of Education to contemporary issues in urban schools such as desegregation and leadership, historically Black colleges, and educational alternatives.

AFRS 665 Black Journalism (Units: 3)
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

History, social role, function, and organization of print and broadcast journalism in relation to Black Americans. Writing, planning, and publication of papers and magazines. May be repeated for a total of 6 units.

Course Attributes:
- UD-C: Arts and/or Humanities
- Am. Ethnic & Racial Minorities

AFRS 675 Variable Topics in Africana Studies (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Examination of variable issues and topics in Africana studies. Topics to be specified in the Class Schedule. May be repeated for a total of 9 units when topics vary.

AFRS 678 Urban Issues of Black Children and Youth (Units: 3)
Prerequisite: Upper-division standing or consent of the instructor.

Examination of Black children and youth by understanding Black culture and history, behavior patterns, language, attitude, and family backgrounds. The role of education in African American traditions, stressing strategies for attaining excellence in an equitable environment.

AFRS 685 Projects in the Teaching of Africana Studies (Units: 1-4)
Prerequisites: Upper-division standing; consent of the instructor.

Academic service-learning practicum/internship experience as an undergraduate instructional aide. Participation in the teaching of a regular instructionally-related class. Limited to undergraduate students only. (Students may earn a maximum of 4 units toward the baccalaureate degree for any course(s) numbered 685 regardless of discipline.)

AFRS 694 Community Service Learning (Units: 1-3)
Prerequisites: Upper-division standing or consent of the instructor; concurrent enrollment in an AFRS community service learning course.

Community service learning activity course. May be repeated for a total of 6 units. [CSL may be available]
AFRS 699 Independent Study (Units: 1-3)
Prerequisites: Consent of the major adviser, department chair, and instructor.

Supervised, individual study of a particular problem in Africana Studies. The student must state the problem, the method of data gathering, and the method of data analysis. May be repeated for a total of 6 units.

AFRS 705 Seminar in Africana Studies (Units: 3)
Prerequisite: Consent of the instructor.

The historical and intellectual foundation of the Africana Studies discipline: critical knowledge base, cultural grounding, and intellectual orientation. Major philosophical, cultural, political, economic, and social developments and traditions found in African and African American society.