

Health & Human Performance, East Texas A&M University

Spring 2025

HHPH 1364 01W Substance Use & Abuse

January 13, 2025 – May 9, 2025

COURSE LOCATION: Online
INSTRUCTOR: Lauren Rhodes
OFFICE: NHS 136
OFFICE HOURS: By appointment
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E-MAIL: Lauren.Rhodes@tamuc.edu (preferred method of communication)
REQUIRED TEXT: Hanson, G. & Venturelli, P. (2022). Drugs and society (14th ed.). Jones & Bartlett: Boston.
ISBN: 9781284197853

****Inclusive Access Available for this text: Instructions will be given the first week of class***

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.

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

Assignment 1: Quizzes

(12 quizzes at 25 points each = 300 points)

You will take 15 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 **(Check your course calendar for due dates)**. 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.

Assignment 2: Reflections

(4 discussions at 40 points = 160 points)

There will be four reflection assignments throughout the semester, each worth 40 points. These assignments are intended to assess your understanding and engagement with the assigned chapter readings. All reflections must be your own original work and should demonstrate critical thinking and personal interpretation of the material.

Guidelines:

- Each reflection should be based on the assigned chapter reading.
- Submit your reflection as a Word document.
- Each reflection should be at least one full page in length.
- Use 12-point font, double spacing, and standard 1-inch margins.
- At the top of the document, include only your first and last name followed by the reflection assignment number (e.g., "FirstName LastName, Reflection #1").

Assignment 3: Exams (1 mid-term (100 points) and 1 final exam (150 points))

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

Grading

Assignment 1: Chapter Quizzes	300 points
Assignment 2: Reflections	160 points
Assignment 3: Exams	<u>250 points</u>
	710 points

Grade Scale:

A	639 - 710
B	568 – 638.9
C	497 – 567.9
D	426 – 496.9
F	425.9 or below

Minimal Technical Skills Needed

Using the learning management system, using Microsoft Word, PowerPoint, and Excel, using university email, and using Google Docs / Slides.

TECHNOLOGY REQUIREMENTS

Browser support

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year.

Note the following:

- Ensure that your browser has JavaScript and Cookies enabled.
- For desktop systems, you must have Adobe Flash Player 10.1 or greater.

- The Brightspace Support features are now optimized for production environments when using the Google Chrome browser, Apple Safari browser, Microsoft Edge browser, Microsoft Internet Explorer browser, and Mozilla Firefox browsers.

Desktop Support

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Microsoft® Edge	Latest	N/A
Microsoft® Internet Explorer®	N/A	11
Mozilla® Firefox®	Latest, ESR	N/A
Google® Chrome™	Latest	N/A
Apple® Safari®	Latest	N/A

Tablet and Mobile Support

Device	Operating System	Browser	Supported Browser Version(s)
Android™	Android 4.4+	Chrome	Latest
Apple	iOS®	Safari, Chrome	The current major version of iOS (the latest minor or point release of that major version) and the previous major version of iOS (the latest minor or point release of that major version). For example, as of June 7, 2017, D2L supports iOS 10.3.2 and iOS 9.3.5, but not iOS 10.2.1, 9.0.2, or any other version. Chrome: Latest version for the iOS browser.
Windows	Windows 10	Edge, Chrome, Firefox	Latest of all browsers, and Firefox ESR.

- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
 - 512 MB of RAM, 1 GB or more preferred
 - Broadband connection required courses are heavily video intensive
 - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution

- You must have a:
 - Sound card, which is usually integrated into your desktop or laptop computer
 - Speakers or headphones.
 - *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.
- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: [JAVA web site](http://www.java.com/en/download/manual.jsp)
<http://www.java.com/en/download/manual.jsp>
- Current anti-virus software must be installed and kept up to date.

Running the browser check will ensure your internet browser is supported.

Pop-ups are allowed.

JavaScript is enabled.

Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
 - [Adobe Reader](https://get.adobe.com/reader/) <https://get.adobe.com/reader/>
 - [Adobe Flash Player](https://get.adobe.com/flashplayer/) (version 17 or later) <https://get.adobe.com/flashplayer/>
 - [Adobe Shockwave Player](https://get.adobe.com/shockwave/) <https://get.adobe.com/shockwave/>
 - [Apple Quick Time](http://www.apple.com/quicktime/download/) <http://www.apple.com/quicktime/download/>
- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

Brightspace Support

Need Help?

