



## HELH 110 - Drugs and Athletic Performance Course Outline

Approval Date: 03/11/2021

Effective Date: 08/13/2021

### SECTION A

**Unique ID Number** CCC000623965

**Discipline(s)** Health

**and/or**

Physical Education

**Division** Kinesiology & Athletics

**Subject Area** Health

**Subject Code** HELH

**Course Number** 110

**Course Title** Drugs and Athletic Performance

**TOP Code/SAM Code** 0837.00 - Health Education / E - Non-Occupational

**Rationale for adding this course to the curriculum** Expands the Health and Kinesiology offerings

**Units** 3

**Cross List** N/A

**Typical Course Weeks** 18

### Total Instructional Hours

#### Contact Hours

**Lecture** 54.00

**Lab** 0.00

**Activity** 0.00

**Work Experience** 0.00

**Outside of Class Hours** 108.00

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**Total Contact Hours** 54

**Total Student Hours** 162

**Open Entry/Open Exit** No

**Maximum Enrollment** 30

**Grading Option** Letter Grade or P/NP

**Distance Education Mode of Instruction** On-Campus  
Hybrid  
Entirely Online

## SECTION B

**General Education Information:**

## SECTION C

### Course Description

**Repeatability** May be repeated 0 times

**Catalog Description** This course will provide an overview to drug and ergogenic aids and the connection to athletic performance and dance.

**Schedule Description** Drugs and Athletics

## SECTION D

### Condition on Enrollment

**1a. Prerequisite(s):** *None*

**1b. Corequisite(s):** *None*

**1c. Recommended:** *None*

**1d. Limitation on Enrollment:** *None*

## SECTION E

### Course Outline Information

#### 1. Student Learning Outcomes:

- A. Explain how legal and illegal substances impact human performance
- B. Identify factors that contribute to drug use and abuse in performance activities
- C. Identify major substances used to enhance athletic performance

#### 2. Course Objectives: Upon completion of this course, the student will be able to:

- A. identify types of drugs used in society and athletic performance.
- B. examine pressures associated with athletic performance
- C. describe alcohol use and abuse.
- D. describe use of marijuana, stimulants and the cycle of abuse.
- E. explore use of tobacco and smokeless tobacco among athletes.
- F. analyze the use of anabolic/androgenic steroids and the impact on athletic performance.
- G. explore the use of narcotics/opiates and the use of over the counter drugs in athletics.
- H. analyze the use of depressants/tranquilizers.
- I. identify the use of drugs, vitamins, hormones and other non-nutritional aides and their impact on performance.
- J.

#### 3. Course Content

- A. Drugs and Society
- B. Pressures to win and compete
- C. Alcohol and alcoholism
- D. Tobacco
- E. Marijuana
- F. Stimulants
- G. Anabolic and androgenic steroids
- H. Over the counter drugs
- I. Narcotics and Opiates

- J. Depressants and Tranquilizers
- K. Drugs, hormones and non-nutritional aids
- L. Drug testing standards and regulations
- M. Behavioral health concerns of athletes
- N.

**4. Methods of Instruction:**

**Lecture:**

**Online Adaptation:** Activity, Directed Study, Discussion, Group Work, Lecture

**Explain how the online adaptation of the methods of instruction aligns with the course**

**outcomes:** Lectures and group activities will be dedicated to examining and analyzing the impacts of drug use /abuse and athletic performance

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

**Typical classroom assessment techniques**

Exams/Tests -- Students will have exams that cover weekly course content.

Quizzes --

Research Projects -- Students will be required to complete a research paper.

Group Projects --

Class Work --

Home Work --

Letter Grade or P/NP

**6. Assignments:** State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Chapter texts readings

Chapter 1-Introduction to drugs and society-why do we choose to do drugs

Chapter 2-Paradigm of athletic desire to prepare and win

Handout readings-

Completion of chapter student worksheets

B. Writing Assignments

Analyze trends in drug, alcohol and tobacco use in athletic and dance athletes.

Describe how caffeine, alcohol and tobacco impact the central nervous system physiology and impact performance.

C. Other Assignments

D.

**7. Required Materials**

**A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.**

Book #1:

Author: Minelli, Mark

Title: Drug abuse in Sport

Publisher: Stipes Publishing

Date of Publication: 2019

Edition:

**B. Other required materials/supplies.**

