

# KIN A271: DRUGS & SPORTS

Item	Value
Curriculum Committee Approval Date	10/30/2024
Top Code	083700 - Health Education
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7A Theory/ Non-activity (OE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

## Course Description

An in-depth look at substance abuse among athletes. The focus will be on drug effects, the impact on the team, nutrition and positive alternatives. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

## Course Level Student Learning Outcome(s)

1. Explain the physiological effect of drugs used by athletes, both ergogenic and therapeutic.
2. Utilize a variety of drug information sources, such as print, media and electronic, and discern credibility.
3. Identify effective nutritional benefits to training as a safe alternative to drug supplementation.

## Course Objectives

- 1. Gather information from current literature to formulate an interpretation of current problems related to drug use and abuse in sports.
- 2. Identify factors that limit sports performance.
- 3. Identify performance enhancing drugs and nutritional supplements that are used in sport (ergogenic aids), including classifications and basic terminology.
- 4. Identify drugs abused by athletes outside of sport (recreational drugs) and assess the implications of this abuse to sport.
- 5. Identify the signs of drug abuse in sport for both ergogenic and recreational drugs.
- 6. Describe the physiological effect of ergogenic drugs used within sports.
- 7. Analyze the psychological reasons athletes use ergogenic drugs.
- 8. Understand how the therapeutic drugs work and the appropriate usage.
- 9. Compare strategies for the prevention of drug abuse by athletes.

- 10. Compare strategies for treatment of drug abuse by athletes.
- 11. Analyze nutrition vs. drug abuse
- 12. Identify alternative to drug abuse in sports through training and nutrition
- 13. Design primary prevention strategies to decrease drug abuse with sports at the high school, college and professional levels.

## Lecture Content

I. Orientation A. Class Content B. Needs Assessment C. Course WorkII. The Hooked Athlete A. Scope of the Problem B. Masters of the Universe C. Vulnerability of Athletes D. Sports Heroes, Social VillainsIII. Drugs Defined A. Basic Terminology B. PharmacologyIV. Drugs Used and Abused A. Alcohol, Cocaine, Amphetamines, Smokeless TobaccoV. Ergogenic Aids in Sports A. Champions at Any Price: Steroids hGH B. Carbo Loading, Amino AcidsVI. Blood Doping A. Types of blood doping; EPO B. How it works C. Negative Effect D. New Strains; Synthetic vs. Non-Synthetic E. Popularity in SportVII. Drug Policies in Sports and Drug TestingVIII. Prevention/Treatment Use, Abuse, OveruseIX. Nutrition and Eating Disorders A. Balancing Nutrition Essentials 1. Finding the right mix for training and racing 2. Healthy vs. Non-Healthy a. Eating Disorders B. Staying Hydrated 1. Drinking guidelines before during and after exercise C. Assessing Body composition D. Training with Supplements 1. Determining which ergogenic aids can improve performance E. Tailoring Nutrition to your training 1. Eating for Anaerobic Power a. Strategies for strength, speed, and explosiveness 2. Eating for Aerobic Power a. Strategies for endurance stamina and long term gains F. Timing of Meals and Snacks 1. Keeping your energy levels high when you need them most G. Eating on the Road 1. Planning meals on the road H. Power Sports I. Endurance Sports and Cycling J. Combined Power and Endurance SportsXI. Positive Athletes/Peak Performance A. The Ultimate Athlete

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

## Instructional Techniques

Lectures, discussion, videos, guest speakers, visitations to community resources, handouts

## Reading Assignments

Students will spend approximately 2 - 4 hours a week reading from the text book and articles from peer reviewed journals and research articles

## Writing Assignments

Students will spend approximately 1 - 2 hours per week be required to complete written assignments

## Out-of-class Assignments

Students will spend approximately 1-2 hours a week completing individual and group written assignments; homework assignments to emphasis course topics

## Demonstration of Critical Thinking

Attendance, quizzes, exams, notebook, current events, written reports, research papers, presentations.

## **Required Writing, Problem Solving, Skills Demonstration**

Written assignments, notebook, essay and objective exams

## **Eligible Disciplines**

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

## **Textbooks Resources**

1. Required The National Collegiate Athletic Association. NCAA Drug-Testing Program, latest ed. Indianapolis, Indiana: NCAA, 2013 2. Required Mottram, D. R. Chester, N. Drugs in Sport, 6 ed. London: Routledge, 2015