

Course Syllabus

Course Description

This course delves into the types and effects of drugs, including alcohol, tobacco, steroids, over the counter drugs, marijuana, barbiturates, stimulants, narcotics, and hallucinogens. Students learn about the physiological and psychological effects of drugs, as well as the rules, laws, and regulations surrounding them. The difference between appropriate and inappropriate drug use will also be discussed. In addition, students will learn about coping strategies, healthy behaviors, and refusal skills to help them avoid and prevent substance abuse, as well as available resources where they can seek help.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Drugs**
 - 1.1 Drug Use
 - 1.2 Effects of Drugs
 - 1.3 Over the Counter
- **Unit 2: Commonly Abused Drugs**
 - 2.1 Steroids
 - 2.2 Alcohol
 - 2.3 Tobacco
 - 2.4 Marijuana
- **Unit 3: Illicit Drugs**
 - 3.1 Stimulants
 - 3.2 Depressants & Barbiturates
 - 3.3 Narcotics
 - 3.4 Hallucinogens
- **Unit 4: Drug Interventions**
 - 4.1 Refusal Skills
 - 4.2 Coping Skills
 - 4.3 Stages of Change
 - 4.4 Interventions & Therapy

Within each section you will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lesson(s) about the section topic
3. **Field Trip**—links to other online sites with additional fitness information
4. **Reflection***—a journal reflecting on material learned
5. **Discussion***—class discussion on an assigned topic
6. **Assignment***—section assignment
7. **Vocab Check**—assessment
8. **Quiz***—assessment of lesson comprehension

Drugs & Alcohol

The items noted with an asterisk above are those that must be submitted for a grade. The “Course Introduction” section has more detailed information on the navigation and tasks for this course.

Assignments and Grading

Each section of this course is designed to be completed in about one week’s time for a 16-18 week course. If you have less time to complete this course, you may need to move through each section at a faster pace.

Please see the detailed schedule or consult with your instructor for more information on points possible and due dates.

Materials

There are no required materials for this course.

Technical Requirements

A PDF reader and a word-processing program are required for this course. It is also recommended that you have either a Flash player or MP4 player. Below you will find links to download free or trial versions of these programs.

- Flash Player, <http://get.adobe.com/flashplayer/>
- Adobe Reader, <http://get.adobe.com/reader/>
- QuickTime MP4 Player, <http://www.apple.com/quicktime/download/>
- Word Processing Programs:
 - Microsoft Word, <http://office.microsoft.com/en-us/try/>
 - Open Office, <http://www.openoffice.org/download/>