Instructor Information: Larry McKenzie
Office: Davies 113
Phone: 618-453-2390
e-mail: mrbrink@siu.edu
Office hours: Tuesday, Wednesday, Thursday 10 - 12
Class Times: Tuesday and Thursday 2:30 – 3:45
Location: Davies 137

Required Textbook:

Course Description:
This course is designed to make the allied health and exercise professional aware of the effects of prescription, non-prescription, performance-enhancing, and street drugs on the performance of physically active persons.

Prerequisites:
Physiology 201/equivalent, Chemistry200/equivalent

Goals:
This course is designed to expose and educate the Athletic Training student and related allied health professionals of the effects of the prescription, non-prescription, ergogenic, and illicit drugs on the performance of physically active individuals. Topics in pharmacology as well as pharmacokinetics will be explored in terms of how drugs interact with the body and what the body does with drugs once they are introduced into the system.

Competencies/Objectives:
Upon successful completion of this course, the student should be able to demonstrate the competencies listed below:
1. Identify prescription drugs and common uses
2. Recognize common effects, interactions, and side-effects of drugs
3. Recognize the legal aspects implicated with drugs and therapy
4. Identify the role fo the FDA in drugs and regulated substances
5. Recognize proper dosing, storing, and dispensing of drug therapies
Content:
1. Pain theories
2. Intro to Pharmacology
3. Pharmacokinetics
4. Pharmacodynamics
5. Antibiotics/antivirals
6. Anti-inflammatory drugs
7. Pain medications
8. Muscle relaxers
9. Asthma medications
10. Antihistamines
11. GI tract medications
12. Hypertension and heart disease medications
13. Antipsychotic medications
14. Diabetes medication
15. Supplements
16. Ergogenic Drugs
17. Drug testing

Other topics may be added and will be at the discretion of the instructor.

Evaluation:

Assignments 5%
Article Critiques (5) 15%
Case Study 5%
Exams (3) 50%
Final Exam 25%

Total 100%

Grading Scale:
100 – 90% A
89.9 – 80% B
79.9 – 70% C
69.9 – 60% D
59.9% and below F

Course Assignments:

Assignments
Assignments will be available on D2L and will cover material discussed in class. Assignments will be due at the beginning of the next class. Assignments turned in late will be reduced by 50% (of the grade earned) and 5% for every day thereafter.
Article Critiques
There will be a total of 5 research/journal articles during the semester with which students will be expected to write a critique. Critiques are expected to the students own work. Any critique that indicates that the student did not work independently will receive a zero for that critique.

Case Study
During the semester students will be assigned a group project in which they will be presented a hypothetical case study. The case study may require students to utilize outside sources in order to answer questions regarding the case study. Case studies are to be worked on as a single group and a single group only.

Written Exams
Examinations will be based on lecture materials, hand-outs, in-class activities, readings from the text, and any other relevant information. The format of the examinations will be a combination of objective questions (multiple choice, true/false, etc.) as well as short answer and essay. One class period will be given to complete the examination (unless otherwise specified). If you require special assistance, it is YOUR responsibility to alert the instructor during the FIRST week of classes.

Final Exam
The final exam will cover new information as well as major concepts and ideas covered over the entire semester (i.e. it is comprehensive). The exam will test the student’s awareness, understanding, and applications of the concepts relevant to this course.

Cell phones:
Absolutely under no circumstances will cell phone usage be allowed in class. Cell phones should be turned off prior to entering the classroom. This applies to text messaging as well. If a student is observed using their cell phone they will be asked to leave the classroom and they will be considered absent.

Academic Dishonesty:
The application of the Southern Illinois University Carbondale Academic Dishonesty Policy, as stated in the Student Handbook, will be fully adhered to in this course. If you are unsure or unfamiliar with this policy and acts that constitute academic dishonesty, please review the academic dishonesty in your student handbook.
## Tentative Course Schedule:

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Course Introduction/ Pain Theory</td>
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<tr>
<td>Week 2</td>
<td>Intro to pharmacology</td>
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<tr>
<td>Week 3</td>
<td>Pharmacokinetics</td>
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<tr>
<td>Week 4</td>
<td>Pharmacodynamics</td>
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<td>Exam #1</td>
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<tr>
<td>Week 5</td>
<td>Antibiotics/antivirals</td>
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<td>Week 6</td>
<td>Anti-inflammatory drugs</td>
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<td>Week 7</td>
<td>Pain medications</td>
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<td>Week 8</td>
<td>Muscle relaxers</td>
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<td>Exam #2</td>
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<td>Week 9</td>
<td>Asthma medications</td>
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<td>Week 10</td>
<td>Spring Break</td>
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<td>Week 11</td>
<td>Anithistamines</td>
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<td>Week 12</td>
<td>GI tract medications</td>
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<td>Hypertension and heart disease medications</td>
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<td>Week 13</td>
<td>Antipsychotic medications</td>
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<td>Exam #3</td>
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<tr>
<td>Week 14</td>
<td>Diabetes medication</td>
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<td>Supplements</td>
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<td>Week 15</td>
<td>Ergogenic Drugs</td>
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<td>Week 16</td>
<td>Drug testing</td>
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<td>Finals Week</td>
<td>Final Exam</td>
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<td></td>
<td>May 10\textsuperscript{th} 2:45 – 4:45pm</td>
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The above course schedule is TENTATIVE and is subject to change at the instructor’s discretion.