

1.) DATE: <b>9-8-09</b>	2.) COMMUNITY COLLEGE: <b>Maricopa Co. Comm. College District</b>
3.) COURSE PROPOSED: Prefix: <b>HES</b> Number: <b>201</b> Title: <b>Substance Abuse and Behavior</b> Credits: <b>3</b>	
CROSS LISTED WITH: Prefix:      Number:      ; Prefix:      Number:      ; Prefix:      Number:      ;  Prefix:      Number:      ; Prefix:      Number:      ; Prefix:      Number:      ;	
4.) COMMUNITY COLLEGE INITIATOR: <b>SHARON MCLAUGHLIN, MESA</b> PHONE: <b>480-461-7138</b> FAX: <b>480-461-7471</b>	
ELIGIBILITY: Courses must have a current Course Equivalency Guide (CEG) evaluation. Courses evaluated as NT (non-transferable are not eligible for the General Studies Program.	
MANDATORY REVIEW:  <input type="checkbox"/> The above specified course is undergoing Mandatory Review for the following Core or Awareness Area (only one area is permitted; if a course meets more than one Core or Awareness Area, please submit a separate Mandatory Review Cover Form for each Area).  POLICY: The General Studies Council (GSC-T) Policies and Procedures requires the review of previously approved community college courses every five years, to verify that they continue to meet the requirements of Core or Awareness Areas already assigned to these courses. This review is also necessary as the General Studies program evolves.	
AREA(S) PROPOSED COURSE WILL SERVE: A course may be proposed for more than one core or awareness area. Although a course may satisfy a core area requirement and an awareness area requirement concurrently, a course may not be used to satisfy requirements in two core or awareness areas simultaneously, even if approved for those areas. With departmental consent, an approved General Studies course may be counted toward both the General Studies requirements and the major program of study.	
5.) PLEASE SELECT EITHER A CORE AREA OR AN AWARENESS AREA: Core Areas: <b>Social and Behavioral Sciences (SB)</b> Awareness Areas: <b>Select awareness area...</b>	
6.) <b>On a separate sheet, please provide a description of how the course meets the specific criteria in the area for which the course is being proposed.</b>	
7.) DOCUMENTATION REQUIRED <input checked="" type="checkbox"/> Course Description <input checked="" type="checkbox"/> Course Syllabus <input checked="" type="checkbox"/> Criteria Checklist for the area <input checked="" type="checkbox"/> Table of Contents from the textbook required and/or list or required readings/books <input checked="" type="checkbox"/> Description of how course meets criteria as stated in item 6.	
8.) THIS COURSE CURRENTLY TRANSFERS TO ASU AS: <input type="checkbox"/> DEC prefix <input checked="" type="checkbox"/> Elective  Current General Studies designation(s):  Effective date: <b>2010</b> <sup>Fall</sup> <del>Spring</del> Course Equivalency Guide  Is this a multi-section course? <input checked="" type="checkbox"/> yes <input type="checkbox"/> no  Is it governed by a common syllabus? <input type="checkbox"/> yes <input checked="" type="checkbox"/> no	
Chair/Director:	Chair/Director Signature:

AGSC Action:      Date action taken:       Approved       Disapproved

Effective Date:

Proposer: Please complete the following section and attach appropriate documentation.

