DEPARTMENT OF HEALTH & HUMAN PERFORMANCE
COURSE SYLLABUS: Fall 2025
HHPH 1364 01W: Substance Use & Abuse

INSTRUCTOR INFORMATION

Instructor: Rebecca Bridgefarmer, M.S., RDN, LD
Office Location: NHS 145
Office Hours:
- *Tuesday 9am-12pm (in office)*
- *Thursday 9am-12pm (Virtual by appointment only)*

Office Phone: 903.886.5549
Office Fax: N/A
University Email Address: Rebecca.Bridgefarmer@etamu.edu
Preferred Form of Communication: e-mail
Communication Response Time: 24-48 hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Hanson, G. & Venturelli, P. (2014 or later). Drugs and society (15th ed). Jones & Bartlett: Boston
Inclusive Access: Link in D2L

Course Description

Student Learning Outcomes
1. Examine current scientific information concerning the relationship between drugs and mental and physical health as well as risk-taking behavior. Comprehend the sex-based differences in disease trends.
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.

The *syllabus/schedule are subject to change.*

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Students should have a basic knowledge of computer and Internet skills in order to be successful in an online course. Here are some highlights:

1. Knowledge of terminology, such as browser, application, URL, etc.

2. Understanding of basic computer hardware and software; ability to perform computer operations, such as: managing files and folders: save, name, copy, move, backup, rename, delete, check properties

3. Ability to use the learning management system, using Microsoft Word and PowerPoint, using presentation and graphics programs, accessing, and navigating sites like YouTube

4. Knowledge of copying and pasting, spell-checking, saving files in different formats and sending and downloading attachments

5. Internet skills (connecting, accessing, using browsers) and ability to perform online research using various search engines and library databases.

6. Ability to use online communication tools, such as email (create, send, receive, reply, print, send/receive attachments), discussion boards (read, search, post, reply, follow threads), chats, etc.

Instructional Methods

This course is 100% online, and information will be delivered through a combination of resources such as the e-book, PowerPoints, supplementary multimedia content, or reading materials. Online quizzes, discussion boards, projects, and exam serve as assessment methods for this course.

Student Responsibilities or Tips for Success in the Course

- Communicate effectively: Reach out via email with any questions or concerns as soon as they arise. Waiting until the last moment may result in the issue not being resolved appropriately.

- Manage your time wisely: Prioritize tasks and allocate sufficient time for studying, completing assignments, and reviewing course material.

- Review all course materials: assessments will include information from both the e-book and any additional material provided in the modules. Make sure you review it thoroughly.

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GRADING

Final grades in this course will be based on the following scale:

Letter Grade / Point Value
A   900-1000
B   800-899
C   700-799
D   600-699
F   0-599
TOTAL   100

Assignment	Quantity	Points	Total
Orientation Assignments	2	Varies	25
Weekly Quiz	15	40	600
Discussion Board	2	50	100
Case Study	3	25	75
Midterm	1	100	100
Final Exam	1	100	100
Total Points			1000

Assessments

Discussion Board
Discussion boards serve as virtual forums for students to engage in thoughtful discourse on course topics. Active participation in discussion boards cultivates a collaborative learning environment, promotes deeper understanding of course concepts, and enhances critical thinking skills. Please see the following discussion board requirements:
- Student response to the prompt given (200 word minimum): 30 points
- First substantive student response to peer (100 word minimum): 10 points
- Second substantive student response to peer (100 word minimum): 10 points

A substantive peer response on a discussion board demonstrates critical engagement with a peer's post by offering meaningful insights, thoughtful reflections, or constructive feedback. It goes beyond mere agreement or acknowledgment and contributes to the ongoing conversation by adding new perspectives, asking probing questions, or presenting additional evidence or examples. See below for an example of a substantive peer response.

Example of an INAPPROPRIATE peer response:

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"Great post. I really liked it and agree with everything you said. I think it's cool that you said the heart beats 60 times per minute. Very thoughtful and insightful post!"

Example of an APPROPRIATE peer response:

"John,

Thanks for a thorough description of the anatomy of the heart! I did not realize that 60 beats per hour was normal. I have a smartwatch and I'm usually over 70 while at rest, and I thought that was too high. I also learned in A&P that if the beats per minute were too low, that is referred to as bradycardia, and if too high, tachycardia. I appreciate your recommendation on how to determine your ideal heart rate for exercise, as I exercise a lot and would like to learn more about heart rates and metabolism. I'm now curious if there are maximum heart rates that are recommended before posing any health concerns."

Quizzes
Each week you will be given a quiz that covers information in the chapters assigned for that week. The quizzes will consist of 20 questions. Please review all module materials and resources before attempting each quiz.

Case Study
A case study presents a real-life or hypothetical scenario involving substance use, misuse, or abuse. It provides background on the individual or situation, including relevant history, behaviors, and contributing factors. Students will analyze the case, identify key issues related to substance use, apply theoretical and evidence-based concepts, and propose appropriate interventions, treatments, or harm-reduction strategies.

