GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

HEAL 310 – Drugs and Health (3)  
Fall 2012

DAY/TIME: MW 1:30 – 2:45 p.m.  
LOCATION: Innovation Hall  215G

PROFESSOR: David S. Anderson, Ph.D.  
EMAIL ADDRESS: danderso@gmu.edu

OFFICE LOCATION: 109 Kellar Annex II  
10396 Democracy Lane

OFFICE HOURS: 8:30–4:30 most weekdays  
Call or email for appt.

PREREQUISITES: None

COURSE DESCRIPTION:
Analyzes drug use, with emphasis on positive aspects, and presents alternatives to drug misuse and abuse.

COURSE OBJECTIVES:
At the completion of this course students should be able to:
1. Understand how drugs and alcohol work on the human body, including an appreciation of the addiction process.
2. Identify the nature and extent of drug and alcohol problems in the American culture.
3. Understand a variety of alternatives to drug use.
4. Assess social problems resulting from inappropriate drug use.
5. Specify positive approaches by a variety of societal groups for addressing drug abuse.
6. Provide insight regarding causes for individual and societal abuse of drugs and alcohol.
7. Describe the variety of components included in the continuum of care.
8. 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 reflection 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. Readings and assignments are due on the specified date in the syllabus.

REQUIRED READINGS:
NATURE OF COURSE DELIVERY:  Face to face

EVALUATION AND GRADING SCALE:  This course is graded on a point system, with a total of 350 possible points.

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<th>Grade</th>
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<tr>
<td>A</td>
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REQUIREMENTS:

- Critical Thinking Papers (3) 30 points
- Alcohol 101 Plus Paper 15 points
- Community Support/Self-Help Group Meetings & Paper 35 points
- Future Strategies Paper 30 points
- Reflection Summaries (5) 25 points
- Additional Assignments / Quizzes (as needed) 20 points
- Class Participation and Class Activities 30 points
- Mid-Term Exam 65 points
- Final Exam 100 points

Participation and Attendance:
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. Exams encompass readings, assignments, and discussions.

Critical Thinking Papers: (3 papers)
Write a critical thinking paper on a substantive article on a drug- or alcohol-related topic (same or different topics). Each paper should be from a different source: a professional journal (print version in the library), a newspaper/magazine, and a government or trade publication. Each paper should be one-page, single-spaced and include five sections, clearly identified with headings: (1) Title and Reference; (2) Summary; (3) Messages and Audiences; (4) Critique; and (5) Personal Reaction.

Alcohol 101 Plus Paper:
Using “Alcohol 101 Plus” [alcohol101plus.org], prepare a 3- to 4-page paper with the CTP outline. However, focus primarily on the critique and add a section with recommendations for improvement.

Community Support/Self-Help Group Meetings:
Attend two open support or self-help group meetings (e.g., AA, NA, ACOA, AlAnon or similar meetings) that you have not attended previously. Prepare a 4-6 page single-spaced paper that summarizes the following items, with particular attention to (c) and (d): (a) themes, attendees, location, publicity; (b) observations; (c) thoughts about what happened; (d) ways in which the meetings affected your feelings, and (e) questions or other observations.

Future Strategies Paper:
Prepare a 5-10 page single-spaced paper focused on future strategies with drug and/or alcohol issues. Identify an area of need and describe specific strategies that could be implemented to better address this. Include the following in your paper: (a) The need – why this is a need or gap; clearly define the audience/group; (b) Current approach(es), and why they are not sufficient; (c) Recommended strategy/strategies – be creative and innovative; (d) Resources to implement the strategy; and (e) Challenges, obstacles and other considerations. Include references and sources.

Note: Papers are due on the scheduled date; those received late are subject to point reduction.
SCHEDULE OF TOPICS AND ASSIGNMENTS

August 27  Introduction and Overview  
August 29  Motivations for Use, Classifications & Terms

LABOR DAY
September 5  Principles, Properties, Brain Health, Addiction

September 10  Societal Context and Historical Perspectives  
September 12  Depressants

September 17  Alcohol  
September 19  Alcohol

September 24  Alcohol  
September 26  Campus Resources

October 1  Narcotics  
October 3  Stimulants

FALL BREAK
October 9  Stimulants  
October 10  Hallucinogens

October 15  Mid-Term Exam  
October 17  Marijuana

October 22  Marijuana  
October 24  Tobacco

October 29  Tobacco / Inhalants / OTC Drugs  
October 31  Addiction: “What” and “Why”

November 5  Intervention and EAPs  
November 7  Treatment and Recovery

November 12  Family and COA Issues  
November 14  Prevention and Education

November 19  School and Community Strategies

THANKSGIVING BREAK
November 26  Higher Education Strategies  
November 28  Strategic Planning

December 3  Health Communication  
December 5  Future Strategies / Wrap-Up

December 12  Final Exam
**Student Expectations**

- Students must adhere to the guidelines of the George Mason University Honor Code [See http://academicintegrity.gmu.edu/honorcode/].

- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See http://ods.gmu.edu/].

- Students must follow the university policy for Responsible Use of Computing [See http://universitypolicy.gmu.edu/1301gen.html].

- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.

- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

- Students are expected to exhibit professional behaviors and dispositions at all times.

**Campus Resources**

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students’ personal experience and academic performance [See http://caps.gmu.edu/].

- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See http://writingcenter.gmu.edu/].

- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See http://rht.gmu.edu].

**CORE VALUES COMMITMENT:** The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.