

MONTGOMERY COLLEGE
Course Syllabus
Department of Health Enhancement, Rockville Campus
HLTH 131: Drugs and Lifestyle Wellness
Fall 2018

I. Contact Information

Instructor: Christina L. Benjamin, MPH, MCHES, CLC

Phone: 240-567-7575 (Please leave message with Department Administrative Aide)

Office: PE Building, Room 229

Office Hours: Mondays, 9:00am – 10:00 am

Email: christina.benjamin@montgomerycollege.edu

Note: It may take up to 2 business days for me to reply to e-mails. Please make sure you e-mail me using your MC e-mail only. Also, in your e-mail make sure to include your name and the class you are registered in.

II. General Course Information

HLTH 131/CRN: 23886
Mon. and Wed. – 10:00am – 10:50am
PE Building, Room 209

This course is an overview of the cultural drug phenomenon, its impact on society as well as the individual's quality of life. Course content includes physiological and psychological effects of the use and abuse of street, over-the-counter, prescription, and other drug substances. Additionally, wellness lifestyle strategies will be examined as methods to avoid all types of chemical dependency. *Assessment Level(s): ENGL 101/ENGL 101A, READ 120. Two 50 minute in-class sessions with online activities weekly. Formerly HE 111.*

HLTH 131 fulfills a General Education Program Behavioral and Social Sciences Distribution requirement. Montgomery College's General Education Program is designed to ensure that students have the skills, knowledge and attitudes to carry them successfully through their work and personal lives. This course provides multiple opportunities to develop two or more of the following competencies: technological competency, critical analysis and reasoning, written and oral communication, and information literacy. Your performance in these competencies will be evaluated on your mastery of the area anywhere from Novice to Advanced.

III. Common Course Student Learning Outcomes

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

- List the major drug classifications and describe their characteristics.
- Analyze and discuss the reasons why individuals begin and continue to use psychoactive drugs.
- Describe how current views of drug use influence legislation, education and treatment options.

- Describe current drug use trends among different populations
- Demonstrate knowledge of current, factual information regarding drugs.

IV. Texts, Workbooks, and Supplies

Required

Hanson, G. R. (2018). Drugs and Society, 13th Edition. Jones and Bartlett, Burlington, M.A.

V. Course Requirements

A. Course grade

Your final grade will reflect the total points you have earned throughout the course. Maximum points possible for each assignment are listed below.

Assignments:	Points:
Tests	300
Quizzes	150
Online Assignments	150
Signature Assignment/Paper	<u>100</u>
Total points	700

Standards

Grades:	Points:
A	630-700
B	560-629
C	490-559
D	420-489
F	419 and below

Exams (300 points): There will be 3 non-cumulative exams (100 points each). Each exam will be a combination of multiple choice, true/false, matching and short answer questions. Exams will cover all material covered in class (lecture, presentations, videos, etc.) and reading assignments. Part of the exams will be Scantron. No electronic devices (cell phones, pagers, computers, PDAs etc.) can be used during the exam.

Quizzes (150 points): There will be 10 quizzes (15 points each) given online throughout the semester as indicated on the course syllabus. You will have 15 minutes to complete the online quizzes.

Online Assignments (150 points): There will be 10 written assignments (15 points each) based on chapter readings as indicated on the course syllabus. Please follow the writing guidelines provided at the end of this section.

Signature Assignment/Paper (100 points): You will identify a specific drug to research, analyze information, and evaluate media campaigns on it. You will submit a written paper in two parts during the semester. Additional information will be provided on the assignment in class.

Grading Standards for Typed Assignments

- **Font-** Font size must be 12 and must be either Arial or Times New Roman. The font must be a dark color, either black or dark blue.
- **Margins-** The margins must be one-inch. Please note that most word programs are preset to 1-¼ inches.
- **Spacing-** All papers must be double spaced with no additional lines between paragraphs
- **Spelling and grammar-** All typed assignments are graded on spelling and grammar, and the grading is progressive. The more mistakes you make, the more points you will lose. **If you have ten or more spelling and grammatical mistakes in a paper, the paper will receive a 0.**
- **Title page-** Papers need to have a title page that has the title, your name, my name, and the class name, day and time.
- **Reference page-** if you use a source, you must include in-text citations and a list of reference. These reference must follow APA style formal.
<http://owl.english.purdue.edu/owl/resource/560/05/> is a good resource for APA formatting.
- **Stapled-** If your paper has multiple pages it must be stapled or at least your full name must appear in all pages. *Applies online to the Signature Assignment/Paper.*