<b>ASU--[SB] CRITERIA</b>					
<b>A SOCIAL AND BEHAVIORAL SCIENCE [SB] course should meet all of the following criteria. If not, a rationale for exclusion should be provided.</b>					
YES	NO		Identify Documentation Submitted		
<input checked="" type="checkbox"/>	<input type="checkbox"/>	1. Course is designed to advance basic understanding and knowledge about human interaction.	Course Comps: 1, 2, 3, 4, 5,6, 7,8,9 10, Text Chapters: 4, 5, 6, 7, 8, 9, 10,11,12,13,14,15,16,		
<input checked="" type="checkbox"/>	<input type="checkbox"/>	2. Course content emphasizes the study of social behavior such as that found in: <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> <li>• ANTHROPOLOGY</li> <li>• ECONOMICS</li> <li>• CULTURAL GEOGRAPHY</li> <li>• HISTORY</li> </ul> </td> <td style="width: 50%; vertical-align: top;">           Sociology Social Psychology Political Science         </td> </tr> </table>	<ul style="list-style-type: none"> <li>• ANTHROPOLOGY</li> <li>• ECONOMICS</li> <li>• CULTURAL GEOGRAPHY</li> <li>• HISTORY</li> </ul>	Sociology Social Psychology Political Science	Course Comps: 2, 3, 5, 11,12,13 Text Chapters: 1, 2, 3,17,8
<ul style="list-style-type: none"> <li>• ANTHROPOLOGY</li> <li>• ECONOMICS</li> <li>• CULTURAL GEOGRAPHY</li> <li>• HISTORY</li> </ul>	Sociology Social Psychology Political Science				
<input checked="" type="checkbox"/>	<input type="checkbox"/>	3. Course emphasizes: <p>a. the distinct knowledge base of the social and behavioral sciences (e.g., sociological anthropological).</p> <p style="text-align: center;"><b>OR</b></p> <p>b. the distinct methods of inquiry of the social and behavioral sciences (e.g., ethnography, historical analysis).</p>	Course Comps:1, 2, 3, 5, 8, 9, 10, 13 Text Chapters: 1, 2, 4, 5, 6, 7, 8, 9, 10,11,12,13,14,15,16,17,18		
<input checked="" type="checkbox"/>	<input type="checkbox"/>	4. Course illustrates use of social and behavioral science perspectives and data.	Course Comps: 1, 2, 3, 5, 8, 9, 12,13 Text Chapters: 2,3,4, 5, 17, 18		
		<b>THE FOLLOWING TYPES OF COURSES ARE EXCLUDED FROM THE [SB] AREA EVEN THOUGH THEY MIGHT GIVE SOME CONSIDERATION TO SOCIAL AND BEHAVIORAL SCIENCE CONCERNS:</b>			
		<ul style="list-style-type: none"> <li>• Courses with primarily fine arts, humanities, literary, or philosophical content.</li> <li>• Courses with primarily natural or physical science content.</li> <li>• Courses with predominantly applied orientation for professional skills or training purposes.</li> <li>• Courses emphasizing primarily oral, quantitative, or written skills.</li> </ul>			

Course Prefix	Number	Title	Designation
HES	201	Substance Abuse and Behavior	SB

Explain in detail which student activities correspond to the specific designation criteria. Please use the following organizer to explain how the criteria are being met.

Criteria (from checklist)	How course meets spirit (contextualize specific examples in next column)	Please provide detailed evidence of how course meets criteria (i.e., where in syllabus)
Course is designed to advance basic understanding and knowledge about human interaction.	This course provides an overview of the effects of a variety of drugs (both legal and illegal). The ramifications that misuse and abuse of these drugs may have on all aspects of an individual's overall health and wellness (physically, emotionally, socially etc.) is studied in depth. The effects of different drugs will be examined including the psychological and behavioral changes that occur as a result of drug use and the consequent changes in behavior, communication and social interaction. Emphasis will be placed on commonly misused and abused drugs in modern society. Sociological research on patterns of drug use among varied cultural groups will be compared (ie: gender, race, socioeconomic status).	Course Comps: 1, 2, 3, 4, 5,6, 7,8,9 10, Text Chapters: 4, 5, 6, 7, 8, 9, 10,11,12,13,14,15,16,
Course content emphasizes the study of social behavior such as that found in: Economics and Political Science	The prevalence of drug use and abuse in modern society has significant impact on scientific exploration, healthcare and economics. This course will provide an overview of the impact drug use and abuse in our society has on economic and political policy. The evolution of drug laws and enforcement at the federal, state	Course Comps: 2, 3, 5, 11, 12, 13 Text Chapters: 1, 2, 3,17,18

