HSCI 336-- HEALTH ASPECTS OF DRUG USE Winter 2006
Please print this and read thoroughly

**COURSE DESCRIPTION:** An in-depth analysis of the history, factors and problems related to the use and abuse of drugs. The impact on the health and welfare of the individual, family, and society is explored. This course is designed to increase the student’s knowledge and awareness regarding the physical, psychological, and sociological implications of legal and illegal drugs to stimulate thought and behavior change regarding drug use.

This is a totally online course! However there are TWO MANDATORY TEST times. You must be online (anywhere in the world) for both the midterm and final exam. Check the course schedule for the dates this semester, and if you cannot make these times, you need to drop the course.

If you are a CSUN athlete, your exams must be proctored. Please contact your athletic advisor for more information.

**COURSE OBJECTIVES:**

Upon completion of the course, the student will:

1. Discuss various effects of drug use on the individual, family and society.
2. Identify the hidden costs of drug use/abuse on society.
3. Critically assess media presentations of tobacco, alcohol, and other drug use.
4. Discuss the legal consequences for illegal drug activity.
5. Identify the characteristics of a “gateway drug.”
6. Describe relationship between various drugs and specific health responses.
7. Identify treatment sources for drug abuse.
8. Discuss strategies for prevention and education of drug use.
9. Discuss the health aspects of drug use.

**COURSE OUTLINE:**

1. **Drug Use: Overview**
   - Historical Perspective
   - Drug Use: An Overview
   - Addictions
   - Prevention
   - Drug Regulation

2. **Drug Use as a Social Problem**

3. **Drug Products and their Regulation**
4. The Nervous System
   - Nervous System
   - Chemical Messengers
   - The Brain
5. Actions of Drugs
   - Effects
   - Physiology: Getting to the Brain
   - Tolerance and Physical Dependence
6. Stimulants

7. Depressants and Inhalants

8. Medications for Mental Disorders
9. Alcohol
10. Tobacco
11. Caffeine
12. Over-the-counter Drugs
13. Opioids
14. Hallucinogens
15. Marijuana
16. Performance-Enhancing Drugs
17. Preventing Substance Abuse
18. Treating Substance abuse and Dependence

METHODOLOGY:

This is a totally on line course. Assignments, discussions, chats and exams will be in our WebCT HSCI 336 course page. You must master the WebCT program for discussions, chats and assignment submissions in order to continue in this course. Go to: http://www.csun.edu/~webteach/studentcomputing.html for WebCT instructions and login information, or go to my website for HSCI 336 and click on “getting started”. Only students enrolled in the course can login to WebCT. **Look form more on this in the course overview.

REQUIRED TEXT:


EVALUATION:

Mid-term exam........................................... 25%
Final exam............................................... 25%
Discussions and On-line assignments............. 25%
Meeting attendance & Formal paper.............. 25%
ABSENTEEISM, TARDINESS, LACK OF PARTICIPATION, AND LATENESS IN COMPLETION OF ASSIGNMENTS WILL BE REFLECTED IN POINTS BEING DEDUCTED FROM THE FINAL GRADE.

LATE SUBMISSIONS
Chapter tests submitted AFTER the due date but before they close on WebCT will be docked 50% of the available points. Discussions, papers and verifications that are submitted after the due date, will be docked 50% of the available points for that grade. AN ONLINE CLASS REQUIRES STRICT ADHERANCE TO THIS POLICY, SO THAT THE REST OF THE STUDENTS CAN CONTINUE THROUGH THE CONTENT IN A TIMELY MANNER.

THERE WILL BE NO MAKE UP EXAMS. If you are a CSUN athlete, your exams must be proctored. Please contact your athletic advisor for more information.

GRADING:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>95-100%</td>
</tr>
<tr>
<td>A-</td>
<td>90-94%</td>
</tr>
<tr>
<td>B+</td>
<td>86-89%</td>
</tr>
<tr>
<td>B</td>
<td>82-85%</td>
</tr>
<tr>
<td>B-</td>
<td>80-81%</td>
</tr>
<tr>
<td>C+</td>
<td>76-79%</td>
</tr>
<tr>
<td>C</td>
<td>73-75%</td>
</tr>
<tr>
<td>C-</td>
<td>70-72%</td>
</tr>
<tr>
<td>D+</td>
<td>67-69%</td>
</tr>
<tr>
<td>D</td>
<td>64-66%</td>
</tr>
<tr>
<td>D-</td>
<td>61-63%</td>
</tr>
<tr>
<td>F</td>
<td>60% &amp; below</td>
</tr>
</tbody>
</table>

CLASS POLICIES:

Please review the CSUN catalog section on academic dishonesty, plagiarism, and cheating. Anything that is not your own idea that is not properly credited, falls within the definition of plagiarism. It is expected that all work is the student’s own work. I do use Internet software to check for plagiarism.

CONFIDENTIALITY:

INFORMATION OBTAINED BOTH IN CLASS DISCUSSION AND AT THE ASSIGNED MEETINGS IS CONSIDERED CONFIDENTIAL. BECAUSE OF THE SENSITIVE NATURE OF THE CONTENT, IT IS ESSENTIAL THAT ANY SELF-DISCLOSURES MADE BY FELLOW STUDENTS IN CLASS DISCUSSION AND INFORMATION OBTAINED AT MEETINGS BE HELD CONFIDENTIAL. EXCEPT IN THE CLASS DISCUSSIONS, USE PSEUDONYMS FOR ACTUAL PEOPLE. DO NOT REVEAL LOCATION OR OTHER INFORMATION THAT CAN IDENTIFY PEOPLE OR SITES.