B. Late and Make-up Policy for Coursework

Make-up Policy

Students are responsible for obtaining the information they missed due to absence. If an emergency occurs before an exam, quiz, or written assignment's due date, the student **must contact the professor within 24 hours of the exam/quiz/assignment and must have the proper documentation (car repair bill, traffic ticket, proof of illness, etc.) for the absence.** If you do not have proper documentation, or fail to contact me within 24 hours, you will not be given a make-up exam or quiz nor allowed to make-up missed assignments.

If you know ahead of time that you will be missing an exam, quiz or assignment, you must submit your work ahead of time. Also, you must speak with the professor **at least one week before** the exam or the assignment's due date to allow enough time for accommodations to be made (if necessary).

Late Policy

- Any coursework not turned in during the class meeting it is due in, but turned in person to your professor on the same day it was due, will automatically be worth 75% of its original points (i.e. if the assignment is worth 10 points, you can only earn a maximum of 7.5 points).
 - Coursework turned in personally to your professor the following day it was due will be worth 50% of its original grade (i.e. original points=10; maximum possible points= 5 points). *After this time, no coursework will be accepted.*
- Any coursework submitted via email (either through Blackboard or MC email) without prior authorization from your professor **OR** accompanied by the appropriate documentation for the student's absence will earn a zero.

VI. Policies and Procedures

A. Important student information link

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site (see link below) to assist you in having a successful experience both inside and outside of the classroom. It is important that you read and understand this information. The **link below provides** information and other resources to areas that pertain to the following: student behavior (student code of conduct), student e-mail, the tobacco free policy, withdraw and refund dates, disability support services, veteran services, how to access information on delayed openings and closings, how to register for the Montgomery College alert System, and finally, how closings and delays can impact your classes.

If you have any questions please bring them to your professor. As rules and regulations change they will be updated and you will be able to access them through the link. If any student would like a written copy of these policies and procedures, the professor would be happy to provide them. By registering for this class and staying in this class, you are indicating that you acknowledge and accept these policies.

<http://cms.montgomerycollege.edu/mcsyllabus/>

B. Academic Honesty

Acts of cheating, fabrication, plagiarism, and helping others to commit such acts are all forms of academic dishonesty. Acts of academic dishonesty could result in a disciplinary action that may include, but is not limited to receiving an "F" on the assignment, receiving an "F" in the course, suspension or dismissal. The instructor will determine what action will be taken. Consult the *Montgomery College Academic Regulations and Student Code of Conduct* for further information.

C. Attendance Policy

Students are expected and encouraged to attend each class session and be on time. Please make sure to put your initials next to your name on the sign-up sheet that will be passed around at the beginning of each class. Please note that I reserve the right to drop any student who has missed an excessive amount of classes, as defined in the Student Handbook. Also, if the student decides

that they no longer want to participate in the course, withdrawal by the appropriate “drop” date is ultimately the responsibility of the student.

D. Audit Policy

All students registered for audit are required to consult with the instructor before or during the first class session in which they are in audit status, and students are required to participate in all course activities unless otherwise agreed upon by the student and instructor at the time of consultation. Failure to consult with the instructor or to participate in class activities may result in the grade of “W” being awarded. This action may be taken by the instructor by changing the “AU” to “W” before the drop with “W” date.

E. Support Services

Any student who needs an accommodation due to a disability should make an appointment to see me during my office hours. In order to receive accommodations, a letter from Disability Support Services (R-CB122; G-SA175; or TP-ST120) will be needed. This letter must be provided at least one week before an exam. Any student who may need assistance in the event of an emergency evacuation must identify to the Disability Support Services Office; guidelines for emergency evacuations for individuals with disabilities are found at:

www.montgomerycollege.edu/dss/evacprocedures.htm

F. Basic Needs

Any student who has difficulty accessing sufficient food to eat every day, or who lacks a safe and stable place to live, is urged to contact the Dean of Student Affairs on your campus. Furthermore, please notify the professor if you are comfortable in doing so. This will enable the professor to provide any resources that they may possess. We know this can affect performance in the course and Montgomery College is committed to your success. *Please refer to additional information provided in a separate document on the first day of class.*

