



**HHPH 265.01W: Substance Use and Abuse**  
**COURSE SYLLABUS: SPRING 2016**

**Instructor:** Ruth Beelitz, MS, CSCS, CI-CPT-Ad-Interim Instructor

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<p><b>COURSE INFORMATION</b></p>
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**Materials – Textbooks, Readings, Supplementary Readings.**

*Textbook Required:* Hanson, G., Venturelli, P. & Fleckenstein, A. (2015). *Drugs and society* (12<sup>th</sup> ed.). Jones & Bartlett. Boston.

APA RESOURCE: Purdue Online Writing Lab: <http://owl.english.purdue.edu/owl/resource/560/01/>

**Course Description.** This course is designed to examine the physiological and sociological effects of drugs and other harmful substances. Legal and ethical implications will also be considered.

**Student Learning Outcomes.**

By the end of the course, the successful student should be able to:

1. Examine current scientific information concerning the relationship between drugs and mental and physical health as well as risk-taking behavior.
2. Identify reasons to initiate drug use and why individuals choose to continue using drugs.
3. Explore how dependence occurs, the treatment necessary to break dependence, and how dependence might have been prevented.
4. Survey the historical influence on the drug-oriented society and its bearing on personal drug behavior to include laws that arise related to substance use, misuse, and abuse.
5. Identify alternative highs to drug use highs and how they relate to healthy attitudes and behaviors.
6. Identify factors and examine issues in making responsible choices about drugs (e.g. decision-making, refusal skills).
7. Make a distinction between over-the-counter (OTC) medications, prescription medications, alcohol, tobacco, and a number of illegal drugs.

## COURSE REQUIREMENTS

### Instructional / Methods / Activities Assessments

We will review many legal and illegal substances commonly used and abused. Activities include discussions of timely topics, application of knowledge through quizzes and exams, and a review of the literature on a substance use and abuse topic.

### Assignment 1: Quizzes (12 quizzes at 20–50 points each = 400 points)

#### Student Learning Outcomes #1, #2, #3, #4, #5, #6, and #7

1. *Examine current scientific information concerning the relationship between drugs and mental and physical health as well as risk-taking behavior.*
2. *Identify reasons to initiate drug use and why individuals choose to continue using drugs.*
3. *Explore how dependence occurs, the treatment necessary to break dependence, and how dependence might have been prevented.*
4. *Survey the historical influence on the drug-oriented society and its bearing on personal drug behavior to include laws that arise related to substance use, misuse, and abuse.*
5. *Identify alternative highs to drug use highs and how they relate to healthy attitudes and behaviors.*
6. *Identify factors and examine issues in making responsible choices about drugs (e.g. decision-making, refusal skills).*
7. *Make a distinction between over-the-counter (OTC) medications, prescription medications, alcohol, tobacco, and a number of illegal drugs.*

You will take 12 quizzes over material presented in assigned readings (i.e. websites and articles); the chapters of the book; and lectures. Each quiz will be timed and must be completed within the assigned time frame. The purpose of the quizzes is to ensure that you have the basic knowledge to perform other activities in class such as discussing, researching, and writing about a variety of substances and issues related to them.

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### Assignment 2: Discussions (10 discussions at 20 points = 200 points)

#### Student Learning Outcomes #1, #2, #3, #4, #5, #6, and #7

1. *Examine current scientific information concerning the relationship between drugs and mental and physical health as well as risk-taking behavior.*
2. *Identify reasons to initiate drug use and why individuals choose to continue using drugs.*
3. *Explore how dependence occurs, the treatment necessary to break dependence, and how dependence might have been prevented.*
4. *Survey the historical influence on the drug-oriented society and its bearing on personal drug behavior to include laws that arise related to substance use, misuse, and abuse.*
5. *Identify alternative highs to drug use highs and how they relate to healthy attitudes and behaviors.*
6. *Identify factors and examine issues in making responsible choices about drugs (e.g. decision-making, refusal skills).*

7. *Make a distinction between over-the-counter (OTC) medications, prescription medications, alcohol, tobacco, and a number of illegal drugs.*

Ten discussions will take place during the term. You must participate in **all 10**. You should also post a **minimum of 3 posts per discussion thread**: one initial post answering the question and two response posts to your fellow classmates that further the discussion. All answers should be “backed up” with documentation. **Be sure to cite your references in APA format.** The minimum word requirement is 150 words for your initial post and 75 words for your response posts.

