

JAMESTOWN COMMUNITY COLLEGE
State University of New York

MASTER COURSE SYLLABUS

Course Title: Stress in Law Enforcement

Course Abbreviation and Number: CRI 1550

Credit Hours: 1 credit hour.

Course Type: Lecture

Course Description: Students will learn about the stressors encountered in law enforcement which can have a significant impact on both the law enforcement professional and his or her family. The causes of stress, as well as both short-term and long-term reactions and effects of a stressful incident(s) will be examined. Students will also be exposed to methods of coping with the pressures of the law enforcement profession.

Prerequisite/Corequisite: CRI 1510.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Define stress and identify both mental and physical reactions to stress,
 2. Identify diseases that may be related to repeated exposure to stressful incidents,
 3. Identify the effects prolonged stress has on one's career and personal life,
 4. Differentiate and identify positive and negative coping strategies to deal with stress.
-

Topics Covered:

- Definition of stress
 - Reactions to stress-physical/mental
 - Health consequences of stress
 - Negative impact of a traumatic incident
 - Positive effects of a traumatic incident
 - Impact of job related stress on employee's family
 - Negative coping methods
 - Positive coping methods
 - External/Internal sources of stress
-

Information for Students

- Expectations of Students
 - Civility Statement (<http://www.sunyjcc.edu/current-students/classroom-civility>)
 - Student Responsibility Statement (<http://www.sunyjcc.edu/academics/student-responsibility>)
 - Academic Integrity (<http://www.sunyjcc.edu/faculty-staff/academic-integrity>)
- Disability/Special Services
 - Any student who requires accommodations to complete the requirements and expectations of this course because of a disability should make their needs known to the Coordinator of Accessibility Services, 716.338.1251.
- Emergency Closing Procedures (<http://www.sunyjcc.edu/student-life/campus-safety/jcc-alert>)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
-------	--------	-----	--------	-----	--------	-----	-----

- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.
-

Effective Date: Fall 2019