The Deans of Student Affairs

Germantown: Dr. Jamin Bartolomeo, jamin.bartolomeo@montgomerycollege.edu

Rockville: Dr. Tonya R. Mason (RV), tonya.mason@montgomerycollege.edu

Takoma Park/ Silver Spring: Dr. Clemmie Solomon,
clemmie.solomon@montgomerycollege.edu

G. Veteran Services

If you are a veteran or on active or reserve status and you are interested in information regarding opportunities, programs and/or services, please visit the Combat2College website at www.montgomerycollege.edu/combat2college/ and/or contact Joanna Starling 240-567-7103/SV103 or Joanna.starling@montgomerycollege.edu .

H. Sexual Misconduct

Montgomery College is committed to fostering a safe, productive learning and working environment. Title IX and our College's policy on Sexual Misconduct; prohibit discrimination on the basis of sex. Sexual misconduct — including sexual harassment, sexual assault, domestic violence, dating violence, sexual exploitation, sexual intimidation, and stalking— is also prohibited at our school.

Montgomery College encourages anyone experiencing sexual misconduct to talk to someone about what happened, so you can get the support you need and Montgomery College can respond appropriately. If you wish to speak confidentially about an incident of sexual misconduct, please contact one of the following resources: Rockville Counseling Department, 240-567-5063 or 240-567-4104, Germantown Counseling Department, 240-567-7734, or Takoma Park/Silver Spring Counseling Department, 240-567-1480.

If you wish to report sexual misconduct or have questions about school policies and procedures regarding sexual misconduct, please contact our school's Title IX Coordinator, Mr. Christopher Moy, 240-567-5412, Christopher.moy@montgomerycollege.edu, 900 Hungerford Dr. Rockville, MD 20850 Suite 315.

Montgomery College is legally obligated to investigate reports of sexual misconduct, and therefore cannot guarantee the confidentiality of a report, but it will consider a request for confidentiality and respect it to the greatest extent possible. As a faculty member, I am also required by our school to report incidents of sexual misconduct and thus, cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident.

I. Communication

Student e-mail (montgomerycollege.edu) is an official means of communication for the College. It is expected that you check your student e-mail regularly and frequently, as you are responsible for information that will be sent to you from the College. To check your e-mail, log into your MyMC online account.

- **Remember:** e-mails do not express tone of voice or body language so strive to use careful wording to convey your desired message. Please take an extra minute when sending an e-mail to think about what you want to say, spell-check your e-mail, and use appropriate, courteous, and professional language. Your professor will strive to do the same in all communications.

- E-mails will be answered within 24 - 48 hours during week days.
- If an e-mail is sent during a weekend or holiday, please expect a reply the following working day.
- ***If you are in the process of addressing an issue with your professor, then you are expected to return emails within 2 business days or the matter will be considered closed.***

J. Delayed Opening or Closing of the College

If classes are cancelled for any reason, you should continue to follow the schedule provided in the syllabus. This means you would continue to read the assigned chapters. If there will be any changes in the schedule it will be announced in class, via Blackboard or via e-mail. The only exception to this is assigned work. If assigned work is due on a day that the college is closed or the class was cancelled, assume that the work will be done on the next class meeting.

If the College opens at a time when more than 50% of a class period will be missed, that class will be cancelled for the day.

Montgomery College will always operate on its regular schedule unless otherwise announced. Depending on the nature of the incident, notifications of emergencies, and changes to the College's operational status will be communicated through one or more communication methods including the College's web page <http://montgomerycollege.edu>

For the most up-to-date information regarding College openings, closings, or emergencies, all students, faculty, and staff are encouraged to sign up for email and text alerts via Montgomery College ALERT. Registration information is available at www.montgomerycollege.edu/emergency

VIII. Additional General Information

A. Classroom Conduct

Cell phones and tablets: Students are required to turn-off cell phones at the beginning of each class. Cell phones and smart phones (i.e. Blackberry, iPhones, Android, etc.) and all other electronic devices, such as MP3 players and tablets, are **NOT** permitted to be used in class or during tests.

