

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health and Tourism**  
**College of Education and Human Development**

**HEAL 310—Drugs and Health (3)**  
Spring, 2010

<b>DAY/TIME:</b>	MW 1:30 – 2:45 PM	<b>LOCATION:</b>	FINE ARTS 108
<b>PROFESSOR:</b>	David S. Anderson, Ph.D.		
<b>OFFICE LOCATION:</b>	4260 CHAIN BRIDGE ROAD A-6	<b>OFFICE HOURS:</b>	8:30 - 4:30 MON-THURS; CALL FOR APPT
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<b>PREREQUISITES:</b>	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:

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:**

Textbook: Hanson, Glen; Venturelli, Peter; and Fleckenstein, Annette Drugs and Society 10<sup>th</sup> Edition 2009

Additional readings include:

Monitoring the Future results [www.monitoringthefuture.org]

Tenth Special Report to U.S. Congress on Alcohol and Health; U.S. Dept. of Health & Hum. Services, 2000

National Drug Control Strategy; Office of National Drug Control Policy 2008

Promising Practices: Campus Alcohol Strategies Sourcebook (2001); Action Planner (2000)

George Mason University [www.promprac.gmu.edu]

COMPASS: A Roadmap to Healthy Living George Mason University [www.compass.gmu.edu]

<b>EVALUATION:</b>	<b>Grading Scale:</b>	320-350 = A	310-319 = A-
		300-309 = B+	280-299 = B
		260-269 = C+	270-279 = B-
			220-229 = C-
			190-219 = D

## **Requirements:**

Critical Thinking Papers (4)	40 points
Alcohol 101 Plus CD-ROM Paper	15 points
Community Support/Self-Help Group Meetings & Paper	35 points
Future Strategies or Controversy Paper	30 points
Quizzes/Additional Assignments (as needed)	30 points
Class Participation	25 points
Mid-Term Exam	75 points
Final Exam	100 points

## **Critical Thinking Papers:**

Please prepare four critical thinking papers for different published articles. Each article must address a drug- or alcohol-related topic; papers may be on the same or different topics. To demonstrate familiarity with a variety of sources, the following sources must be used, one for each paper: a print version of a professional journal in the library, a newspaper/magazine, a government publication, and a trade publication. Each paper should be one-page, single-spaced and include five sections, *clearly identified with headings*: (1) Title and Reference; (2) Summary Abstract; (3) Messages and Audiences; (4) Critique; and (5) Personal Reaction.

## **Alcohol 101 Plus CD-ROM Paper:**

Using the CD-ROM entitled “Alcohol 101 Plus” available on loan, prepare a 3- to 4-page paper that follows the outline of the Critical Thinking Paper. Pay particular attention to the critique of this resource, making clear any 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 paper that summarizes the following five items, with particular attention to items (c) and (d): (a) the meeting (its themes, the attendees, how you learned about the meeting’s location); (b) your observations; (c) your thoughts about what happened in the meetings; (d) the ways in which the meetings affected your feelings, and (e) any questions you have.

## **Future Strategies Paper or Controversy Paper:**

Prepare a 5-10 page paper focused on future strategies or a current controversy in the drug/alcohol field.

**\*\*For the *Future Strategies Paper*, identify an area of need and prepare a paper that describes specific strategies that could be implemented to better address this need. The focus of this paper/project is on specific strategies and approaches that might better address the issue. Include the following elements in your paper:** (a) The need – why this is a need or gap; clearly define the audience/group; (b) Current approach(es) to address this need, 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, especially for sections (a) and (b).

**\*\*For the *Controversy Paper*, address an issue/topic for which ‘sides’ clearly exist; it is recommended the topic chosen be reviewed prior to proceeding. The paper should include references and be organized with the following labeled sections:** (a) Statement of the controversy (one sentence); (b) Why the issue is a controversy (one sentence); (c) Discussion (elaboration of the sides of the controversy); (d) Implications (how decisions for each side will result in different outcomes); and (e) Recommendations (your resolution of the controversy).

## **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. Course testing encompasses readings, assignments, and classroom discussions. Portions of the Quizzes / Additional Assignments grade not used will have allocated points reassigned to the participation portion of the grade.

***Note: Papers are due on the scheduled date; those received late are subject to point reduction.***

## SCHEDULE OF TOPICS AND ASSIGNMENTS

January 20	Introduction and Overview; Societal Context		
January 25	Scope of the Problem; Motivations for Use	Chapter 1, Monitoring the Future Data	
January 27	Historical Perspectives		
February 1	Drug Classifications/Terms/Addiction Overview	Chapters 2, 3	<i>CTP #1 Due</i>
February 3	Brain Health, Drug Principles, Drug Properties	Chapters 4, 5	
February 8	Depressants	Chapter 6	
February 10	Depressants		<i>CTP #2 Due</i>
February 15	Alcohol	Chapter 7	
February 17	Alcohol	Chapter 8	<i>Alcohol 101 Plus Paper Due</i>
February 22	Narcotics	Chapter 9	
February 24	Narcotics		<i>CTP #3 Due</i>
March 1	Stimulants	Chapter 10	
March 3	Mid-Term Exam		
<b>March 6-14</b>	<b>SPRING BREAK</b>		
March 15	Hallucinogens	Chapter 12	
March 17	Marijuana	Chapter 13	
March 22	Marijuana		<i>CTP #4 Due</i>
March 24	Tobacco	Chapter 11	
March 29	Tobacco		
March 31	Inhalants / Over the Counter Drugs	Chapters 14, 15	
April 5	Addiction: "What" and "Why"	Chapter 2	<i>CS/SHG Paper Due</i>
April 7	Intervention and EAPs		
April 12	Treatment and Recovery	Chapter 18	
April 14	Family and COA Issues		
April 19	Prevention and Education	Chapter 3	<i>Future Strategies/Contr. Paper Due</i>
April 21	College Strategies	PP: CAS Sourcebook	
April 26	Community and School-Based Strategies	Chapter 17	
April 28	Health Communication / Strategic Planning	Chapter 16 / Action Planner	
May 3	Wrap-Up and Review		



- ❖ 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](http://www.gmu.edu/student/drc)]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>