

People Adapt

Human Adaptations

Humans, like other living creatures have adapted over time to their environment. Not all human biological adaptations happen slowly or through natural selection. People have learned how to adapt through cultural and technological advancement as well.



An example of a biological adaptation



Photo Credit: John Paul Schelter

Native members of the Masai tribe in East Africa tend to be tall and slender with long limbs. Researchers say that this type of body provides a lot of surface area to regulate heat.

Physical attributes are not always enough to make humans comfortable in extreme environments; like space for example. Surviving in space takes special clothing and technology.

Think of the loose flowing outfits traditionally worn in warm climates such as India. Or, the warm, layered clothing popular in colder climates like Russia.

An example of a technological adaptation



Researchers in Australia have designed a special wetsuit that mimics the colors of poisonous ocean fish. This feature actually tricks sharks into thinking that the diver is toxic and helps to prevent shark attacks.

Also, think of the cultural tradition of the mid-day nap used as a retreat from the heat of a very hot, humid climate.