

HELH-110: DRUGS AND ATHLETIC PERFORMANCE

Justification for this inactivation request
Course not offered in 3 years.

Effective Term
Fall 2025

CC Approval
11/01/2024

AS Approval
11/14/2024

BOT Approval
11/21/2024

COCI Approval
03/12/2025

SECTION A - Course Data Elements

CB04 Credit Status
Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Health (Master's Degree)	Or
Physical Education (Master's Degree)	

Subject Code
HELH - Health
Course Number
110

Department
Health

Division
KINE

Full Course Title
Drugs and Athletic Performance

Short Title
Drugs and Athletic Performance

CB03 TOP Code
0837.00 - Health Education

CB08 Basic Skills Status
NBS - Not Basic Skills

CB09 SAM Code
E - Non-Occupational

SECTION B - Course Description

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

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

No

Units

3.00

Lecture Hours

54.00

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Explain how legal and illegal substances impact human performance.
2.	Identify factors that contribute to drug use and abuse in performance activities.
3.	Identify major substances used to enhance athletic performance.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Identify types of drugs used in society and athletic performance.
2.	Examine pressures associated with athletic performance.
3.	Describe alcohol use and abuse.

4. Describe use of marijuana, stimulants and the cycle of abuse.
5. Explore use of tobacco and smokeless tobacco among athletes.
6. Analyze the use of anabolic/androgenic steroids and the impact on athletic performance.
7. Explore the use of narcotics/opiates and the use of over-the-counter drugs in athletics.
8. Analyze the use of depressants/tranquilizers.
9. Identify the use of drugs, vitamins, hormones and other non-nutritional aides and their impact on performance.

Course Content

1. Drugs and Society
2. Pressures to win and compete
3. Alcohol and alcoholism
4. Tobacco
5. Marijuana
6. Stimulants
7. Anabolic and androgenic steroids
8. Over the counter drugs
9. Narcotics and Opiates
10. Depressants and Tranquilizers
11. Drugs, hormones and non-nutritional aids
12. Drug testing standards and regulations
13. Behavioral health concerns of athletes

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Lecture	

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Group Work	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Students will have exams that cover weekly course content.
Quizzes	
Projects	Research Projects - Students will be required to complete a research paper. Group Projects
Other	Class Work
Homework	

Assignments

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

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.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Minelli, Mark

Title

Drug abuse in Sport

Publisher

Stipes Publishing

Year

2019

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No