

**CALIFORNIA STATE UNIVERSITY, LONG BEACH**  
**HEALTH SCIENCE DEPARTMENT**  
**COURSE SYLLABUS**  
**HSC 427: DRUGS AND HEALTH - Spring 2010**  
**Tuesday & Thursday: 12:30 - 1:45 PM**

Instructor: Dr. Ezra Levy  
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**COURSE DESCRIPTION**

This course is the study of psychoactive drugs with emphasis on the following: alcohol, nicotine, caffeine, cannabis, hallucinogens, and narcotics. Other topics will include anabolic steroids, nutrition, and herbal products. The course will examine social trends as well as the philosophical and behavioral issues associated with drug use and dependence. The physiological, psycho-social, legal, historical, and political aspects of drug usage will be discussed. Treatment/rehabilitation programs and drug abuse prevention topics will be considered. Students will also learn how to safeguard personal and family health from the physical, mental, and social effects of alcohol, tobacco, anabolic steroids, and other drugs.

**PURPOSE**

The "War on Drugs" is an ongoing phenomenon in our lives, but for many of us, the "war" is not very personal. Although we are aware of the hazards of cocaine, heroin, and ICE, we don't consider other frequently used substances as drugs. This course will explore the following relevant issues: how people acquire knowledge of drugs, health, and disease; how beneficial and hazardous health habits develop; how behavior is influenced by psychological, social, and physical factors; how psychological and physical processes, influenced by social factors, cause one to choose a "desirable" or "undesirable" form of behavior (i.e., whether to smoke, chew, or experiment with drugs); and how to distinguish between trustworthy medical advice and unreliable, or even fraudulent, information.

**COURSE OBJECTIVES**

After completing the course, the student will be able to:

1. describe the nature of "our" drug problem.
2. analyze the prevalence of psychoactive drug use in America.
3. describe psycho-social factors associated with drug use, abuse, and misuse.
4. analyze trends, patterns, and recent research articles pertaining to psychoactive drugs, anabolic steroids, nutrition, and herbal products.
5. identify the public health ramifications and consequences of drug use and abuse on society.
6. evaluate currently accepted information pertaining to psychoactive drugs, anabolic steroids, nutrition, and herbal products and their effects on the health of the individual and society.
7. identify physiological and psycho-social effects caused by each of the major classifications of drugs.
8. identify physiological and emotional responses associated with psychoactive drugs.

**COURSE OBJECTIVES** (continued)

9. describe individual and societal problems associated with drug dependence.
10. identify legal issues involved in the enforcement and control of drugs.
11. explain the roles of advertising and the media as they pertain to drug use and abuse.
12. identify positive, healthy alternatives to drug misuse and abuse.
13. describe major programs for prevention, treatment, and rehabilitation.
14. describe the short- and long-term physiological effects of drugs in youth as well as adults.
15. describe the development of behaviors to increase interpersonal and social skills, self-esteem, and self-confidence in order to make responsible decisions.
16. identify a range of social and mental health issues, including problems which arise from alcohol, tobacco, and other drug use that affects relationships with friends, families, school, and work.
17. describe the effective prevention, cessation, education and treatment programs for alcohol, tobacco, and other drug use.
18. identify historical patterns of alcohol, tobacco, & other drug use as influenced and impacted by culture.
19. describe the responsible use of over-the-counter and prescription drugs.
20. evaluate the development of skills for resisting pro-drug use social influences.
21. describe drug use prevalence rates among California and national populations.
22. identify risk, protective, and resiliency factors that influence drug use.

**TEXTS**

REQUIRED → Ezra Levy, Pharm.D., (2010) HSC 427: Drugs & Health (Handouts @ [www.studentbay.com](http://www.studentbay.com))

OPTIONAL → Darryl Inaba, Pharm.D., (2009). Uppers, Downers, and All Arounders. CNS Prod.

**EVALUATION**

The final course grade is based on student performance in the following:

Examination I	100 points	Rx Report *	100 points
Examination II (Final Exam)	100 points		

Total Points = 300 points

Class attendance and preparation are the best predictors of success in this course since exams will reflect topics discussed in class.

**Grading Scale**

90 -100 %	→	A
80 - 89 %	→	B
70 - 79 %	→	C
60 - 69 %	→	D
below 60%	→	F

\* Rx Report - due: May 13

Each student will select a psychotropic drug and assess its pharmacological, psychological, political, and social benefits and liabilities. The "Rx Report" instruction sheet is on-line and will be discussed in class.

COURSE OUTLINE \*

<u>DATE</u>	<u>TOPIC</u>	<u>TEXTBOOK</u>
Jan. 26 - 28	Welcome to HSC 427 / Getting Acquainted Pharmacology	Chapters 1, 2
Feb. 2 - 4	Pharmacology (cont.) Over-the-Counter Drugs	Chapters 1, 2 Handout
Feb. 9 - 11	Over-the-Counter Drugs (cont.)	Handout
Feb. 16 - 18	Prescription Drugs	Handout
Feb. 23 - 25	Depressants: Alcohol, Narcotics, & Sedative-Hypnotics	Chapters 4, 7
March 2 - 4	Depressants: Alcohol, Narcotics, & Sedative-Hypnotics (cont.)	Chapters 4, 7
March 9 - 11	Depressants: Alcohol, Narcotics, & Sedative-Hypnotics (cont.)	Chapters 4, 7
March 16-18	Stimulants: Tobacco, Cocaine, Amphetamines, & Caffeine	Chapter 3
March 23 - March 25	Stimulants: Tobacco, Cocaine, Amphetamines, & Caffeine (cont.) <b>Examination I</b>	Chapter 3
March 29 - April 2	Spring Recess	
April 6 - 8	Stimulants: Tobacco, Cocaine, Amphetamines, & Caffeine (cont.)	Chapter 3
April 13 - 15	Stimulants: Tobacco, Cocaine, Amphetamines, & Caffeine (cont.) Nutrition / Osteoporosis	Chapter 3 Handout
April 20 - 22	Anabolic Steroids	Chapter 9
April 27 - 29	Marijuana	Chapter 6
May 4 - May 6	Hallucinogens / Psychedelics: (LSD, PCP, Ecstasy, etc...) <b>Furlough Day</b>	Chapter 6
May 11 - 13	Hallucinogens / Psychedelics: (LSD, PCP, Ecstasy, etc...) cont. Drug Abuse Prevention & Education	Handout Chapters 11, 12
May 18	Examination II → <b>Final Examination</b> - Tuesday, 12:30 - 2:30 PM	

\* subject to change (based on furloughs, enrollment issues, and other unforeseen events)