

ALCOHOL/DRUGS AND SPORT

I. COURSE JUSTIFICATION

One of the major concerns currently in contemporary society is the use and abuse of alcohol and drugs. This issue is even more of a concern in athletics since athletes use and abuse drugs and alcohol more than the general student body. This course is needed since more athletic departments need to be involved in educational programming and mentoring of student-athletes. This course will prepare students to deal with alcohol/drug issues in the athletic environment.

II. RELATIONSHIP TO PROGRAM OBJECTIVES

The coaching minor was recently revised and it now allows students to select electives that are related to their professional objectives. As a result, the Department of Health, Physical Education, Recreation and Coaching has developed several courses to address issues in competitive sport and athletics. The course relates to the broad preparation of coaching professionals at the undergraduate level. This course will provide students with the opportunity to learn about the presence of alcohol/drugs and educational programming/prevention needed in the athletic environment.

III. BUDGETARY IMPACT

No additional resources or staff members will be needed to accommodate the proposal. The department will adjust internally to teach the course.

IV. PROGRAMS AFFECTED IN OTHER ACADEMIC UNITS

None

V. COURSE DESCRIPTION

Explore the use and abuse of alcohol and drugs within the athletic environment. Explore the educational and prevention programming that is successful in realm of athletics.

VI. REQUISITES

None

VII. TENTATIVE COURSE SYLLABUS

Course Objectives:

The course is designed to achieve the following objectives:

- A. Explore the use and abuse of alcohol and drugs within the athletic environment.
- B. Explore the educational and prevention programming that is successful in the realm of athletics.
- C. Explore the impact that individuals within the athletic environment can have in dealing with the problem.

Tentative Course Syllabus:

- A. Introduction to drugs and alcohol
 - 1. Overview of impact
 - 2. Kinds of drugs
- B. Presence of drugs/alcohol in sport and the effects
 - 1. Issues you need to know
 - 2. Impact of prevention efforts
 - 3. Team approach to the problem
- C. Making a choice about use/abuse and athletic performance
 - 1. Why they use
 - 2. Why they choose not to use
- D. Athletics setting a positive example
 - 1. Strategies for providing an example
 - 2. Establishing personal and professional guidelines
- E. Establishing and enforcing team rules
 - 1. Keys to effective rules
 - 2. Creating or revising a code of conduct
 - 3. Methods of investigating rule violations
- F. Using opportunities to teach in athletics
 - 1. Teachable moments
 - 2. Positive prevention messages
- G. Involving student-athletes and parents in prevention
 - 1. Approaches for involving student-athlete leaders
 - 2. Actions for parents and athletes
- H. Responding effectively as a coach
 - 1. Sharing concerns
 - 2. Legal issues
 - 3. Helping athletes overcome barriers
- I. Student-athlete assistance approach
 - 1. Basics of the program
 - 2. How to develop a program
- J. Responding to students-athletes' needs
 - 1. Referring athletes
 - 2. Supporting athletes after treatment
- K. Finding help
 - 1. Steps for planning, implementing and evaluating athletic programs
- L. Seeking resources
 - 1. Planning educational sessions
 - 2. Sources
- M. Drug testing in athletics
 - 1. Benefits and drawbacks
 - 2. Determining if it fits your needs

N. Course evaluation:

1. Two written tests
2. Tests will be given at the midterm and during the final week
3. Evaluate the alcohol/drug education programs at two high schools

O. Graduate requirements:

1. Students will prepare an alcohol/drug education program that could be implemented in a school setting

VIII. BIBLIOGRAPHY

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* References found in the UW-Whitewater library