	<p>and local level will be studied. Students will debate and discuss the consequences that drug use has on research and scientific exploration by drug companies. Data will be evaluated to determine the impact that drug use (legal and illegal) has on the country's economy.</p>	
<p>Course emphasizes b. the distinct methods of inquiry of the social and behavioral sciences</p> <p>Course illustrates use of social and behavioral science perspectives and data..</p>	<p>The appeal for individuals to use and abuse drugs varies. In this course, students will learn the biological, psychological and sociological sources of addiction and substance abuse. Through study of psychological and sociological theory, students will identify risk factors that may make individuals prone to addictive behaviors as well as evaluate their own personal risk factors.</p> <p>This class will help students to learn the connections between drugs' actions in the body with behavior and social interaction. Case studies will be presented and discussed which show the broad spectrum of the consequences of drug use. Students will also be required to attend a support group meeting for individuals struggling with addiction and substance abuse problems in order to have first-hand experience and insight in observing the impact of substance abuse and behavior.</p>	<p>Course Comps: 1, 2, 3, 5, 8, 9, 10, 13 Text Chapters: 1, 2, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18</p> <p>Course Comps: 1, 2, 3, 5, 8, 9, 12, 13 Text Chapters: 2, 3, 4, 5, 17, 18</p>

**Official Course Description: MCCC CD Approval: 02/22/94**

**HES201 19946-99999**

LEC 3 Credit(s) 3 Period(s)

**Substance Abuse and Behavior**

Principles and factual bases of drug use and abuse. Physiological and socio-psychological effects of drug use and law enforcement of drug abuse. Consultants used extensively to enrich course. Prerequisites: None.

[Go to Competencies](#) [Go to Outline](#)

**MCCC CD Official Course Competencies:**

**HES201 19946-99999 Substance Abuse and Behavior**

1. Describe the common psychological and behavioral characteristics associated with drug use. (I)
2. Identify and describe social conditions in America related to drug use and abuse. (I)
3. Identify and describe behavioral and social conditions associated with the contemporary drug scene. (I)
4. Identify and describe the major classifications of drugs. (II)
5. Identify and use the language of the contemporary drug scene to describe drugs and their effects. (I, II, III)
6. Identify and describe the effects of drug usage on the central nervous system. (III)
7. Identify and describe the normal functions of major physiological systems within the human organism. (III)
8. Describe the physiological effects of drugs on the human body. (III)
9. Describe the pharmacology of drug action associated with the use of common substances.(IV)
10. Describe the physical and psychological effects of multiple drug use. (IV)
11. Cite the current drug laws at the federal, state, and local level. (V)
12. Identify contemporary drug enforcement agencies and describe current enforcement techniques. (V)
13. Describe the major components of drug abuse prevention, treatment, and rehabilitation programs. (VI)

[Go to Description](#) [Go to top of Competencies](#)

**MCCC CD Official Course Outline:**

**HES201 19946-99999 Substance Abuse and Behavior**

- I. Characteristics Associated with Drug Use.
  - A. Behavioral
  - B. Psychological
  - C. Social

- D. Drug Cult
- II. Classification of Drugs
  - A. Narcotics/opiates
  - B. Hallucinogens/psychedelics
  - C. Sedative/hypnotics
  - D. Stimulants
  - E. Depressants
  - F. Analgesics
  - G. Other
- III. Human Physiology and Drugs
  - A. Central Nervous System
    - 1. Normal Function
    - 2. Long and Short Term Effects of Drug Usage
- IV. Pharmacology of Drugs
  - A. Potency
  - B. Tolerance
  - C. Dependence
  - D. Multiple Use
  - E. Placebo Effects
- V. Law Enforcement and Drugs
  - A. Laws
    - 1. Federal
    - 2. State
    - 3. Local
  - B. Law Enforcement Agencies
    - 1. Tax Supported
    - 2. Voluntary
  - C. Law Enforcement Techniques
    - 1. Punishment
    - 2. Rehabilitation
    - 3. Other
- VI. Drug Abuse Programs
  - A. Prevention
  - B. Treatment
  - C. Rehabilitation