Midterm
The Midterm will be given halfway through the course and will cover the chapters covered up to that date. The midterm will consist of 50 multiple choice, matching, or fill in the blank questions. Please see calendar for midterm date.

Exam
The final exam will be given at the end of the course. The exam will cover chapters assigned after the midterm, and consist of 50 multiple choice, matching, or fill in the blank questions. Please see calendar for exam date.

LATE WORK POLICY

Late work will not be accepted unless accompanied by a documented medical reason. Please note that vacations are not excepted as a reason. The policy is implemented to maintain fairness, consistency, and academic integrity within the course. All projects, quizzes, and other course-related tasks are expected to be submitted by the due date outlined in the course calendar. Any submissions received after the specified due date will not be considered.

Students seeking to submit late work due to a medical reason must provide appropriate documentation, such as a medical certificate or note from a healthcare professional clearly outlining the nature and duration of the medical condition that prevented timely completion of the assignment. The document must be submitted within 1 week of the original due date, unless extenuating circumstances warrant an

extension, as determined by the instructor on a case-by-case basis. When possible, please reach out to the instructor BEFORE the due date to discuss options.

ETAMU AI USE 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). For this course, the use of any form of AI for generating text, discussion boards, project information, and communication is prohibited and will be reported if used. 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

BRIDGEFARMER AI USE POLICY

If the instructor has reason to believe that an assignment was completed using AI in violation of the above ETAMU policy, the student will be required to attend a meeting, either in person or via Zoom, to verbally defend their work without the aid of the submitted assignment. The meeting will allow the student to demonstrate their understanding of the material and their ability to discuss the assignment topic independently. Failure to adequately explain or justify the work may result in a grade penalty or further academic action, in accordance with the university's academic integrity policy.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements:

LMS Requirements: https://community.brightspace.com/s/article/Brightspace-Platform-Requirements

LMS Browser Support:
https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

Zoom Video Conferencing Tool
https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

ACCESS AND NAVIGATION

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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 ETAMU campus open computer lab, etc.

COMMUNICATION AND 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. Other support options can be found here:

https://community.brightspace.com/support/s/contactsupport

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

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.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.
http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx

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Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: https://www.britannica.com/topic/netiquette

ETAMU Attendance For more information about the attendance policy please visit the Attendance webpage and Procedures 13.99.99.R0.01
http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf

Academic Integrity

Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

Undergraduate Academic Dishonesty 13.99.99.R0.03 Undergraduate Student Academic Dishonesty Form

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf

Graduate Student Academic Dishonesty Form

http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf

Students with Disabilities-- 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

Velma K. Waters Library Rm 162

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

Fax (903) 468-8148 Email: studentdisabilityservices@tamuc.edu Website: Office of Student Disability Resources and Services
http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/

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Nondiscrimination Notice

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 Statement

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 A&M Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the Carrying Concealed Handguns On Campus document and/or consult your event organizer.

Web url:
http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

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.

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COURSE OUTLINE / CALENDAR

*Subject to Change

Week	Topic	Assignments Due (All assignments due Sunday's at 11:59pm unless noted otherwise)
HHPH 1364 **Fall 2025 Schedule**		
1 8/25-8/31	Ch. 1 Intro to Drugs and Society Ch. 2 Explaining Drug Use & Abuse	Orientation Syllabus Quiz Orientation Discussion Board Ch. Quiz
2 9/1-9/7	Ch. 3 Drug Use Regulation and the Law Ch 4. Homeostatic Systems and Drugs	Ch. Quiz
3 9/8-9/14	Ch. 5 How and Why Drugs Work	Ch. Quiz
4 9/15-9/21	Ch. 6 Alcohol	Ch. Quiz Discussion Board
5 9/22-9/28	Ch. 7 Nicotine	Ch. Quiz
6 9/29-10/5	Ch. 8 Marijuana	Ch. Quiz Case Study
7 10/6-10/12	Ch. 9 Hallucinogens (Psychedelics)	Ch. Quiz
8 10/13-10/19	Ch. 10 Inhalants	Ch. Quiz **MIDTERM**
9 10/20-10/26	Ch. 11 Stimulants	Ch. Quiz
10 10/27-11/2	Ch. 12 CNS Depressants	Ch. Quiz
11 11/3-11/9	Ch. 13 Opioids	Ch. Quiz Case Study
12 11/10-11/16	Ch. 14 Over-the-Counter Prescription, and Herbal Drugs	Ch. Quiz
13 11/17-11/23	Ch. 15 Drug Use by Athletes and other Special Populations	Ch. Quiz Case Study
14 11/24-11/30	Ch. 16 Drug Abuse Prevention	Ch. Quiz
15 12/1-12/5	Ch. 17 Treating Drug Dependence	Ch. Quiz Discussion Board
16 12/6-12/12		**FINAL EXAM**

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