Grade Earned	Discussion Rubric: Evaluation Criteria	Points Awarded
A	<ul style="list-style-type: none"> <li>Participates with the required number of on-topic postings of required length (150-75 words minimum). Initial response plus at least two additional posts.</li> <li>Consistently uses Standard American English with rare misspellings.</li> <li>Frequently attempts to motivate the group discussion by asking questions (related to initial discussion question) that further the discussion.</li> <li>Accurately cites accurate information in APA format</li> <li>Provides outside references (that support discussion material) as well as the book in APA format at the end of each post</li> </ul>	90-100% 18 - 20 points
B	<ul style="list-style-type: none"> <li>Participates with the required number of on-topic postings of required length</li> <li>Postings reflect the reading and some outside source material but may not be accurately cited.</li> <li>Consistently uses Standard American English with rare misspellings</li> <li>Comments are logical and reflect critical thinking</li> <li>Provides outside references (that support discussion material) as well as the book in APA format at the end of each post</li> </ul>	80-89% 16 - 17.9 points
C	<ul style="list-style-type: none"> <li>Participates with the required number of on-topic postings of required length</li> <li>Participates, but does not further the discussion by asking other questions related to discussion question.</li> <li>Minimal grammatical or spelling errors are noted in posts</li> <li>Opinions and ideas are stated clearly</li> <li>Provides references (that support discussion material) as well as the book at the end of most posts</li> </ul>	70-79% 14 - 15.9 points
D	<ul style="list-style-type: none"> <li>Participates with the required number of on-topic postings</li> <li>Significant errors in spelling and/or grammar</li> <li>Occasionally posts off topic</li> <li>Posts do not meet length requirements</li> <li>Provides references that support discussion material</li> </ul>	60-69% 12 - 13.9 points
F	<ul style="list-style-type: none"> <li>Does not meet the required number of posts</li> </ul>	<60%

	<ul style="list-style-type: none"> <li>• Poor spelling and grammar appear in most posts</li> <li>• Posts topics which do not relate to the discussion content</li> <li>• Postings may have inaccurate information</li> <li>• Did not provide references</li> </ul>	0 – 11.9 points
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**Assignment 3: Exams** (1 mid-term and 1 final exam at 100 points each = 200 points)

Two exams will be administered throughout the semester, covering all information covered in class work, quizzes, discussions, and the book.

***Student Learning Outcomes #1, #2, #3, #4, #5, #6, and #7***

1. *Examine current scientific information concerning the relationship between drugs and mental and physical health as well as risk-taking behavior.*
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3. *Explore how dependence occurs, the treatment necessary to break dependence, and how dependence might have been prevented.*
4. *Survey the historical influence on the drug-oriented society and its bearing on personal drug behavior to include laws that arise related to substance use, misuse, and abuse.*
5. *Identify alternative highs to drug use highs and how they relate to healthy attitudes and behaviors.*
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7. *Make a distinction between over-the-counter (OTC) medications, prescription medications, alcohol, tobacco, and a number of illegal drugs.*

**Assignment 4: Research Paper** (1 Research Paper @ 200 points)

***Student Learning Outcome #1, #2, #3, and #7***

1. *Examine current scientific information concerning the relationship between drugs and mental and physical health as well as risk-taking behavior.*
2. *Identify reasons to initiate drug use and why individuals choose to continue using drugs.*
3. *Explore how dependence occurs, the treatment necessary to break dependence, and how dependence might have been prevented.*
7. *Make a distinction between over-the-counter (OTC) medications, prescription medications, alcohol, tobacco, and a number of illegal drugs.*

The purpose of this project is for students to explore one of today's major substance abuse problems. The instructor must approve the topic for its relevancy and also so that other students will not duplicate it.

