

California State University, Chico
Department of Health and Community Services

COURSE SYLLABUS
HCSV 370-05
Drugs in Our Society
Fall 2009

Instructor: Vahan Hovsepian, MFT
Monday: 5:00 pm to 7:50 pm
Plumas Rm. 106
Start: August 24, 2009
End: December 14, 2009
3 Units

Office Hours: Monday 8:00 pm to 9:00 pm Butte Room # 614 Phone: 898-6019
E-Mail: vhovsepian@csuchico.edu

Required Texts:

- **Drugs, Behavior and Modern Society, by Charles F. Levinthal 6th Edition 2010, Pearson, Allyn and Bacon**
- **Dying for a Drink, by Spickard and Thompson 2005, W Publishing Group**

Course Description:

This course examines the use and abuse of alcohol, tobacco and other drugs and consequences for young adults, families, and society. Historical, economic, social, political, psychological and pharmacological determinants of drug use are considered. Decision-making skills regarding drug use are also addressed.

HCSV 370 fulfills the requirements of the General Education Upper Division Theme, Contemporary Health Issues, Area D. You must have already completed 45 units in order for this course to count towards the theme. This course has a 1500 word, writing requirement, which is discussed below. All the courses in this theme, including this one:

- **address concepts of well-being, health and disease;**
- **focus attention on how class, ethnicity, and gender affect health;**
- **teach methods for distinguishing hearsay from valid information;**
- **develop knowledge and skills for making effective decisions that enhance health and facilitate understanding of public policy; and**
- **address the impact of biology, ethics, morality, politics, economics, and culture on health, health care, and health policy**

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Course Objectives:

The student will be able to:

1. Outline the history of drug use in the United States.
2. Discuss the extent of use of licit and illicit drugs within various populations in the United States.
3. Outline the cultural influences, including family, peers, and media, on the selected drugs.
4. Describe the nature and characteristics of dependence and addiction.
5. List the major drug classifications and their physiological effects.
6. Discuss the social, economic, political, psychological, and pharmacological consequences of drug misuse on U.S. society.
7. Evaluate current efforts to control drug use and suggest alternative approaches.
8. Discuss the physiological, social, and treatment aspects of alcohol and tobacco use.
9. List the major illicit drugs, their prevalence, physiological effects, and treatment strategies.
10. Discuss the effects of maternal drug use on the fetus.
11. Outline the political and legal ramifications of the use of alcohol and illicit drugs including possession, workplace testing, DUI, and alcohol policies
12. Discuss the political and legal ramifications of tobacco use, including location, restrictions, subsidies, lobbies, and government intervention.
13. Discuss the major types of prescription and over-the-counter drugs, their use and misuse, the effects of medical advertising, and regulation.
14. Develop decision-making skills regarding personal alcohol, tobacco and other drug use, abstinence, responsible practices, alternative activities, and positive uses of drugs.

Student Responsibilities:

1. **Workload:** Students are expected to spend 6 hours each week of outside work load time on this class.
2. **Attendance:** Regular attendance is critical for the successful completion of this course. Attendance will be taken each week. Missing two or more classes during the course of the semester will likely affect one's grade with the more absences the greater the consequences. Attendance will be considered in the determination of the final grade.

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3. **Academic Honesty:** CSU Chico Academic Honest Policy and its guidelines stated in the University Catalog will be fully adhered to in this course. Students caught cheating on quizzes or exams, plagiarizing their papers, assignments or any projects related to this course will immediately be removed from the class and receive an F for the that assignment, test or project and be reported to Student Judicial Affairs. This may result in getting an F in the course.
4. **Classroom Behavior:**
 - classroom behavior and demeanor will be respectful and courteous; any behavior deemed disruptive by the instructor will not be tolerated and may result in removal from the classroom and/or disciplinary action per the University Catalog.
 - cell phones and all other electronic devices will be in the silent or off position during class. Non-adherence to this policy may result in the student's removal from class.
 - No food or drinks (except for capped or sealed water) are allowed in the classroom
 - no video or audio taping without prior instructor approval is allowed

Assignments, Evaluation and Grading:

1. **Homework: Paper on How Psychoactive Drugs or Chemicals Have Affected Your Life.** Provide a thorough description of how the use or misuse of drugs/chemicals either directly or indirectly has influenced your life in any way from either personal use by you, family, friends, or at work. **Due August 31, 2009.** Worth 25 points when submitted on time, 5 points if submitted late, and no points after 9/04/09.
2. **Behavior Change Paper:** Submit a 2-4 page reaction paper on a selected activity that you find difficult to stop, such as: smoking, drug/alcohol use, internet, TV, dating, sex, snacking, exercise, phone use, fast food, pizza. You will agree to forego this activity for 30 days. Keep a daily journal of your challenges, feelings, and describe your cravings to help support your paper. Submit your reactions to this exercise, as to its affects on you, your relationships and on others during the cessation period. What were your strategies, approaches, challenges, thoughts and feelings? What impact did this exercise have on your attitude or thoughts about those with addictions? Journals/logs are to be submitted with the paper. **Due October 5, 2009.** Worth 50 points when submitted on time, 10 points if submitted late, and no points if submitted after 10/12/09.

