

Department of Exercise Science and Health Promotion Summer, Term 2, 2009

Course: HSC 4143 Substance Abuse, Room – GS 117

T/R, 4:45 PM – 7:55 PM,

Instructor: Rosemary Dunbar, Wellness Director, Boca Raton Campus

Office Hours: Today & Beyond Wellness (across from Student Health), SS-222

Monday – Friday, 8:00 AM—5:00 PM or before or after class

Phone: 561-297-3615 or rdunbar@fau.edu (e-mail directly)

Course Description: A study of substance abuse and the major health and wellness issues which result from the misuse of alcohol and other drugs in our society.

Course Objectives:

- To demonstrate an understanding of the nature and scope of substance abuse as a major health and wellness issues for individuals, families and the whole of society.
- To demonstrate an understanding of the pharmacological and behavioral components of the addiction process, the health risks associated with substance abuse, treatment modalities and recovery.
- To understand the role and effectiveness of prevention education as it relates to specific audiences, i.e., children, teens, college students, adults and seniors.
- To identify the signs and symptoms of possible substance abuse and identify methods of treatment, prevention and control.

Course Textbook: Drugs and Society, Tenth Edition, Hanson, Venturelli and Fleckenstein, ISBN-0-7637-3732-1 (New edition of textbook)

Course Content

May 12	Chapters 1	Introduction/ Drugs and Society
May 14	Chapters 2 & 3	Drug Use and Abuse—Regulation and Law
May 19	Chapters 4 & 5	Homeostatic Systems How and Why Drugs Work
May 21	Quiz Chapters 1 - 5 Chapters 6 CNS Depressants	Group project design due
May 26	Chapters 7 and 8 Alcohol	12 Step Report due
May 28	Chapters 9 Narcotics, Eating Disorders	12 Step Meeting Report due
June 2	Mid Term, Chapters 6 - 9 Chapters 10 and 11 Stimulants and Tobacco	
June 4	Chapters 12, 13 and 14 Hallucinogens, Marijuana, Inhalants	

June 9	Quiz Chapters 10 – 14 Chapters 15 and 16, OTC's and Drug Use Subcultures Submit Journal and Summary
June 11	Chapters 17 – 18 Prevention and Treatment
June 16	Group Projects
June 18	Group Projects Final Exam, Chapters 15-18

Course Evaluations

Two Quizzes	100 points
Mid Term	50 points
Final Exam	50 points
Group Oral Presentation	75 points
Attend one 12-Step meeting and write reaction summary	50 points
Research 12-Step concept	50 points
Personal Behavior Modification and Journal	75 points
Attendance	50 points
Total	500 points

Final Grade Total Points

A	435 – 500
A-	410 – 434
B+	390 – 409
B	350 – 389
B-	324 – 349
C+	300 – 323
C	274 – 299
C-	250 – 273
D+	225 – 249
D	200 – 224
D-	150 – 199
F	149/less

Attendance: Since participation and discussion is a major part of the course, attendance is critical. Points will be deducted from the 50 total points, if attendance is problematic.

Make-up Work: All tests must be made-up prior to next class meeting. Exceptions must be requested and approved. Assignments turned in after due dates will receive deducted point grades.

Group Project/Design and Research Phase: Design a prevention education project for a specific target audience (i.e., children, college age students, adults, seniors). Submit outline report which describes the project, what are the objectives, target audiences, desired outcomes and evaluation procedure to be used. **Group design report due May 21** (see outline). Include names of group members.

12-Step Research Paper: Write a 2 page paper describing the 12-Step Program and how it is utilized as part of treatment and recovery. **Cite credible resources used. Due May 26**

Attend a 12-Step Meeting: Write a minimum of a 1 page reaction paper describing your experience at the meeting and evaluate how this process is utilized in treatment and recovery. **Due May 28.**

Group Project Oral Report and Research Paper: Present the project. Usual visuals and be creative. Make this a project which is meaningful to the group and the class and may possibly be used in future work or educational settings. Each group member submits a one page paper citing all resources used what you learned about the topic and what you did to develop and present your portion of the project. Explain how this presentation can be useful in the future. **Due June 16 or June 18.**

Personal Behavioral Modification Journal and Summary: (Will be explained in detail). Select some behavior you wish to change or improve. Follow the plan suggestions as far as objective and outcomes. **Record your progress daily.** Summarize your process and progress over the week period in a one page summary paper. Turn in paper and daily journal on **June 9.**

Helpful websites: National Institute on Drug Abuse www.drugabuse.gov
Drug Enforcement Administration www.DEA.GOV

Special Accommodations

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Ration – SU 133 (561-297-3880), in Davie – MOD I (954-236-1222), in Jupiter – SR 117 (561-799-8585), or at the Treasure Coast – CO 128 (772-873-3305), and follow all OSD procedures.

Honor Code

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high values on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonest. For more information, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.