

HELH 110 - Drugs and Athletic Performance Course Outline

Approval Date: 03/11/2021

Effective Date: 08/13/2021

SECTION A

Unique ID Number CCC000623965

Discipline(s) Health

and/or

Physical Education

Distance Education Mode of Instruction On-Campus
Hybrid
Entirely Online

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course will provide an overview to drug and ergogenic aids and the connection to athletic performance and dance.

Schedule Description Drugs and Athletics

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Explain how legal and illegal substances impact human performance
- B. Identify factors that contribute to drug use and abuse in performance activities
- C. Identify major substances used to enhance athletic performance

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. identify types of drugs used in society and athletic performance.
- B. examine pressures associated

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