[Go to Description](#) [Go to top of Competencies](#) [Go to top of Outline](#)

**Course:** HES 201 – Substance Abuse and Addiction  
**Term:** Fall  
**Section #:** 15853  
**Instructor:** Laura Kobar  
**Office Hours:** By Appointment  
**Phone:** 480-461-7551 Exercise Science office  
**Email:** [laurahkobar@mail.mc.maricopa.edu](mailto:laurahkobar@mail.mc.maricopa.edu)

**Required Text:**

- Drugs, Society, and Human Behavior

**WebCT**

Power Point, Information, Calendar, Movie Clips

**Course Objectives:**

- \*Increase awareness and understanding of the biological, psychological and sociological characteristics associated with drug use and abuse.
- \*Understand the effects of substances on human physiology and the intended and unintended effects of drugs on the human body.
- \*To present, understand and apply drugs within specific drug classifications and understand each drug's pharmacological effect.
- \*To analyze cultural attitudes towards drug use and examine the regulations and laws regarding licit and illicit drug use.
- \*Examine and define the origin and nature of addiction, the addiction cycle and treatment for addiction.
- \*To investigate drug abuse prevention strategies.

**COURSE REQUIREMENTS:**

**Attendance:**

Students are expected to attend every class. Each class is worth 3 points. Reduction in attendance points occurs in the following ways:

Tardiness, arriving late to class or having to leave early: = 2 points each day  
Two tardies = 1 absence

A student arriving later than 12:10 p.m. is considered absent from the class session for that day. If a student arrives subsequent to the recording of attendance, it is her/his responsibility to remind the instructor (at the conclusion of class) that she/he did attend the class session. A student who neglects to provide the required reminder will be considered absent for the specific class session.

*Students with 3 or fewer absences will be able to drop 1 test score at the end of the semester. One tardy over the limit will disqualify the student. NO EXCEPTIONS!*

**TOTAL POINTS = 100 POINTS**

## **Personal Insight Paper**

**You are to write about your personal risks for substance abuse, use, misuse or abuse. Consider if any of the biological, psychological or sociological explanations discussed in the text apply to you.**

Format: (10 points )

Typed, double spaced, use of complete sentences, spelling, 4 or more pages in length.

Cover page to include name, title of paper, name of class and date.

Introduction: 1 page – Outline of what you are about to say

Body: 2 -3 pages – The three elements listed below

Conclusion: 1 page – Summarize your thoughts, opinions, attitudes and outlook for the future.

### **The Elements:**

**Identity and Strengths:** This is who I am. This is how others would describe me. This is what makes me unique. Here are my strengths and here is what others value about me. These are my biological risks for substance misuse or abuse. This is my inherited traits and predisposition toward drug use and misuse. (15 points)

**Global risks:** Sociological theories that have affected you, the role of significant others and their impact on you, your social learning behaviors with drugs and peers and society in general and your own labeling system. How do you view yourself and how do you perceive others view of you and is their view positive or negative and does their view have an impact on you? What is your Master Status? What role has the subculture theory had on your use or misuse of drugs? Have you engaged in delinquent behavior to gain social status, or has delinquent behavior ever been a means of status frustration or low self-esteem. Has social change ever been a cause for substance abuse? Has social disorganization or strain been a cause to deviate? Because of rapid social changes do you ever feel disconnected or disaffiliated from others? (15 points)

