I. IDENTIFYING INFORMATION
Course: HSC 107
Course Title: Drugs and the Athlete
EPN: 22291061
Term: Fall II
Location: Online
Course Dates: 10/24, 12/16/2016
Course Days and Times: N/A
Prerequisites: None

Blackboard:
Blackboard is a web-based learning management system licensed by CMU. Within Blackboard, a course website, also known as a shell, is automatically created for every CMU course. Face-to-face courses may or may not incorporate Blackboard, whereas Blackboard course shells are always used for online courses and will be available to you prior to the course start date. Seeing the course shell listed in Blackboard with unavailable adjacent to its title is an indication that your instructor has not made it available and is in no way indicative of registration status. To access Blackboard, open a web browser and enter https://blackboard.cmich.edu/webapps/login/. After the site loads, enter your CMU Global ID and password in the respective spaces provided. Click the "login" button to enter Blackboard and then the link to the appropriate course to enter the course's Blackboard shell. If you need assistance, contact the IT Helpdesk at 989-774-3662 / 800-950-1144 x. 3662. Self-guided student tutorial resources are also available at https://blackboard.cmich.edu/webapps/login/.

Instructor: Mark Minelli
Primary Phone Number: 989-774-2685
Secondary Phone Number: N/A
E-Mail Address: minel1mj@cmich.edu
Availability: NA

Academic Biography:
Mark Minelli, Ph.D., M.A., M.P.A.
Professor and Division Director Community Health
School of Health Sciences
Central Michigan University

Office Phone: (989) 774-2685
minel1mj@cmich.edu

Dr. Minelli is an authority in the areas of addictions, personal growth, and drugs and the athlete. He has completed extensive research and field work concerning alcohol and other drug prevention programs and performance enhancing drugs. He is the author of eight books/educational manuals, more than 30 professional journal and magazine articles, and has presented at many national, state and regional conferences and has been a guest of national radio talk shows. Under his direction Central Michigan University was named a premier national university substance abuse prevention program. His book, “Drug Abuse in Sports: A Student Course Manual,” covers the materials used and dangers to help people make informed decisions.

II. TEXTBOOKS AND INSTRUCTIONAL MATERIALS
Order books from MBS at http://bookstore.mbsdirect.net/cmu.htm

Textbooks and Course Materials:
Title: Drug Abuse In Sports: A Student Course Manual
Author: Minelli
Edition: 8th
III. COURSE DESCRIPTION

An orientation in basic chemical substances and nutrition as an ergogenic aid as they affect athletic performance.

IV. COURSE GOALS AND OBJECTIVES

After completing this course, the student will be able to:
1. Explain how legal and illegal substances affect the human body and human performance.
2. Identify factors that contribute toward substance abuse and devise a plan to cope as a substance-free athlete.
3. Identify the major substances utilized to enhance physical well-being and performance.

V. METHODOLOGY

Student worksheets-one per Unit

Final Exam

Research paper

VI. COURSE OUTLINE/ASSIGNMENTS

Pre-Class Assignment:
None

Course Outline:

1. Drugs & Society – Week 1
   a. What is a drug?
   b. Types of drugs
   c. Why people use drugs

2. The Athletes Desire to Win – Week 1
   a. Paradigm of athletic preparation and success
   b. External & internal pressures faced by athletes
3. Alcohol & Alcoholism – Week 2
   a. Types of alcohol
   b. Alcohol and the body
   c. Consequences of alcohol misuse
   d. Theories of alcoholism

4. Tobacco – Week 2
   a. Cigarettes in America
   b. Hazardous components of cigarette smoke
   c. Effects of smoking on health
   d. Smoking cessation programs
   e. Smokeless tobacco

5. Marijuana/Hemp – Week 3
   a. Effects on the human body
   b. Use and abuse potential

6. Stimulants/Uppers – Week 3
   a. Caffeine
   b. Cocaine
   c. Amphetamines
   d. Look-alike drugs
   e. Clenbuterol

7. Anabolic-Androgenic Steroids – Week 4
   a. Effects on the human body
   b. Signs and symptoms of abuse
   c. Corticosteroids
   d. Amino acids
   e. Human growth hormone

