

**PHED 1346  
Substance Abuse**

**Western Texas College  
Department of Physical Education**

- I. Basic Course Information
  - A. This course is designed to introduce the students to the basic substance abuse and related issues surrounding this concept. The students will gain the knowledge of substance abuse, how to recognize signs and symptoms and deal with them. This class will also teach students steps to deal with this subject and deal with a variety of issues that stem from substance abuse and how they apply to healthy living.
  - B. Prerequisites - None
- II. Student Learning Outcomes
  - A. Analyze the physiological, pharmacological and psychological effects of licit and illicit drugs, related to use, misuse and abuse including (but not limited to) alcohol, tobacco, performance enhancing, over-the-counter prescription, and designer/synthetic drugs.
  - B. Evaluate the sociological impact of drugs within the context of health literacy, recreational use, social implications, stereotypes, family dynamics and work environments.
  - C. Articulate and apply behaviors related to personal responsibility including (but not limited to) healthy attitudes and behaviors, refusal skills, decision-making, and risk-taking behavior.
  - D. Compare and contrast how dependence and addiction occurs including (but not limited to) treatments and prevention strategies.
  - E. Survey the historical influence on the drug-oriented society, sport and cultural beliefs and its bearing on personal drug behavior to include (but not limited to) laws that arise related to substance use, misuse, and abuse.
- III. Major Course Requirements
  - A. Class attendance
  - B. Complete outside assignments
    - 1. Weekly outside research papers
    - 2. Current Issues knowledge and research
    - 3. Group activities and class participation
    - 4. Written tests and quizzes
    - 5. Substance Abuse paper
- IV. Information on Books and Other Course Materials
  - A. Every student will need to have a folder to keep weekly papers.
  - B. Every student will need a highlighter.
  - C. No book is needed for this class; students will receive handouts.
- V. Other Policies: Please refer to the WTC Course [Catalog](#) for the following:
  - A. Campus Calendar
  - B. Final Exam schedule

- C. How to drop a class
- D. Withdrawal information
- E. Student Conduct/Academic Integrity
- F. Students with disabilities
- G. Departmental Policy in regard to make-up/late work: Late papers will be penalized at 10 points per day. After 5 days the grade turns to an automatic "0".

VI. Course Organization & Tentative Schedule\*

Week	Topic	Assignment
Week 1	Course Introduction	Review class requirements
Week 2	Substance abuse in our society	Research substance abuse in our society and write a summary of your findings.
Week 3	Substance abuse on our college campuses	Research substance abuse on our college campuses and write a summary of your findings.
Week 4	Alcohol, drugs and other forms of addiction	Research addictions and write a summary of your findings.
Week 5	Signs and symptoms of addiction	Write a paper on the signs and symptoms of addiction.
Week 6	Personal health and substance abuse	Write a paper on personal health and how this relates to substance abuse.
Week 7	Exercise and how it relates to addiction and abuse	Write a paper on exercise and how it relates to addiction and abuse.
Week 8	Group project in class	No outside assignment
Week 9	Group project in class	No outside assignment
Week 10	Steps to recovery	Research the steps to substance abuse and addiction recovery and write a summary of your findings.
Week 11	7 habits of successful people	Research successful people and what it takes to be successful and contributing to our society.

Week 12	Review Case studies	Research addiction in famous people and write a brief report of your findings.
Week 13	Review Case studies	Write a paper on substance abuse and how this relates to you personally.
Week 14	Wellness and healthy productive living	Research current news of people who are role models on this topic. Be ready to discuss your findings.
Week 15 & 16	Review and Final	Prepare for the final

\*The above schedule, policies, procedures, and assignments in this course are subject to change

Last Modified: March 19, 2018