**George Mason University**

School of Recreation Health & Tourism

College of Education & Human Development

**Health 310-002**

**Fall 2009**

**Day/Time**: T R 1:30-2:45 PM **Class Location:** T 121

**Professor:** Peggy Stull, M.Ed. **E-mail address**: pstull@gmu.edu

**Office:** 703-993-3535 **Office Hours:** 9-1 pm T R

**Fax:** 703-246-8997 **Office Location:**

4260 Chain Bridge Rd Suite A-6

**Prerequisites**: None

**Course Description**

Analysis of the distinctive characteristics of drug use, misuse and abuse. Emphasis is placed on the positive aspects of drug use as well as alternatives to drug misuse and abuse. Alcohol and nicotine will be covered as they take their respective places in the pharmacological classification of drugs

**Course Objectives**

At the completion of this course students should be able to:

* Understand how drugs and alcohol work on the human body, including an appreciation of the addiction process.
* Identify the nature and extent of drug and alcohol problems in the American culture.
* Understand a variety of alternatives to drug use.
* Assess social problems resulting from inappropriate drug use.
* Specify positive approaches by a variety of societal groups for addressing drug abuse.
* Provide insight regarding causes for individual and societal abuse of drugs and alcohol.
* Describe the variety of components included in the continuum of care.
* Critically evaluate misconceptions, beliefs and information on drugs in order to establish a sound basis for personal action.

**Course Overview**

The breadth of content for this course is complemented by the range of approaches incorporated. Classes will be held with a variety of methodologies, including lecture, discussion, small group work, reading reactions, and large group interaction. The assignments include a range of approaches, including reading current resources, attending group meetings, and preparing critical thinking and reaction papers. Examinations address reading assignments and class content. Participation in all aspects of the course-attendance, active participation in class discussions, and completion of all assignments-is expected to gain the breadth of content and achieve course objectives.

**Required Readings**

**Textbook:**

Hanson, G., Venturelli, P., Fleckenstein, A., (2009). Drugs and Society, (10th edition). MA: Jones & Bartlett

**Evaluation**

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| Grading Scale: |
| 341-350 = A+ 325-340 = A 315-324 = A- |
| 305-314 = B+ 289-304 = B 279-288 = B- |
| 269-278 = C+ 253-268 = C 243-252 = C- |
| 225-242 = D < 225 = F |

**Grading:**

**Opinion Papers 75 points**

**Support/Self-Help Paper 30 points**

**Rx Report 75 points**

**Presentation 30 points**

**Exams 120 points**

**Participation 20 points**

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**Total 350 points**

**Requirements**

**Opinion Papers** (3) @ 25 points each

These papers (1-2 pages double-spaced) address controversial issues in drug use and abuse. Students will be asked to respond to an article and support their opinion with research. Articles will be provided to students 2 weeks prior to assignment due date.

**Rx Report** (1) @ 75 points

Each student will select a psychotropic drug (any drug capable of affecting the mind, emotions, and behavior) and assess its pharmacological, psychological, political and social benefits versus liability. Each paper should be 6-8 pages (APA format) with at least 3 peer reviewed references. The paper should address:

* History of the drug
* Problem in society concerning this drug
* Issues surrounding drug
* How does the drug work
* Adverse health effects of the drug
* What is being done to combat adverse health effects
* Current treatments for addiction and their effectiveness
* Recommendation for prevention/education for the drug

**Presentations** (1) @ 30 points

Students in the class will be divided into two groups to investigate prevention and treatment options of drug use and abuse. Presentations will be a blend of each student's individual research and the group will provide overall recommendations.

**Prevention:** Students will examine both primary and secondary forms of prevention for alcohol, tobacco, inhalants, narcotics etc., and provide an overview of current trends in drug prevention. Presentations should address who is the target audience; prevention model (school or community), effectiveness of prevention methods and how they are funded and evaluated. Examples of good and bad prevention methods may be shared and overall group recommendations. Date of presentations - December 3rd.

**Treatment:** Students will examine current treatment options for addictions to such drugs as alcohol, tobacco, heroin, etc., and their effectiveness. What are examples of long and short term programs, in-patient or out-patient treatment options or individual or group programs? Examples of good and bad treatment methods may be shared and overall group recommendations. Date of presentations - December 8th.

**Exams** (2) @ 60 points each

Exams will include multiple choices, true/false and short answer questions.