**Specific risks:** Psychological theories that impact your risk for use, misuse or abuse: need to escape from reality boredom, inability to cope with anxiety, self-indulgence, desiring intoxicants, blind compliance with drug using peers, conscious or unconscious ignorance of harmful effects of drug use or misuse. Describe your personality traits, introversion or extraversion. Do you pursue physical stimulation or dangerous behaviors? If so, why? Have you learned any patterns of abuse? If so, from whom? (15 points)

**Total Points: 100 points**



## **OBSERVATION PAPER**

Call or check websites and make arrangements to attend and observe a recovery support program of your choice. To attend, the meeting must be identified as open (signified by an "O" on the site). Upon arrival always check in with the person in charge, identify yourself, that you are here to observe the meeting, and that you attend Scottsdale Community College. After the observation, type a 1 -2 page paper on your experience.

Format: Typed, double space, font size 12, spelling correct, complete sentences, clear thoughts, well organized.

Introduction: Name of support group attended, date of attendance, why you chose this type of group, our feelings about attending, demographics of the group: Number of people in attendance, their gender, age socio-economic status etc.

Body: Write a detailed review of the experience. It should be a personal composition of what you experienced, what you learned, how you felt, how it affected you.

Conclusion: Critique the experience, was it worthwhile, would you do it again, would you suggest this to others. Did the experience change any prior behaviors or attitudes?

**Observation Paper: 50 points**

**East Valley AA Meetings      (480) 834-9033      [www.aamesaaz.org](http://www.aamesaaz.org)**

**Narcotic Anonymous      [www.na.org](http://www.na.org)**

## RESEARCH PAPER AND PRESENTATION (150 Points)

Sign up for a specific substance to research and determine date and time of presentation of topic to the class:

**Paper: Research paper due on the date of presentation**

Format: Typed, double spaced, font size 12, correct spelling, complete thoughts and sentences, well organized, 5 or more pages.

Cover page: Name, title of paper, name of class, date

(20 points)

Introduction: General overview of the drug, formula name and street names, description and properties of the drug, current patterns and trends for drug use, impact on society, who uses drug and why do people use.

(15 points)

Body: Nature and historical background of drug, drug classification, how drug is used and methods for taking substance. How and where manufactured, harvested or processed. Physiological and behavioral affects of the substance. The impact on special populations (men, women, pregnancy, athletes, etc.). Medicinal values, long-term effects of use, signs of abuse, addictiveness, toxicity, and cost. Cultural impacts of drug use and abuse, treatment strategies, current laws regarding substance, and location on schedule and any other pertinent information.

(35 points)

Conclusion: Summarizing thoughts and pull it all together – include: Low risk vs. high risk choices, prevention strategies, future outlook, any additional insight.

(15 points)

Bibliography: Must include 5 different sources one of which can be the text for this class. No more than 2 internet sources.

(15 points)

**Presentation:**

Time requirement met:	10 points
Individual handout for each member of class	10 points
Knowledge of subject matter	10 points
Use of visual aid: power point, movies	5 points
Professional appearance	3 points
Articulate (loud and clear voice)	6 points
Eye contact	3 points
<u>Appropriate presentation behaviors</u>	<u>3 points</u>
<u>Total Points</u>	<u>50 points</u>

## **CLASS POLICIES**

**Late work will not be accepted.** No make-ups will be given. No late assignments accepted. Work is considered late if turned in after 5:00 p.m. of due date. Work may be sent to instructor via WebCT or left in mailbox (with initials and time by office attendant), however being present in class is first and foremost to the success of the class. **Exceptions are only considered with proper documentation from doctors, jury notices or coaches for athletes.**

**Underage Student Policy:** All underage students must complete and pass all asset placement tests and receive department chair and instructor approval prior to registering for the course. Student and parent/guardian of the registered student, must also sign an informed consent form acknowledging their awareness of the course content.

**Respect for Diversity:** Diversity encompasses age, life experiences, profession, race, religion, sexual orientation, lifestyle, social class, learning style, philosophy of life, personality, mental and physical challenges, customs, values, and gender. Diversity is to be respected in this class.