3. **Journal Article Paper:** You may select an article of your choice and interest that is related to the field of chemical dependency, addiction, drugs, treatment, or any area covered in class or in the text from a professional journal/article that is less than 5 years old. This paper must be at least 3 pages in length. The paper should summarize the article and its findings, and include the student's reaction to the publication. The paper is due November 30, 2009, and is worth a maximum of 25 points when submitted on time, and 10 points if submitted late, and no points after December 7, 2009.
4. **Book Report: On Dying for a Drink,** minimum of 2 pages. Due November 9, 2009 and worth 25 points when submitted on time, and 10 points if submitted late, and no points after November 16, 2009.
5. **Quiz:** There will be approximately 15 quizzes worth 15 points each on selected chapters (see Course Outline) given at the end of most classes. These will include TF, multiple choice and fill-in responses. No make-up on the quizzes, one quiz or the lowest quiz score or missed quiz will be dropped.
6. **Exams:** There will be a mid-term and final exam (see Course Outline) for assigned chapters and dates. These exams will be worth 100 points each and will include: TF, multiple choice, fill-in and essay questions. Review sessions will be held prior to the exams. If you have to miss the exam for any reason, you must make arrangements with the instructor to take the make-up test BEFORE the scheduled exam, otherwise no make-ups are allowed.
7. **Extra Credit:** Students must have prior instructor approval for any extra credit assignments. Students may earn a maximum of 25 extra credit points. Deadline to submit work is November 23, 2009.

These are extra credit examples:

- Book Report: 2-3 pages in length on approved book, 10 points
 - Video/DVD Reaction Paper: 2-3 pages, 10 points
 - Professional journal/article review, 10 points
 - Individual meeting with instructor, 5 points
8. **All submitted assignments must be typed or word processed, double-spaced, spell-checked and grammatically correct.** Students are required to keep a copy of all submitted work until May 20, 2009.

9. Grading/Evaluation:

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|----------------------------------|------------|
| • 15 Quizzes (15 points each) | 225 points |
| • Homework: Affects of Chemicals | 25 points |
| • Behavior Change Paper | 50 points |
| • Mid Term | 100 points |
| • Journal Paper | 25 points |
| • Final Exam | 100 points |

Total 525 points

Final grades will be assigned on the following basis:

- 100 to 93% = A
- 90-92% = A-
- 87-89% = B+
- 83-86% = B
- 80-82% = B-
- 77-79% = C+
- 73-76% = C
- 70-72% = C-
- 66-69% = D+
- 60-65% = D
- 60% and below = F

**HCSV 370
COURSE OUTLINE**

<u>Date</u>	<u>Preparation</u>	<u>Material/Expectations</u>
August 24	Chapter 1	Course Description Drugs & Behavior
August 31	Chapter 1 & 2	Drug Taking Behavior Quiz 15 pts.
	<u>Homework Assignment Due</u> <u>How Chemicals Affect My Life</u>	9/04/09 Last Date to Drop without special instructor permission
September 7	No Class	Legal Holiday
September 14	Chapter 3	How Drugs Effect the Body and Mind Quiz 15 pts.
		9/18/09 Census Date: no adding or Dropping classes
September 21	Chapter 4	Major Stimulants Quiz 20 pts.
September 28	Chapter 5	Narcotics Quiz 20 pts.

**HCSV 370
COURSE OUTLINE**

<u>DATE</u>	<u>PREPARATION</u>	<u>MATERIAL/EXPECTATION</u>
October 5	Chapters 6	LSD/Hallucinogens Quiz 15 pts.
<u>Change Paper Assignment Due</u>		
October 12	Chapter 7	Marijuana Quiz 15 pts.
October 19	Chapter 8	Steroids Quiz 15 pts Review for Mid-Term
October 26	Chapters 1-8	Exam Mid-Term (Chapters: 1-8 100 pts.
November 2	NO CLASS NO OFFICE HOURS	FURLOUGH DAY
November 9, 16	Chapters 9 & 10	Alcohol Abuse Quiz 15 pts. On 11/16
<u>Book Report: Dying for A Drink due</u>		
April 20	Chapter 11	Nicotine & Tobacco Quiz 20 pts.
<u>Term Paper Assignment Due</u>		

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HCSV 370
COURSE OUTLINE

<u>DATE</u>	<u>PREPARATION</u>	<u>MATERIAL/EXPECTATION</u>
April 27	Chapter 12 & 13	Caffeine & Inhalants Quiz 15 pts.
May 4	Chapter 14, 15, 16	Prescription Drugs Quiz 15 pts.
<u>EXTRA CREDIT DUE</u>		
May 11	Chapter 17 & 18	Prevention & Treatment Quiz 15 pts. Final Review
May 18	Chapters 9-18	Final Exam.; Chapters 9-18 100 pts.
<u>Note; Final exam will be from 6 to 8 pm</u>		

NOTE: The Instructor reserves the right to make any changes in this syllabus or the class schedule as needed. Students are responsible for being aware of any changes in assignments if they are late or missed class time.

1/26/09