

**I. COURSE DESCRIPTION:**

- A. Department Information:  
Division: Social Science  
Department: Human Services  
Course ID: HUMSV 190  
Course Title: Drugs: Use and Abuse  
Units: 3  
Lecture: 3 Hours  
Laboratory: None  
Prerequisite: None
- B. Catalog Description: A survey of the impact of drug use and abuse in our society including the history, pharmacology, and physiological impact of each drug category; laws related to drug abuse; and society's response to both drug use and abuse.
- C. Schedule Description: A survey of the impact of drug use and abuse in our society including the history, pharmacology, and physiological impact of each drug category and society's response to both drug use and abuse.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One**

**III. EXPECTED OUTCOMES FOR STUDENTS:**

Upon successful completion of the course the student should be able to:

- A. Explain the range of drug usage and abuse in the USA both historically and currently
- B. Describe the major drug groups and identify drug effects and behavior patterns associated with each drug category
- C. Discuss the issues associated with drug usage, politics, legal regulations, and the social systems that attempt to find solutions
- D. Describe the basic action of drugs on the nervous system
- E. Identify the different prevention and treatment modalities available within the community.

**IV. COURSE CONTENT:**

- A. Drug Use in Modern Society
  1. An overview
    - a) "The drug problem"
    - b) How did we get here?
    - c) Drugs and drug use today
  2. As a social problem
    - a) Drugs in the media
    - b) Problems of definitions
    - c) Crime and violence
    - d) Why we try to regulate drugs
  3. Addictions: Theory and treatment
    - a) Drug addiction
    - b) The broad views of addiction
    - c) Assessment of addictive disorders
    - d) Treatment and stages
  4. Preventing substance abuse
    - a) Programming
    - b) Types of prevention
    - c) Defining goals and evaluating outcomes
  5. Drug regulations
    - a) The beginnings

- b) Pharmaceutical regulation
- c) Narcotics
- B. How Drugs Work
  - 1. The nervous system
    - a) Chemical messengers
    - b) The brain
    - c) Chemical theories of behavior
  - 2. The actions of drugs
    - a) Categories of drugs
    - b) Drug identification and effects
    - c) Getting the drug to the brain
    - e) Uppers and Downers
- C.
  - 1. Stimulants
    - a) Cocaine
    - b) Amphetamines
  - 2. Depressants and Inhalants
    - a) History and pharmacology
    - b) Mechanism of action
    - c) Beneficial actions
    - d) Causes for concern
  - 3. Psychotherapeutic Drugs
    - a) Mental illness
    - b) Treatment
    - c) Consequences of drug treatment
- D. Classification of Addictive Chemicals
  - 1. Sedative/hypnotic/tranquilizing
  - 2. Opium analgesics
  - 3. Psycho-motor stimulants
  - 4. Cannabinoids
  - 5. Perception distorters
  - 6. Inhalants
- E. Alcohol
  - 1. Alcohol in the Body
    - a) Alcoholic beverages
    - b) Alcohol as a consumer item
    - c) Alcohol pharmacology
    - d) Alcohol toxicity
  - 2. Alcohol in Society
    - a) 'The alcohol problem'
    - b) Who drinks and why?
    - c) Treatment of alcoholism
- F. Familiar Drugs
  - 1. Tobacco
  - 2. Caffeine
  - 3. Over-the counter drugs
  - 4. Herbal products
- G. Restricted Drugs
  - 1. Opiates
  - 2. Hallucinogens
  - 3. Marijuana and Hashish
  - 4. Steroids and Other Drugs in Sports

**V. METHODS OF INSTRUCTION:**

- A. Lecture

- B. Directed discussion
- C. Audio-visual aids
- D. Field trips
- E. Role-playing
- F. Counseling techniques and demonstrations

**VI. TYPICAL ASSIGNMENTS:**

- A. Write a Term Paper addressing issue(s) presented in course study.
  - 1. Denial dilemma
  - 2. Behaviors and feelings of alcoholic/addict
  - 3. Detachment
  - 4. Relationships, Family
  - 5. Counseling, role of counselor
  - 6. Hero, Scapegoat, Lost Child, Mascot and adult behaviors of each
  - 7. Treatment and goals
- B. Present an Oral Report on assigned or chosen subject.
- C. Attend community activity involving anti-alcohol/drugs.

**VII. EVALUATION(S):**

- A. Methods of Evaluation:
  - 1. Objective and or essay examinations
  - 2. Evaluation of essays
  - 3. Presentations
  - 4. Community event report
  - 5. Skill exercises
  - 6. Report on guest speaker
  - 7. Term paper
- B. Frequency of Evaluation
  - 1. A mid-term examination
  - 2. A final examination
  - 3. Weekly written assignments
  - 4. A term paper
- C. Typical Exam Questions
  - 1. Name five typical behaviors of the practicing alcoholic/addict.
  - 2. Name five typical underlying feelings of the practicing alcoholic/addict.
  - 3. What are the three possible choices of an alcoholic/addict when they hit bottom?
  - 4. Describe detachment technique.
  - 5. Tell why or why not the spouse will or will not get help or leave at each stage
    - a) Denial
    - b) Fix It
    - c) Disorganization
  - 6. What three admissions do a person in denial need to make to go from denial to willingness?

**VIII. TYPICAL TEXT (S):**

Ray & Ksir. Drugs, Society, and Human Behavior, 9th edition. New York: McGraw-Hill, 2002

Goode & Erich. Drugs in American Society, 5th edition. New York: McGraw-Hill, 1999

Falkowski, Carol. Dangerous Drugs: A Reference. Center City, MN: Hazelden Educational Materials, 2000

Drug & Alcohol Facilitator's Guide. Center City, MN: Hazelden Educational Materials, 2002

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None**