**Accommodations for Disabilities:** Students who require additional assistance are responsible for notifying the instructor at the beginning of the semester so that arrangements can be made in a timely manner. Documentation must be filed at the office of Disability Resources and Services. The contact number for services is 480-461-7447.

**Academic Dishonesty Policy:** All students as part of their obligation to the College, assume the responsibility to exhibit their academic performance the qualities of honesty and integrity. All forms of student dishonesty, which may include but not limited to cheating, fabrication, facilitation academic dishonesty and plagiarism are subject to disciplinary actions.

**Cellular Phone Policy:** Cellular phones are not to be used for any purpose during the class. If phone makes noise in class that causes disruption student may be asked to leave class for that day.

**Tentative Schedule – Subject to Change**

**Unannounced quizzes and assignments may be given during class to assess your attendance and participation.**

<b>M</b>	<b>Jan 14</b>	<b>Welcome/ Introductions</b>
<b>W</b>	<b>16</b>	<b>Syllabus</b>
<b>F</b>	<b>18</b>	<b>Chapter 1</b>
<b>M</b>	<b>21</b>	<b>MLK HOLIDAY</b>
<b>W</b>	<b>23</b>	<b>Chapter 2</b>
<b>F</b>	<b>25</b>	<b>Chapter 3</b>
<b>M Jan.</b>	<b>28</b>	<b>Chapter 3</b>
<b>W</b>	<b>30</b>	<b>Video</b>
<b>F Feb.</b>	<b>1</b>	<b>Chapter 4</b>
<b>M Feb</b>	<b>4</b>	<b>Chapter 4</b>
<b>W</b>	<b>6</b>	<b>Chapter 5</b>
<b>F</b>	<b>8</b>	<b>Chapter 5</b>
<b>M</b>	<b>11</b>	<b>Chapter 6 – Personal Insight Papers Due</b>
<b>W</b>	<b>13</b>	
<b>F</b>	<b>15</b>	<b>Chapter 8</b>
<b>M Feb.</b>	<b>18</b>	<b>PRESIDENT’S DAY HOLIDAY</b>
<b>W</b>	<b>20</b>	<b>Chapter 8</b>
<b>F</b>	<b>22</b>	<b>Chapter 9</b>
<b>M</b>	<b>25</b>	<b>Chapter 9</b>
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<b>W</b>	<b>5</b>	<b>- Review</b>
<b>F</b>	<b>7</b>	<b>MIDTERM EXAM</b>
<b>M Mar</b>	<b>10</b>	<b>SPRING BREAK!!</b>
<b>W</b>	<b>12</b>	
<b>F</b>	<b>14</b>	

**M Mar 17**      **Movie**  
**W     19**      **Chapter 6**  
**F     21**      **Chapter 6 – Observation Papers Due**

**M Mar 24**      **Chapter 7**  
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**M Mar 31**      **Chapter 13**  
**W Apr  2**  
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**M     7**      **Chapter 14**  
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**F    11**      **Presentation on Stimulants**

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**F    18**      **Presentations**

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**F    25**      **Presentations**

**M Apr 28**      **Chapter 17**  
**W    30**      **Review and Study Day**  
**F May 2**      **Last Day of Regular Class**

**FINAL EXAM - MONDAY – MAY 7<sup>TH</sup> 12:00 P.M. – 2:00 P.M.**

## **SYLLABUS ACKNOWLEDGMENT FORM – SPRING 2008**

I, \_\_\_\_\_, indicate that I have both read and understood the syllabus for HES 201 – Substance Abuse and Addiction.

**In particular, I note that I have read and understood the introductory course/instructor information, read and understood the course description and overview, understand that the course requires a text book and I have read and understood the course requirements. I also understand the grading procedure, policies on Academic Dishonesty, Underage Student Policy, Cellular Phone Policy and Respect for Diversity sections of the syllabus.**

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**(Sign Name- first and last)**

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**(Date – month, day and year)**

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