**Possible topics** include the following: Diagnosis and Treatment of Addiction; Athletes and Drug Abuse (Steroids); Drug Abuse and Psychiatric Disorders; Fetal Alcohol Syndrome; Alcohol and the College Student; Narcotics; Stimulants; Tobacco Use and Health Problems; Drugs, Sex, and Violence; Marijuana; Inhalants; OTC Drugs; Herbal Drugs; Women and Drugs; Drugs and the Older Adult; Drugs and Children; Drug Abuse Prevention (**This is not an all-inclusive list.** You may create your own topic, with instructor approval.)

**Guidelines for this paper are as follows.**

- 4 – 5 pages (actual writing not including the cover page, references, etc.). Research paper should be written in your own words and should be based on fact and current research. **No opinions should be used.**
- APA format (one-inch margins; Times New Roman 12 pt font; last name and year of reference used should be cited at end of each paragraph)
- At least 5 references (at least 3 of them current (2009 – 2015), **professional, refereed journal articles**). A **bibliography page** of the references will need to be attached to the end of the research paper.

**NOTE:** Each student should have a separate topic. (If you have a topic in mind, please let the instructor know ASAP.)

Grade Earned	Research Paper: Evaluation Criteria	Points Awarded
A	<ul style="list-style-type: none"> <li>• Chose a topic that was approved by the instructor.</li> <li>• Paper is 4-5 pages, with cover page and references on additional pages.</li> <li>• Paper is factual, written in professional language in the student’s own words. Direct quotes are less than 5% of the total paper.</li> <li>• Student uses at least 5 references (at least 3 of them current (2009 – 2015), professional, refereed journal articles).</li> <li>• Presented in a professional manner using APA format throughout and in Reference Section.</li> <li>• Consistently uses Standard American English with rare misspellings.</li> <li>• Paper contains no plagiarism.</li> </ul>	<p>90-100%</p> <p>180 – 200 points</p>
B	<ul style="list-style-type: none"> <li>• Chose a topic that was approved by the instructor.</li> <li>• Paper is 4-5 pages, with cover page and references on additional pages.</li> <li>• Paper is mostly factual, written in professional language in the student’s own words. Direct quotes are less than 10% of the total paper.</li> <li>• Student uses at least 4 references (at least 3 of them current, professional, refereed journal articles.)</li> <li>• Presented in a professional manner primarily using APA format throughout and in Reference Section.</li> </ul>	<p>80-89%</p> <p>160 – 179.9 points</p>

	<ul style="list-style-type: none"> <li>Consistently uses Standard American English with rare misspellings.</li> <li>Paper contains no plagiarism.</li> </ul>	
<b>C</b>	<ul style="list-style-type: none"> <li>Chose a topic that was approved by the instructor.</li> <li>Paper is 4-5 pages, with cover page and references on additional pages.</li> <li>Paper is mostly factual, written in professional language in the student's own words. Direct quotes are less than 15% of the total paper.</li> <li>Student uses at least 3 references (at least 2 of them current, professional, refereed journal articles.)</li> <li>Presented in a professional manner primarily using APA format throughout and in Reference Section.</li> <li>Consistently uses Standard American English with some misspellings.</li> <li>Paper contains no plagiarism.</li> </ul>	70-79% 140 – 159.9 points
<b>D</b>	<ul style="list-style-type: none"> <li>Chose a topic that was approved by the instructor.</li> <li>Paper is less than 4 pages, with cover page and references on additional pages.</li> <li>Paper is mostly factual, written in professional language in the student's own words. Direct quotes are less than 15% of the total paper.</li> <li>Student uses at least 3 references</li> <li>Not presented in a professional manner using APA format throughout and in Reference Section.</li> <li>Consistently uses Standard American English with some misspellings.</li> <li>Paper contains no plagiarism.</li> </ul>	60-69% 120 – 139.9 points
<b>F</b>	<ul style="list-style-type: none"> <li>Student may or may not have chosen a topic that was approved by the instructor.</li> <li>Paper is less than 4 pages, with cover page and references on additional pages.</li> <li>Paper may be somewhat factual, but is not written in professional language in the student's own words. Direct quotes are more than 15% of the total paper.</li> <li>Student does not use at least 5 references.</li> <li>Not presented in a professional manner using APA format throughout and in Reference Section.</li> <li>Consistently uses Standard American English with misspellings.</li> <li>Paper may contain plagiarism.</li> </ul>	<60% 0 – 119.9 points