8. Over the Counter Drugs – Week 5
   a. Cough suppressors
   b. Antihistamines

   a. Vitamins and minerals
   b. Ginseng

10. Narcotics/Opiates – Week 6
    a. Opium
    b. Morphine
    c. Codeine
    d. Heroin

11. Depressants/Tranquilizers – Week 7
    a. Major & minor tranquilizer’s

12. Drugs, Hormones & Other Non-Nutritional Aids – Week 8
    a. Estrogen
    b. Diuretics
    c. Laxatives
    d. Blood doping
    e. DMSO

Assignment Due Dates:
1. Drugs & Society – Week 1
a. What is a drug?
b. Types of drugs
c. Why people use drugs

2. The Athletes Desire to Win – Week 1
a. Paradigm of athletic preparation and success
b. External & internal pressures faced by athletes

3. Alcohol & Alcoholism – Week 2
a. Types of alcohol
b. Alcohol and the body
c. Consequences of alcohol misuse
d. Theories of alcoholism

4. Tobacco – Week 2
a. Cigarettes in America
b. Hazardous components of cigarette smoke
c. Effects of smoking on health
d. Smoking cessation programs
e. Smokeless tobacco

5. Marijuana/Hemp – Week 3
a. Effects on the human body
b. Use and abuse potential

6. Stimulants/Uppers – Week 3
a. Caffeine
b. Cocaine
c. Amphetamines
d. Look-alike drugs
e. Clenbuterol

7. Anabolic-Androgenic Steroids – Week 4
a. Effects on the human body
b. Signs and symptoms of abuse
c. Corticosteroids
d. Amino acids
e. Human growth hormone

8. Over the Counter Drugs – Week 5
a. Cough suppressors
b. Antihistamines

a. Vitamins and minerals
b. Ginseng

10. Narcotics/Opiates – Week 6
a. Opium
b. Morphine
c. Codeine
d. Heroin

11. Depressants/Tranquilizers – Week 7
a. Major & minor tranquilizer's

12. Drugs, Hormones & Other Non-Nutritional Aids – Week 8
a. Estrogen
b. Diuretics  
c. Laxatives  
d. Blood doping  
e. DMSO  

Post-Class Assignment:  
None  

Student Involvement Hours:  
On individual basis  

VII. CRITERIA FOR EVALUATION  

Evaluation Criteria:  

Course Evaluation  
Worksheet (12 x 10 points each) 120 points  
Research Paper 50 points  
Peer Review on the Research Paper 30 points  
Final Exam 100 points ________________  
300 total points  

Grading Scale:  

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>95% - 100%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 94%</td>
<td>A-</td>
</tr>
<tr>
<td>85% - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83% - 84%</td>
<td>B</td>
</tr>
<tr>
<td>80% - 82%</td>
<td>B-</td>
</tr>
<tr>
<td>75% - 79%</td>
<td>C+</td>
</tr>
<tr>
<td>73% - 74%</td>
<td>C</td>
</tr>
<tr>
<td>70% - 72%</td>
<td>C-</td>
</tr>
<tr>
<td>65% - 69%</td>
<td>D+</td>
</tr>
<tr>
<td>63% - 64%</td>
<td>D</td>
</tr>
<tr>
<td>60% - 62%</td>
<td>D-</td>
</tr>
<tr>
<td>Below 60%</td>
<td>E</td>
</tr>
</tbody>
</table>

Late Assignments:  
No work accepted after class is over  

Make-ups and Rewrites:  
None  

VIII. EXPECTATIONS  

Attendance and Participation:  
NA  

Academic Integrity:  

Because academic integrity is a cornerstone of the University's commitment to the principles of free inquiry, students are responsible for learning and upholding professional standards of research, writing, assessment, and ethics in their areas of study. Written or other work which students submit must be the product of their own efforts and must be consistent with appropriate standards of professional ethics. Academic dishonesty, which includes cheating, plagiarism and other forms of dishonest or unethical behavior, is prohibited. A breakdown of behaviors that constitute academic dishonesty is presented in the CMU Bulletin (https://bulletins.cmich.edu/).  

