

Tompkins Cortland Community College
Master Course Syllabus

Course Discipline and Number: HLTH 208
Course Title: Alcohol and Alcoholism

Year: 2018-2019
Credit Hours: 3

Attendance Policy: *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

Services for Students with Disabilities: *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

Course Description

A study of the drug alcohol and the disease alcoholism. All facets of the subject are discussed, including the sociological, psychological, and physiological. Experts who represent various areas, such as the medical profession, the law, rehabilitation, counseling, and psychiatry are called upon to share their knowledge and expertise with the class. An honest and practical look is taken at a drug affecting most of us in some way. Prerequisites: ENGL 099 or prior completion or concurrent enrollment in ESL 120, 121, and 122 (or prior completion of ESL 103) if required by placement testing; prior completion or concurrent enrollment in RDNG 116 if required by placement testing. 3 Cr. (3 Lec.) Fall and spring semesters.

Course Context/Audience

This course satisfies an unrestricted elective requirement in most degree programs. It is a required course in the Chemical Dependency Counseling A.A.S. degree programs and a prerequisite for the advanced Chemical Dependency courses. Students learn fundamental information which they will use to develop competencies in the advanced level courses.

Basic Skills/Entry Level Expectations

Writing: W2 Student should have completed ENGL 100; ENGL 099 (if needed). The course requires short written responses and/or short papers without documentation, particularly personal reflection or narrative.

Math: M0 Course requires very little or no math.

Reading: R3 Course may be taken concurrently with RDNG 116.

Course Goals

By successfully completing this course, students will

1. Learn about the properties of alcohol as a psychoactive substance.
2. Learn about alcoholism and consider assessment and treatment options.
3. Develop an understanding of the social, legal, economic, and interpersonal impact of alcohol and alcoholism.

Course Objectives/Topics

Objective/Topic	% Course
Students will be able to describe short and long term effects that alcohol has on the body.	10%
Students will be able to discuss the physiological, psychological and social impact that alcohol has on the individual, significant others, and society.	10%
Students will be able to distinguish between social chemical use, abuse, and addiction to alcohol.	10%
Students will be able to identify the signs and symptoms of problematic drinking and alcoholism.	10%
Students will be able to enumerate on the properties of alcohol, and its effects on human physiology.	10%
Students will be able to identify routes of administration, absorption, distribution, metabolism, and elimination of alcohol.	10%
Students will examine the impact of alcohol use and alcoholism on the family.	10%
Students will become acquainted with various options for treating the alcoholic and his/her family.	10%
Students will be able to consider the impact of alcohol use and alcoholism on special populations.	10%
Students will be able to develop insight into their own chemical use through an awareness of personal and professional responsibilities surrounding the use of alcohol.	10%

General Education Goals - Critical Thinking & Social/Global Awareness

CRITICAL THINKING OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<p>Students will be able to</p> <ul style="list-style-type: none"> ➤ develop meaningful questions to address problems or issues. ➤ gather, interpret, and evaluate relevant sources of information. ➤ reach informed conclusions and solutions. ➤ consider analytically the viewpoints of self and others. 	<p>The course covers alcohol and alcoholism, and challenges students to apply new learning in personal and professional contexts.</p> <p>The course requires students to engage in research in order to complete written assignments and a final research project.</p> <p>The course teaches students to utilize theory and evidence based on contemporary research to make informed decisions regarding alcohol use.</p> <p>The course encourages social engagement during in class discussion and facilitates opportunities to explore multiple perspectives.</p>
SOCIAL/GLOBAL AWARENESS OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)

<ul style="list-style-type: none"> ➤ Students will begin to understand how their lives are shaped by the complex world in which they live. ➤ Students will understand that their actions have social, economic and environmental consequences. 	<p>The course promotes an examination of self in relation to alcohol use and assists in understanding a broader context of family, community, and society.</p> <p>The course encourages students to explore their own relationship with alcohol and to consider the consequences of alcohol use and alcoholism.</p> <p>The course introduces students to the economic implications of alcohol use/abuse, prevention, and treatment</p>
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Instructional Methods

This course should be taught utilizing lecture, guest speakers, video presentations, and outside resources. Students should be encouraged to access supplemental materials, i.e., reserve materials, CD ROMs that accompany the text(s), etc., to enhance their learning experience. Because the course is experiential, the instructor should facilitate small group experiences and cooperative learning in the classroom.

Methods of Assessment/Evaluation

Method	% Course Grade
Exams	35%
Self Help Meeting Assignment	25%
Class participation	20%
Final Project	20%

Text(s)

Beyond the Influence. Ketcham, K. , Asbury W.F., Schulstad,M., and Ciaramicoli, A.P. ©2000. Bantam.

Loosening The Grip: A Handbook of Alcohol Information, Kinney, J. and G. Leaton, 10th Edition, © 2011 Times Mirror/Mosby

Bibliography

Alcoholics Anonymous, Big Book. 4th ed. © 2002. AA World Services.

Drinking: A Love Story. C. Knapp. © 1997. Dial PressTrade

Healing the Addicted Brain: The Revolutionary, Science Based Alcoholism and Addiction Recovery Program. Urschel, H. © 2009, Sourcebooks.

It Will Never Happen To Me: Growing Up With Addiction as Youngsters, Adolescents and Adults. C. Black ©2002, Hazelden

Problem Drinkers. Sobell and Sobell. © 1993: Guilford Press.

Relapse Prevention: Maintenance Strategies in the Treatment of Addictive Behavior. 2 nd. ed., Marlett. G.A.and.Donovan,, D.M. © 2007: Guilford Press.

Under The Influence. Milam, J.R. and Ketcham, K. © 1984: Bantam Books.

Other Learning Resources

<p>Audiovisual Addiction HBO Alcoholism Beer Wars Is Alcohol Worse Than Ecstasy? Sacred Trust: Fetal Alcohol Syndrome</p>

New Frontiers: Understanding and Treating Alcoholism
Twelve Steps

Electronic

<http://www.niaaa.nih.gov/>

www.aa.org

www.nlm.nih.gov/medlineplus/alcoholism.html

<http://www.samhsa.gov>

Other

No resources specified