HSci. 336 is an upper division general education university course. Critical thinking and oral/written communication skills are basic expectation of a university graduate. Written assignments will be evaluated according to evidence of critical thinking, communication
skills, and will also include writing style, grammar, use of current references (no more than 5 years old) and the appropriate documentation of references.

**THIS COURSE IS COMPLETELY ON-LINE.** Check the WebCT course calendar for the assignments and the due dates. Print up the calendar for a complete course schedule! You will be working through the book, and doing assignments for each chapter and submitting them through WebCT assignments. You may use the chapter’s practice tests found on the WebCT course content link found on the homepage of the course’s WebCT page. You may also find practice tests for the chapters and the midterm and final on the tests link found on the WebCT homepage to practice for the midterms and finals, which will be in WebCT as multiple-choice exams.

**EXAMS WILL BE LIVE ON-LINE** as I will be online at the same time to answer any questions or problem solve if you have trouble with the test program. However if you do the practice midterm ahead of the timed test, you should be ok with the program format.

You should be online everyday submitting homework and discussions. This is an extremely intense 4 weeks of study with a topic that normally is taught in 15 weeks. You will be covering one chapter per day!

There will be one discussion with a minimum of two postings be each student. Please go to the practice discussion page so you become familiar with the program. The Discussion icon can be found on the course’s WebCT homepage for this class.

**Discussion Rules.**

**DO:**
RESPECT each other’s point of view.
Maintain CONFIDENTIALITY.
Consider how those who disagree may interpret your comments.
SPEAK PROFESSIONALLY.
Respond thoughtfully and professionally.
FOLLOW ETHICAL STANDARDS as explained in the CSUN catalog.

**DO NOT:**
SHOUT (ALL CAPS).
Take offense if someone critiques your ideas.
Use profanity.
Put down someone else or someone else’s ideas.

**GUIDELINES FOR OBSERVATION OF A PROGRAM/TREATMENT MEETING**
All students will attend and report on at least one Alcoholics Anonymous (AA) Meeting.
The purpose of the observation of a program/treatment meeting assignment is to apply concepts from class and reading assignments to reality situations. The meeting must be attended between Dec 17th, 2005 and January 21st, 2006, which is the Winter Interim 2006 session and must be independent of your work situation. The meeting is to be an OFF-CAMPUS AA meeting.

Selection of a meeting to attend requires careful planning. It is expected that you will complete reading assignments prior to selecting & attending the meeting and research procedures and protocols for attendance. Some meetings are closed, so you will need to research location of meetings and the plausibility of your attendance. Professional conduct and confidentiality are essential. It is expected that you will be respectful, sensitive, objective and discreet in accomplishing this assignment.

You will report on your observations through: (1) an informal discussion of your reactions with classmates through the discussion assignment on-line and (2) the written, formal paper described in the HSCI 336 syllabus where you will demonstrate critical thinking and written communication skills by the application of theory to the meeting experience with appropriate citations from current journals.

Do not use names of participants at the meeting. The reports are to provide an analysis of your experience both as it relates to theory and your response to the observation. The Discussion assignment is more of a “gut level” reaction whereas the formal paper is an in-depth analysis.

Include information on how a person would access the program, information on type of services provided, and attach literature or brochures available to participants.

Evaluation of your report will be according to the depth of analysis and conclusions derived as it integrates theories and concepts to your explanation and conclusions from the observation experience.

The report/discussion on-line will focus more on your reflection on the experience. This portion of the assignment counts toward online discussion homework. A lack of participation in the discussion assignment will be reflected in deduction of points from your homework grade.

MEETING AND PAPER ASSIGNMENT: January 23rd by 5 pm for potentially full credit. If the student turns the paper in by January 18th (5 days early) they will earn an additional 5% points to the grade on their paper. ALL times are CSUN (PST)

Each student will write a formal paper on Alcoholism and their related experiences at the Alcoholics Anonymous (AA) meeting. A written essay of factors, problems, physical, psychological, and sociological implications related to the abuse. The essay will be at least 3 pages in length (not including the cover page and reference list), typed and
double-spaced. Font should be no larger than 12, and should be using guidelines listed below. **The essay will be sent via email to the instructor as an attachment in a WORD or WORDPERFECT format.** The email must be sent before 5 pm January 23rd for potentially full credit. ALL times are CSUN (PST).

**GUIDELINES:**

**Meeting Attendance: 5%**

1. Name of Organization: Procedure for locating the meeting
2. 2. Address, Date, Time, Contact Person
3. 3. Verification of Attendance snail mail this to the instructor at:
   Prof A.Slechta
   CSUN - Health Science
   Northridge CA 91330-8285

**Essay: 18%**

1. Organization: Clarity, logical flow and sequence of ideas 5 points
2. Content: Relevance, completeness, comprehensiveness,
   At least two current references from and appropriate
   **Scholarly journal,** in the last 5 years. (No newsletters,
   Popular magazines, pamphlets, etc.) 10 points

3. Format: Sentence structure, grammar, references
   (Use APA, Turabian or MLA style format. Identify
   & reference style used) 5 points