

Exercise & Sport Science Department
Alcohol Tobacco and Other Drugs (ATOD) Education
EDU/EXS 2810
Mondays 6 – 9PM
November 1, 2021 – December 15, 2021

Instructor: Amber Payton, MA, LPC, CSAC, ICS

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Credits: 2

Class Expectations:

1. Follow COVID-19 Health and Safety Protocols
2. Be professional
3. Work hard
4. Take responsibility for your actions
5. Behave respectfully toward me and your classmates
6. Pay attention (no sidebar talking, texting/messaging, or unnecessary computer use)

Textbook:

Inaba, D. S., & Cohen, W. E. (2014) *Uppers, downers, all arounders: Physical and mental effects of psychoactive drugs*. Medford, OR: CNS Publications

*This textbook is on reserve in the library. You are **not** required to purchase nor rent it. I will provide details regarding the textbook during the first class period.

Course Objectives:

Upon completion of this course, the student will be able to:

1. Develop strategies to teach information on alcohol and major drugs
2. Identify and utilize online resources for teaching this topic
3. Cite the current trends of substance use and outcomes linked to substance use
4. Explain the levels of substance use and the cycle of addiction
5. Describe both the risk factors and protective factors associated with drug use and substance use disorders
6. Act appropriately as future professionals when confronted with drug use/abuse

Grading:

Reflection on Video:

We will watch approximately one documentary/informational video in class. This film is meant to assist in the teaching and subsequent integration of class material. For the film, you will be expected to write a **two page (double-spaced; 12 point font; Times New Roman font; 1 inch**

margins) typed reflection of the film including a summary of the video, what you learned, and your opinions about the content. The reflection is due at the beginning of the following class period. **This will need to be handed in during the following class period.** 20 points for reflection paper.

Group Lesson Plan:

You and three or four classmates (two groups will have five students; four groups total) will teach a lesson to the class on a classification of drugs (i.e., uppers, downers, or all arounders). You will be teaching this lesson to a level/grade of students of your choice. You must create a **lesson plan to turn into me the day of the lesson** (a model of the lesson plan to use will be provided to each student during the first class period). You must also create **at least one handout to provide to your peers and me on the day of the lesson.** Your lessons should also include **discussion items, activities, an assessment of understanding, and/or appropriate movie clips to assist in teaching your topic to students.** If you are using PowerPoint, you need to also provide an electronic copy of your slides to me the day of your presentation. **Group lessons must be done in a professional manner; therefore, the information must be taught in a thoughtful and serious manner. Resources utilized to teach the topic need to be from a reputable/scholarly source. Lessons must last at least 30 minutes. You and your group will need to consolidate your group materials and email them to me prior to your presentation.** 80 points for group lesson plan (40 points for individual grade and 40 points for group grade).

Examinations:

We will have two exams on classroom lessons throughout the duration of this class. Examinations will include multiple choice, matching, true/false, short answer, and essay questions. The final exam is comprehensive. **There are no "make-ups" for exams nor rescheduling of exams. If you miss an exam, you will receive a zero on it. If you have extenuating circumstances/a valid reason (I make the final decision) that prevents you from taking an exam on it's scheduled date and you provide me notice of this during the first week of class, I will negotiate this on a case-by-case basis.** Study guides will be provided one week prior to each exam, and you may use them to complete the exams. The quiz will be worth approximately 30 points and the final exam will be worth approximately 100 points.

Participation and Attendance:

To facilitate the integration of class material, students must be prepared to participate in class discussions and activities. Students are expected to come to class prepared to make meaningful contributions to the class learning process by asking and answering questions, and providing one's perspectives on class topics. Attendance and participation in all classes is expected. **There are no "make-ups" allowed for absences, as there is no way to truly make up for missed lecture and class discussion.** If you miss a class period, you are responsible for understanding what you missed. Absences, tardiness, or limited participation will adversely affect students' grade in this course.

Professionalism:

The way you interact with your classmates and instructor plays a large role in your success in this class. Behaving consistently in a professional manner will lead to success in the workplace and in relationships both professional and personal. **The behaviors that I will be assessing in**

this class include the following: being alert and engaged during lectures, class discussions, and activities; interacting with peers and myself in a respectful manner; being prepared for class with assignments and other required materials; using feedback in a positive manner to improve one’s knowledge, skills, and disposition; being punctual and regularly attending class; positively contributing to the learning environment during collaborative activities; persisting in activities and assignments even in the face of challenges; and demonstrating respect and responsiveness to issues of race, class, gender, ethnicity, gender variance, and ability. **This will account for 10% of your grade.**

Grading:

- A 94 – 100%
- A- 90 – 93%
- B+ 87 – 89%
- B 84 – 86%
- B- 80 – 83%
- C+ 77 – 79%
- C 74 – 76%
- C- 70 – 73%
- D+ 67 – 69%
- D 64 – 66%
- D- 60 – 63%
- F <59%

Deadlines:

Unless otherwise specified, assignments are due on the assigned date. I will accept work **one day after the due date with a five-point deduction.** **Work turned in after this grace period will NOT be accepted.** If you miss class on a night that an assignment is due, you must email me the assignment either prior to or at the start time of the class. If you have extenuating circumstances that prevent you from turning in work on time and you communicate this with me, I will negotiate this on a case-by-case basis.

Students with special learning needs are encouraged to see me during the first two weeks of class to discuss appropriate accommodations and support. You should also have documentation on file with Diane Schowalter in the Advising Center (x5802). This information will be kept confidential.

Class Schedule:

As the instructor of this course, I reserve the right to change/update this schedule as deemed necessary.

Date of Class	Topics	Readings
11/01/2021	Introduction to ATOD: <ul style="list-style-type: none"> • ATOD Education – What is it and What Should it Entail? 	Chapter 1 (pages 1.1 – 1.8, 1.30 – 1.42)

	<ul style="list-style-type: none"> • Themes of Substance Use Throughout History • Substance Use Terminology • Classification of Major Drugs 	
11/08/2021	<p>The Neurochemistry and Physiology of Addiction:</p> <ul style="list-style-type: none"> • Route of Administration • Nervous System • Physiological Responses to Drugs <p>Levels of Use Theories of Addiction</p>	Chapter 2 (pages 2.2 – 2.37)
11/15/2021	<p>Uppers/Stimulants</p> <p>Group #1 Lesson Plan</p>	Chapter 3 (pages 3.1 – 3.31, 3.37 – 3.55)
11/22/2021	<p>Quiz (Lectures on Chapters 1, 2, and 3)</p> <p>Downers/Depressants: Opiates/Opioids</p> <p>Group #2 Lesson Plan</p>	Chapter 4 (pages 4.1 – 4.7, 4.12 – 4.30, 4.33 – 4.40)
11/29/2021	<p>Downers/Depressants:</p> <ul style="list-style-type: none"> • Alcohol • Sedative-hypnotics <p>Group #3 Lesson Plan</p>	Chapter 5 (pages 5.1 – 5.26, 5.31 – 5.40)
12/06/2021	<p>All Arounders/Psychedelics</p> <p>Group #4 Lesson Plan</p>	Chapter 6 (pages 6.1 – 6.11, 6.15 – 6.18, 6.21, 6.25 – 6.41)
12/13/2021	<p>Drug Use and Prevention:</p> <ul style="list-style-type: none"> • Concepts of Prevention • Patterns of Use <p>ATOD Resources</p>	Chapter 8 (pages 8.1 – 8.3, 8.5 – 8.18, 8.27 – 8.34)
12/15/2020 from 6 – 8PM	Comprehensive Final Exam	