Student Support

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778 or click on the **Live Chat** or click on the words “[click here](#)” to submit an issue via email.



System Maintenance

Please note that on the 4th Sunday of each month there will be System Maintenance which means the system will not be available 12 pm-6 am CST.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

COURSE POLICIES

- A. **LATE ASSIGNMENTS:** Late assignments will **NOT** be accepted. All assignments are due at the beginning of class on the date they are due. If you know that you will not be able to attend class on a day that an assignment is due, please let me know and make plans to turn in the assignment before the due date. All assignments turned in after the due date will be considered late.
- B. An “**EXCUSED ABSENCE**” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.

If the absence is one of the reasons listed below, you will be able to make up the work. To reserve this right, you **MUST** provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.

- *Participation in an activity appearing on the University’s authorized activity list.
- *Death or major illness in a student’s immediate family.
- *Illness of a dependent family member
- *Participation in legal proceedings or administrative procedures that require a student’s presence.
- *Religious Holy Day
- *Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician).

*Required participation in military duty

- C. **Any student missing an exam or assignment without prior arrangement will receive a score of zero.**
- D. You MUST check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. You may only use your university email. No private email addresses will be included in the group message system.

University Specific Procedures

Academic Honesty Policy

East Texas A&M University 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:

Pandemic Policies

Students should not attend class when ill or after exposure to anyone with a communicable illness. Communicate such instances directly with your instructor. Faculty will work to support the student getting access to missed content or completing missed assignments.

ADA Statement

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
East Texas A&M University
Waters Library 162
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
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*).

In addition, students are responsible for helping to maintain a clean and safe environment. Therefore, students will a) leave the class area CLEAN, b) refrain from degrading, insulting, or rude language (all language should be G-rated), and c) treat other people and their property with respect. This is a zero-tolerance policy. If you do not comply, you will be asked to leave class and will be counted absent.

AI Policy

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty

13.99.99.R0.10 Graduate Student Academic Dishonesty

Nondiscriminatory Statement

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and East Texas A&M University Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to

(<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>) and/or consult your event organizer). Pursuant to PC 46.035, the open carrying of handguns is prohibited on all East Texas A&M University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

Counseling Center Services

The Counseling Center at East Texas A&M University, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling [903-886-5145](tel:903-886-5145). For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



Wk	Chapters	Topics and Page Numbers	Assignment	Due Date
1	1	CLASS ORIENTATION - Download orientation video and take quiz! Introduction to Drugs and Society	Read Ch. 1 Syllabus Quiz Ch. 1 Quiz	<u>All Assignments are due on the date listed by 11:59pm Central Time</u> 1/17/25
2	2	Explaining Drug Use and Abuse	Read Ch. 2 Ch. 2 Quiz Reflection 1	1/24/25
3	3	Drug Use, Regulation, and the Law	Read Ch. 3 Ch. 3 Quiz	1/31/25
4	4	Homeostatic Systems and Drugs	Read Ch. 4 Ch. 4 Quiz Reflection 2	2/7/25
5	5	How and Why Drugs Work	Read Ch. 5 Ch. 5 Quiz	2/14/25
6	6	CNS Depressants: Sedative-Hypnotics	Read Ch. 6 Ch. 6 Quiz Reflection 3	2/21/25
7	7 & 8	Alcohol: Pharmacological Effects Alcohol: Behavioral Effects	Read Ch. 7 Read Ch. 8 Ch. 7 & 8 Quiz	2/28/25
8	9	Narcotics (Opioids) Mid-Term Exam	Read Ch. 9 Mid-Term Exam	3/7/25
		SPRING BREAK		
9	10	Stimulants	Read Ch. 10 Ch. 10 Quiz Reflection 4	3/21/25
10	11	Tobacco	Read Ch. 11 Ch.11 Quiz	3/28/25
11	12	Hallucinogens (Psychedelics)	Read Ch. 12 Ch.12 Quiz	4/4/25
12	13	Marijuana	Read Ch. 13 Ch. 13 Quiz	4/11/25
13	14 15	Inhalants Over-the Counter, Prescription and Herbal Drugs	Read Ch. 14 & 15 Ch. 14 & 15 Quiz	4/18/25
14	17	Drug Abuse Prevention	Read Ch. 17 Ch. 17 Quiz	4/25/25
15	18	Treating Drug Dependence	Read Ch. 18 Ch 18 Quiz	5/2/25
Finals		Final Exam	Final Exam	5/6/25