Student Rights and Responsibilities:  

Each member of the Central Michigan University community assumes an obligation regarding self conduct to act in a manner consistent with a respect for the rights of others and with the University's function as an educational institution. As guides for individual and group actions within this community, the University affirms the general principles of conduct described in the Code of Student Rights, Responsibilities and Disciplinary Procedures at https://www.cmich.edu/ess/studentaffairs/Pages/Code-of-Student-Rights.aspx.
IX. SUPPORT SERVICES AND OTHER REQUIREMENTS

Global Campus Library Services (GCLS)

CMU offers you a full suite of library services through its Global Campus Library Services (GCLS) department. Reference librarians will assist you in using research tools and locating information related to your research topic. The library's Documents on Demand office will help you obtain copies of the books and journal articles you need. Check out the GCLS website at http://gcls.cmich.edu for more information.

Reference librarian contact information:
1. By phone: (800) 544-1452.
2. By email: gclsref@cmich.edu
3. By online form: http://www.cmich.edu/library/gcls/Pages/Ask-a-Librarian-Request-Form.aspx

Documents on Demand office contact information:
1. By phone: (800) 274-3838
2. By email: docreq@cmich.edu
3. By fax: (877) 329-6257
4. By online form: https://illiad.cmich.edu/

Writing Center

The CMU Writing Center is a free online service for all CMU students, providing help with grammar, citations, bibliographies, drafts, and editing of academic papers. Suggestions and feedback are typically provided within two business days. For additional information and to submit work, visit http://global.cmich.edu/student/writing-center.aspx

Mathematics Assistance Center

The CMU Mathematics Assistance Center provides free tutoring in mathematics and statistics to students enrolled in select courses. Tutoring is available online and via telephone. To see what courses qualify and to register with the Math Assistance Center, visit http://global.cmich.edu/mathcenter/tutoring-request.aspx.

ADA

CMU provides individuals with disabilities reasonable accommodations to participate in educational programs, activities and services. Students with disabilities requiring accommodations to participate in class activities or meet course requirements should contact Student Disability Services at (800) 950-1144, extension 3018 or email sds@cmich.edu, at least 4 weeks prior to registering for class. Students may find additional ADA information and forms at https://www.cmich.edu/ess/studentaffairs/SDS/Pages/default.aspx

Note to faculty: CMU Administration will notify you if applicable; otherwise, the student will provide a "Notification Letter to the Instructor" outlining the accommodations the student is approved to receive.

X. BIBLIOGRAPHY

HSC 107 – Drugs and the Athlete Bibliography


Center Information

CENTRAL MICHIGAN UNIVERSITY

CMU ONLINE COURSE

ENROLLMENT & STUDENT SERVICES - ONLINE COURSES

(989) 774-1129

Fax (989) 774-1998

Email cmuonline@cmich.edu

Website www.global.cmich.edu/CMUOnline

Drop/Withdrawal Policy http://global.cmich.edu/courses/drop-withdraw.aspx

VIRTUAL RESOURCES FOR STUDENTS

CMU OIT (Office of Information Technology) Help Desk

https://www.cmich.edu/office_provost/OIT/help/help_desk/Pages/default.aspx

Online Learning Resource Center

https://www.cmich.edu/global/cmuonline/about/Pages/default.aspx

Proctoring

https://www.cmich.edu/global/cmuonline/proctoring/Pages/default.aspx

Harassment and discrimination

You have a right to feel safe and supported while pursuing your degree at CMU. If any professor, student, or staff member makes you feel that you have been discriminated against, disrespected or stuck in a hostile environment, the Office of Civil Rights and Institutional Equity (OCRIE) is here to help: Bovee UC 306, (989) 774-3253. For resources and more information, please see https://www.cmich.edu/office_president/OCRIE/

Sexual misconduct policy

With the exception of the confidential resources named explicitly within the Sexual Misconduct Policy, all CMU staff and faculty are responsible employees and are required to report any information they know about possible sexual misconduct to the Title IX Coordinator in OCRIE: Kathy Lasher, (989) 774-3253. This means that any information you may divulge about such an incident in the classroom or with a faculty member cannot be confidential. Reports to OCRIE are intended to provide options and resources to survivors. Please keep these reporting obligations in mind as you seek support from staff and faculty you trust, and know that there are also support centers on campus that will maintain confidentiality, which include Sexual Aggression Peer Advocates (989-774-2255) and the CMU Counseling Center (989-774-3381). For resources and more information, please see https://www.cmich.edu/office_president/OCRIE/