



COACHING STUDENT ATHLETES SERIES

DEALING WITH THE PROBLEM OF ATHLETIC DRUG USE

EDUO 9720 One Semester Unit

Instructors Dick Bach & Ernie Shaffer

Class Description

Class participants will learn how to detect the signs of drug use and will encourage all of their student/athletes to follow a drug free lifestyle. If a student is suspected of using drugs, the teacher/coach can use the problem solving techniques presented in this class to help the student.

Required Text: *Successful Coaching*-4th Edition by Rainer Martens, Human Kinetics; (February 17, 2012)

Course Objectives

By the end of this course, participants will have had examined a style of teaching/coaching that:

- Facilitates the detection of the signs of substance abuse among young student/athletes.
- Encourages developing and enforcing a drug-free participation policy.
- Uses knowledge about drugs and drug abuse to help student/athletes when a problem arises.
- Enables them to provide preventive education about substance abuse.
- Encourages them to counsel their student/athletes about drug abuse and, when necessary, help them to obtain professional help.
- Helps them feel more comfortable in dealing with the parents of a student with drug problems.

GRADING RUBRIC

Exemplary: A+ to A-	Acceptable: B+ to B-	Unacceptable: Must be resubmitted
All assignments are complete and accurate.	All assignments are complete and accurate.	Assignments are incomplete and/or contain inaccurate or inappropriate responses.
All assignments are reflective, thoughtful, clearly identifiable and relevant.	All assignments are complete, identifiable and relevant.	Assignments are not complete and/or relevant.
Overall appearance is very well organized and free of spelling and/or grammatical errors.	Overall appearance is generally organized with limited spelling and/or grammatical errors.	Overall appearance shows little organization and has spelling and/or grammatical errors. Difficult to read.

Assignments

1.The Problem

Read pages 332-352

1a. Prevalence – Discuss how prevalent substance abuse is among the student/athletes that attend your school?

1b. Increase or Decrease- Have you noticed an increase or decrease in substance abuse over the past few years? (Explain)

1c. Symptoms – List the symptoms of each of the drugs that your might observe in your contact with the student/athlete. (PG. 332-338)

1d. Steps – List the steps you would take if you suspected one of your student/athletes was abusing drugs. (PG. 342-352)

1e. Role Play – Role play with another adult, you informing parents that you suspect their child is abusing drugs. (How beneficial was this activity?)

1f. Seminar – Develop an agenda for a pre-season drug-free seminar or student assembly at your school. (Include topics and titles of the guest speakers) (PG. 347)

2.Testing

2a. Compare and contrast the two following website resources as to their position on drug testing for student/athletes.

- http://muse.jhu.edu/login?auth=0&type=summary&url=/journals/american_journal_of_bioethics/v004/4.1louria.pdf
- http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&ved=0CDUQFjAB&url=http%3A%2F%2Fwww.drugpolicy.org%2FdocUploads%2FJohnston_sdt_study.pdf&ei=YznnzUd

[OdF4SWiQLa14GQBg&usg=AFQjCNHyYPRdtb92WULwzqjgLdWrIKBDjw&sig2=4XVx44R4ygP8S6Xo2QXL6A&bvm=bv.49784469,d.cGE](http://www.dominicancaonline.com/odf4swiqla14gqbg&usg=AFQjCNHyYPRdtb92WULwzqjgLdWrIKBDjw&sig2=4XVx44R4ygP8S6Xo2QXL6A&bvm=bv.49784469,d.cGE)

2b. Give your personal position on mandatory testing of student/athletes for illegal drugs. State your reasons for that opinion.

3. Policy

Your athletic director has asked you to write the athletic drug policy for your school.

Read and study pages 342-347 in the text and the following website resource and then develop your school's drug policy.

- <http://www.saintmaryshighschool.org/Administration/DrugAlc.htm>

Instructions for coursework submission:

When you have completed your assignments, post all coursework at one time in the Completed Coursework DropBox at the bottom of the course page. You are allowed 9 months to complete the course. If you have questions about the course, you can reach your graders by email or phone.

Dick Bach dbach@dominicancaonline.com; 916-962-3329

Ernie Shaffer eshaffer@dominicancaonline.com; 916-387-1311

For questions involving your registration, contact Steve Horning (shorning@dominicancaonline.com) or Karianne Pulli (kpulli@dominicancaonline.com) or see <http://dominicancaonline.com/faq.htm> for more information.

COACHING STUDENT ATHLETES SERIES

EDUO 2720	Dealing with the Problem of Athletic Drug use
EDUO 9721	Developing a Code of Conduct Handbook
EDUO 9722	Developing Successful Life Skills through Athletics
EDUO 9723	Discovering your Coaching Style
EDUO 9724	Effective Communications
EDUO 9725	Good Teams and Character go Hand in Hand
EDUO 9726	Keeping it in Perspective - Make Every Kid Count
EDUO 9727	Managing your Athletic Program
EDUO 9728	Proper Nutrition & Athletic Performance
EDUO 9729	Team Bonding
EDUO 9730	The Legal Liabilities of Teaching/Coaching
EDUO 9731	Training to Acquire Specific Skills
EDUO 9732	Welcoming Diversity into Your Program

ATHLETIC COACHING SERIES

EDUO 9703	Coaching is More than Xs and Os
EDUO 9704	Athletics-A Positive Path Through the Journey of Life
EDUO 9706	Creating a Healthy Lifestyle
EDUO 9707	Look Before you Leap
EDUO 9705	Let's Look at this Another Way

REFLECTIVE READING EDUO 9000 – BOOKS THAT MAY INTEREST COACHES

Baseball's Great Experiment (Jackie Robinson	Jules Rygiel
Best Year Ever	Bill Cecil
Eleven Rings: the Soul of Success	Phil Jackson
The Essential Wooden	Steve Jamison
InSideOut Coaching	Joe Ehrmann
How Sports Can Transform Lives	Gregory Jordan
Open	Andre Agassi