

CMRJ202

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

Course Summary

Course : CMRJ202 **Title :** Stress Management in Law Enforcement

Length of Course : 8

Prerequisites : N/A **Credit Hours :** 3

Description

Course Description: This course will explore the stresses of law enforcement, specific stress factors in law enforcement (i.e., shift work, hazards and dangers, dealing with death and severe injury, post-shooting trauma, testifying in court, and undercover work). Methods and techniques for reducing stress will be discussed as will applying these techniques in the field.

Course Scope:

This course was designed for the student currently working in the criminal justice field who faces life and death situations everyday and is left with picking up the pieces of shattered lives. Stress and burnout is a real threat to professional law-men/women. Professional law enforcers must learn to recognize the signs and learn active techniques to deal with stress. Stress is a silent killer.

Objectives

At the conclusion of this course students will be able to:

CO1: Explore the major causes of stress for law enforcement personnel.

CO2: Compare and contrast the differences between positive and negative stress experienced by law enforcement.

CO3: Identify health risks commonly associated with stress experienced by law enforcement.

CO4: Summarize the complexities faced by law enforcement personnel when seeking assistance for stress related issues.

CO5: Evaluate approaches to managing stress in a law enforcement agency.

CO6: Recognize symptoms of stress experienced by law enforcement personnel.

CO7: Evaluate coping strategies for managing individual and organizational stress.

Outline

Week 1: Defining Stress

Weekly Learning Objective(s)

Weekly content will address specific learning objectives for each course. Learning objectives covered each week are specified in the course site.

Reading(s)

Weekly lesson and assigned readings are available in the course site.

Week 2: Occupational Stressors and Consequences

Weekly Learning Objective(s)

Weekly content will address specific learning objectives for each course. Learning objectives covered each week are specified in the course site.

Reading(s)

Weekly lesson and assigned readings are available in the course site.

Week 3: Critical Incident Stressors

Weekly Learning Objective(s)

Weekly content will address specific learning objectives for each course. Learning objectives covered each week are specified in the course site.

Reading(s)

Weekly lesson and assigned readings are available in the course site.

Week 4: War on Crime and Paramilitary Model of Policing

Weekly Learning Objective(s)

Weekly content will address specific learning objectives for each course. Learning objectives covered each week are specified in the course site.

Reading(s)

Weekly lesson and assigned readings are available in the course site.

Week 5: Policing of Terrorism and Stress

Weekly Learning Objective(s)

Weekly content will address specific learning objectives for each course. Learning objectives covered each week are specified in the course site.

Reading(s)

Weekly lesson and assigned readings are available in the course site.

Week 6: Options and Obstacles of Person-Centered Stress Providers

Weekly Learning Objective(s)

Weekly content will address specific learning objectives for each course. Learning objectives covered each week are specified in the course site.

Reading(s)

Weekly lesson and assigned readings are available in the course site.

Week 7: Change, Professionalism, and Hiring Process

Weekly Learning Objective(s)

Weekly content will address specific learning objectives for each course. Learning objectives covered each week are specified in the course site.

Reading(s)

Weekly lesson and assigned readings are available in the course site.

Week 8: Organizational Issues

Weekly Learning Objective(s)

Weekly content will address specific learning objectives for each course. Learning objectives covered each week are specified in the course site.

Reading(s)

Weekly lesson and assigned readings are available in the course site.

Evaluation

Forums

Instructions and grading expectations for all forums will appear in the Forums section of the course site.

Assignment(s)

Instructions and grading expectations for all assignments will appear in the Assignments section of the course site.

Exam(s)

Instructions and grading expectations for all exams will appear in the Tests & Quizzes section of the course site.

Grading:

Name	Grade %
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Materials

Book Title: Various resources from the APUS Library & the Open Web are used. Links provided inside the classroom in the Lessons section.

Author:

Publication Info:

ISBN: N/A

Weekly lessons and assigned readings are available in the course site.

Course Guidelines

University Policies

[Student Handbook](#)

- [Drop/Withdrawal policy](#)
- [Extension Requests](#)
- [Academic Probation](#)
- [Appeals](#)
- [Disability Accommodations](#)

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