Midterm – Chapters 1-10 Date of exam October 20th

Final - Chapter 11-18 Date of exam December 17th

**Support/Self-Help Group Meeting and Paper** (1) @ 30 points

Attend one *open* support or self-help group meetings (e.g., AA, NA, ACOA, AlAnon or similar meetings) that you have not attended previously. Prepare a (2 page) paper that summarizes the following five items, with particular attention to items (c) and (d):

1. the meeting (its themes, the attendees, how you learned about the meeting’s location)
2. your observations
3. your thoughts about what happened in the meeting
4. the ways in which the meeting affected your feelings
5. any questions you have

**Class Participation** @ 20 points

Attendance at class sessions is critical for a thorough understanding of course material. Class participation is based on engagement in class discussions, preparation with readings and assignments, and questions. Course testing encompasses readings, assignments, and classroom discussions.

Participation: You are expected to come to class prepared and to participate fully in class activities.

* **Readings should be completed by the date they are listed on the syllabus calendar.**

Late work/make-up exam policy:

Assignments are due by the end of class on dates assigned. Assignments received late will receive 5 point reduction for each class meeting late. Assignments will be accepted by e-mail by the end of the class due date.

Make-up exams: In order to schedule a make-up exam, you must see me in **advance** for permission to make up an exam or take it at a different time.

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| RHT%20Logo | * All students are held to the standards of the George Mason University Honor Code [See http://www.gmu.edu/catalog/apolicies/#Anchor12] * University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor * Students with disabilities who seek accommodations in a course must be registered with the Disability Resource Center (DRC) and inform the instructor, in writing, at the beginning of the semester [See www.gmu.edu/student/drc]   For additional School of Recreation, Health, and Tourism information, please visit the website at http://rht.gmu.edu |

**Class Schedule**

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| DATE | TOPIC | READING ASSIGNMENT | ASSIGNMENT DUE |
| September 1, 2009 | Introduction & Overview |  |  |
| September 3, 2009 | Scope of the Problem | Chapter 1 |  |
| September 8, 2009 | Addiction | Chapter 2 |  |
| September 10, 2009 | Drug Regulation | Chapter 3 |  |
| September 15, 2009 | Brain Health | Chapter 4 |  |
| September 17, 2009 | In-Class Movie Part 1  Hooked: Illegal Drugs and How They Got That Way |  | Opinion Paper # 1 due |
| September 22, 2009 | Drug Properties | Chapter 5 |  |
| September 24, 2009 | CNS Depressants | Chapter 6 |  |
| September 29, 2009 | Alcohol: Pharmacological Effects | Chapter 7 |  |
| October 1, 2009 | In-Class Movie:  The Making of a Hangover |  | Opinion Paper # 2 due |
| October 6, 2009 | Alcohol: Behavioral Effects | Chapter 8 |  |
| October 8, 2009 | Narcotics (Opioids) | Chapter 9 |  |
| October 13, 2009 | **NO CLASS** |  |  |
| October 15, 2009 | Stimulants | Chapter 10 |  |
| October 20, 2009 | **MID-TERM EXAM** |  |  |
| October 22, 2009 | Hallucinogens (Psychedelics) | Chapter 12 |  |
| October 27, 2009 | In-Class Movie: Part 2  Hooked: Illegal Drugs and How They Got That Way |  | Opinion Paper # 3 due |
| October 29, 2009 | Marijuana | Chapter 13 |  |
| November 3, 2009 | Tobacco | Chapter 11 |  |
| November 5, 2009 | Inhalants | Chapter 14 |  |
| November 10, 2009 | Over-the-counter (OTC) | Chapter 15 |  |
| November 12, 2009 | Prescription Drugs |  | Self-help paper due |
| November 17, 2009 | Subcultures: Drug Use | Chapter 16 |  |
| November 19, 2009 | In-class small groups |  |  |
| November 24, 2007 | In-Class Movie:  Intervention |  | Rx Report due |
| November 26, 2007 | Thanksgiving Break:  **NO CLASS** |  |  |
| December 1, 2009 | Drug Abuse Prevention | Chapter 17 |  |
| December 3, 2009 | Prevention Presentations |  |  |
| December 8, 2009 | Drug Abuse Treatment | Chapter 18 |  |
| December 11, 2009 | Treatment Presentations |  |  |
| December 17, 2009 | **FINAL EXAM** |  |  |

\* Note: Faculty reserves the right to alter the schedule as necessary