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### Grading

Assignment 1. Chapter Quizzes	400 points (40%)
Assignment 2. Discussions	200 points (20%)
Assignment 3. Exams	200 points (20%)
Assignment 4. Research Paper	200 points (20%)
<b>TOTAL</b>	<b>1000 POINTS (100%)</b>

### Grade Scale.

900 - 1000 = A

600 - 699 = D

800 - 899 = B

0 - 599 = F

700 - 799 = C

## TECHNOLOGY REQUIREMENTS

The following information on technological requirements has been provided to assist you in preparing to use technology successfully in this course. You should have access to a computer with:

- Internet access/connection – high speed recommended (not dial-up)
- Microsoft Office (more specifically, MS Word and PowerPoint)

You also have access to a personal MyLeo account and a **MyLeo email address**. This is the email address that I will use to send you information regarding this course. Please check it regularly, and be sure to send me emails from this address, also.

## ACCESS AND NAVIGATION

This course will be facilitated using eCollege, the Learning Management System used by Texas A&M University-Commerce. To get started with the course, go to: <https://leo.tamuc.edu/login.aspx>. You will need your CWID and password to log in to the course. If you do not know your CWID or have forgotten your password, contact Technology Services at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

## COMMUNICATION AND SUPPORT

### **Interaction with Instructor Statement.**

The best way to reach me is via email ([ruth.beelitz@tamuc.edu](mailto:ruth.beelitz@tamuc.edu)) as I check it frequently. I will reply within 24 hours to your MyLeo email address. Please be courteous and professional in all of your interactions with me and fellow students.

### ***eCollege Student Technical Support***

Texas A&M University-Commerce provides students technical support in the use of eCollege. The student help desk may be reached by the following means 24 hours a day, seven days a week.

- **Chat Support.** Click on *'Live Support'* on the tool bar within your course to chat with an eCollege Representative.
- **Phone.** 1-866-656-5511 (Toll Free) to speak with eCollege Technical Support Representative.
- **Email.** [helpdesk@online.tamuc.org](mailto:helpdesk@online.tamuc.org) to initiate a support request with eCollege Technical Support Representative.

- **Help.** Click on the *Help*'button on the toolbar for information regarding working with eCollege (i.e. How to submit to Dropbox, How to post to Discussions etc...)

<b>COURSE AND UNIVERSITY PROCEDURES/POLICIES</b>
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### **Course Specific Procedures.**

#### ***Attendance***

Please see course itinerary for due dates on all assignments. **NO LATE ASSIGNMENTS WILL BE ACCEPTED.**

#### ***Academic Honesty Policy***

Texas A&M University–Commerce does not tolerate **plagiarism** and other forms of academic **dishonesty**. Conduct that violates generally accepted standards of academic honesty is defined as academic dishonesty. "Academic dishonesty" includes, but is not limited to, plagiarism (the appropriation or stealing of the ideas or words of another and passing them off as one's own), cheating on exams or other course assignments, collusion (the unauthorized collaboration with others in preparing course assignments), and abuse (destruction, defacing, or removal) of resource material. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. For more information, please go to <http://www.plagiarism.org/>. **If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.**

### **University Specific Procedures.**

#### ***ADA Statement for Students with Disabilities***

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

**Office of Student Disability Resources and Services**

**Texas A&M University–Commerce**

**Gege Library 132**

**Phone (903) 886-5150 or (903) 886-5835**

**Fax (903) 468-8148**

**[StudentDisabilityServices@tamuc.edu](mailto:StudentDisabilityServices@tamuc.edu)**

#### ***Student Conduct***

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).