- This means no text messaging or taking photos of the PowerPoint presentations (unless instructed to do so); this is considered cell phone use.
- Any student caught using a cell phone or other electronic device during a class period, and who has been asked at least once to put it away, will be asked to put their cell phone or device on the desk in the front of the classroom until the end of the class period.
- Also, any student using a cell phone or any other electronic device during testing will receive a zero for that quiz or exam. All students are responsible for the information located in the student code of conduct.

Talking: During class please refrain from side conversations. These can be disruptive to your fellow students and your professor. The professor reserves the right to remove any disruptive student(s) from the classroom if necessary.

B. In addition, it is expected that the student will:

- If you will be missing a class for religious reasons, you must inform the professor of those dates by the end of the first week of class.
- Be responsible for obtaining any information and class notes from another classmate if you missed class. This is **your** responsibility!
- Have completed the assigned readings for the class session
- Be prepared to discuss the assigned readings and participate in the discussion
- Be respectful of the instructor and other students
- Arrive on-time
- Be open to new ideas and concepts
- Do your best in this class
- **STUDENTS ARE EXPECTED TO ABIDE BY THE BEHAVIORS DESCRIBED IN THE STUDENT CODE OF CONDUCT AT ALL TIMES.**

IX. Tentative Class Schedule

<u>Date</u>	<u>Topic</u>	<u>Assignments Due</u>
8/27/18	Overview	
8/29/18	Chapter 1: Introduction to Drugs and Society	Online Assignment #1 Due on 8/31/18 Quiz #1 on Chapter 1 Due on 8/31/18
9/03/18	No Class Due to Labor Day Holiday	
9/05/18	Chapter 2: Explaining Drug Use & Abuse	Online Assignment #2 Due on 9/07/18 Quiz #2 on Chapter 2 Due on 9/07/18
9/10/18	Chapter 3: Drug Use, Regulation, and the Law	

9/12/18	Chapter 4: Homeostasis	Online Assignment #3 Due on 9/14/18 Quiz #3 on Chapter 3 Due on 9/14/18
9/17/18	Chapter 5: How and Why Drugs Work	
9/19/18	Continue Chapter 5	Online Assignment #4 Due on 9/21/18 Quiz #4 on Chapter 5 Due on 9/21/18
9/24/18	Test 1: Chapters 1-5	
9/26/18	Chapter 6: CNS Depressants: Sedative-Hypnotics	
10/01/18	Continue Chapter 6	
10/03/18	Chapter 7: Alcohol: Pharmacological Effects	Online Assignment #5 Due on 10/05/18 Quiz #5 on Chapter 6 Due on 10/05/18
10/08/18	Chapter 8: Alcohol: Behavioral Effects	
10/10/18	Continue Chapter 8	Online Assignment #6 Due on 10/12/18 Quiz #6 on Chapter 7 Due on 10/12/18 Signature Assignment/Paper – Part 1 Due on 10/12/18
10/15/18	Chapter 9: Narcotics	
10/17/18	Chapter 9: Narcotics	Online Assignment #7 Due on 10/19/18 Quiz #7 on Chapter 9 Due on 10/19/18

10/22/18	Chapter 14: Inhalants	
10/24/18	Test 2: Chapters 6, 7, 8, 9 and 14	
10/29/18	Chapter 10: Stimulants	
10/31/18	Chapter 11: Tobacco	Online Assignment #8 Due on 11/2/18 Quiz #8 on Chapter 10 Due on 11/2/18
11/5/18	Continue Chapter 11	
11/7/18	Chapter 12: Hallucinogens	Online Assignment #9 and 10 Due on 11/9/18 Quiz #9 on Chapter 11 Due on 11/9/18
11/12/18	Continue Chapter 12	
11/14/18	Chapter 13: Marijuana	Quiz #10 on Chapter 12 Due on 11/16/18
11/19/18	Continue Chapter 13	
11/21/18	No Class – Thanksgiving Holiday	
11/26/18	Chapter 17: Prevention & Education	
11/28/18	Continue Chapter 17	Signature Assignment/Paper – Part II Due on 11/30/18
12/03/18	Chapter 18: Treatment	
12/05/18	Continue Chapter 18	
12/10/18	Final Exam (Monday) 10:15-11:15am (chapters 10, 11, 12, 13, 17, 18)	