

**Stand Alone 4 – Lifetime Fitness**  
*Session – Managing Stress and Common Medical Concerns*  
*LD 32 – Lifetime Fitness*

**Date Revised:** 11/06/19

**Course Goal:** To develop recruit officers’ physical fitness and to teach them to apply the principles of lifetime fitness.

**Session Goal:** To teach recruit officers how to recognize and manage stress and prevent common medical concerns.

**Learning Objectives:**

- Explain the signs and symptoms of elevated stress levels **[32.IV.A]**
- Recognize that substance abuse is an inappropriate strategy for coping with physical and psychological stress **[32.IV.B]**
- Describe the short and long term effects of abusing:
  - Alcohol **[32.IV.C1]**
  - Tobacco **[32.IV.C2]**
  - Caffeine **[32.IV.C3]**
  - Supplemental/performance enhancing drugs **[32.IV.C4]**
  - Prescription, nonprescription, and illegal drugs **[32.IV.C5]**
- Explain the techniques for stress management. **[32.IV.D]**
- Discuss illnesses and injuries commonly associated with law enforcement officers **[32.III.A]**
- Discuss strategies for prevention of illnesses and injuries commonly associated with law enforcement officers **[32.III.B]**

**Session Time:** 30 minutes

<b>Resources:</b>	
<ul style="list-style-type: none"> <li>• Classroom with tables</li> <li>• White board</li> <li>• Dry-erase markers</li> </ul>	
<b>Session Summary:</b> The students will participate in a facilitated discussion about recognizing and managing stress.	
Outline	Instructor Notes
I. Managing stress and common medical concerns A. Recognizing stress <b>[32.IV.A] [1]</b> <ol style="list-style-type: none"> <li>1. Stress is a natural, nonspecific response of the body to any demand made on it</li> <li>2. Physical response to stress               <ol style="list-style-type: none"> <li>a. Heart rate</li> <li>b. Contractibility of the heart</li> <li>c. A dramatic increase in the consumption of oxygen</li> </ol> </li> </ol>	<b>Facilitated discussion (1 hour):</b>  <b>[1] Ask</b> – What is stress and how can you recognize it?  <b>[2] Ask</b> – What are some of the primary causes of stress?

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<ul style="list-style-type: none"><li>3. Causes of stress <b>[2]</b><ul style="list-style-type: none"><li>a. Job related situations</li><li>b. Extremes in human emotions</li><li>c. Relationships with others</li><li>d. Finances</li><li>e. Health</li></ul></li><li>4. Burnout<ul style="list-style-type: none"><li>a. Highly stressful occupation</li><li>b. Peace officers may be predisposed to professional burnout</li><li>c. Symptoms<ul style="list-style-type: none"><li>1) Boredom</li><li>2) Difficulty relaxing</li><li>3) Feeling overworked</li><li>4) Apathetic</li><li>5) Carelessness</li><li>6) Difficulty concentrating</li><li>7) Low self esteem</li><li>8) Feeling isolated</li><li>9) Excessive use of alcohol</li></ul></li></ul></li><li>B. Alcohol use and abuse <b>[32.IV.B] [3,4]</b><ul style="list-style-type: none"><li>1. Short term effects <b>[32.IV.C1]</b><ul style="list-style-type: none"><li>a. Intoxication</li><li>b. Impairment of physical exertion</li><li>c. Impairment of cognitive functioning</li><li>d. Dulled concentration</li><li>e. Dramatic mood swings</li><li>f. Sleepiness</li><li>g. Dehydration</li></ul></li><li>2. Long term effects<ul style="list-style-type: none"><li>a. Addiction</li><li>b. Chronic degenerative diseases</li></ul></li><li>3. Symptoms of alcohol addiction<ul style="list-style-type: none"><li>a. Preoccupation</li><li>b. Increased tolerance</li><li>c. Gulping drinks</li><li>d. Drinking alone</li><li>e. Use of alcohol as a medicine</li><li>f. Blackout</li><li>g. Protection of supply</li><li>h. No premeditated use</li></ul></li></ul></li><li>C. Tobacco use and abuse <b>[32.IV.C2] [5]</b><ul style="list-style-type: none"><li>1. Short term effects<ul style="list-style-type: none"><li>a. Constriction of arteries</li><li>b. Changes to blood chemistry</li><li>c. Increased heart rate</li><li>d. Elevated blood pressure</li></ul></li></ul></li></ul>	<p><b>[3] Ask</b> – Why is substance abuse an inappropriate strategy for coping with physical and psychological stress?</p> <p><b>[4] Ask</b> – What are the short and long term effects of alcohol use and abuse?</p>          <p><b>[5] Ask</b> – What are the short and long term effects of tobacco use and abuse?</p>
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<ul style="list-style-type: none"><li>2. Long term effects<ul style="list-style-type: none"><li>a. Addiction</li><li>b. Cardiovascular disease</li><li>c. Respiratory disease</li><li>d. Cancer</li><li>e. Illness or death</li><li>f. Periodontal disease</li><li>g. Impotency</li></ul></li><li>3. Secondhand smoke<ul style="list-style-type: none"><li>a. Large amounts of the same toxic chemicals<ul style="list-style-type: none"><li>1) Tar</li><li>2) Nicotine</li><li>3) Benzopyrene</li></ul></li><li>b. Health risks<ul style="list-style-type: none"><li>1) Eye irritation</li><li>2) Nose irritation</li><li>3) Throat irritation</li><li>4) Acute respiratory irritation</li></ul></li></ul></li><li>D. Caffeine use and abuse <b>[32.IV.C3] [6]</b><ul style="list-style-type: none"><li>1. Short term effects<ul style="list-style-type: none"><li>a. Wards off drowsiness</li><li>b. Increases alertness</li><li>c. Increased work capacity and physical activity</li><li>d. Temporarily step up heartbeat</li><li>e. Increase metabolism</li><li>f. Increase urine production</li></ul></li><li>2. Long term effects<ul style="list-style-type: none"><li>a. Pancreatic cancer</li><li>b. High blood cholesterol</li><li>c. Birth defects</li><li>d. Withdrawal symptoms<ul style="list-style-type: none"><li>1) Drowsiness</li><li>2) Headache</li><li>3) Lethargy</li><li>4) Irritability</li><li>5) Nausea</li></ul></li></ul></li><li>3. Caffeine abuse symptoms<ul style="list-style-type: none"><li>a. Trembling</li><li>b. Nervousness</li><li>c. Chronic muscle tension</li><li>d. Irritability</li><li>e. Throbbing headaches</li><li>f. Disorientation</li><li>g. Sluggishness</li><li>h. Depression</li></ul></li></ul></li></ul>	<p><b>[6] Ask</b> – What are the short and long term effects of caffeine use and abuse?</p>
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<p>i. Insomnia</p> <p>E. Drug use and abuse <b>[32.IV.C4] [7]</b></p> <p>1. Drug classifications</p> <p>a. Stimulants</p> <p>b. Hallucinogens</p> <p>c. Opiates</p> <p>d. Marijuana</p> <p>e. Depressants</p> <p>f. Inhalants</p> <p>g. Phencyclidine (PCP)</p> <p>h. Anabolic-androgen steroids</p> <p>1) Nutritional supplementation is different from performance enhancing drugs</p> <p>2) There are many adverse legal and health implications to the use of performance enhancing drugs</p> <p>2. Potential short term effects</p> <p>a. Mood alteration</p> <p>b. Impaired judgment</p> <p>c. Impaired critical thinking ability</p> <p>d. Lessened alertness and drowsiness</p> <p>3. Potential long term effects</p> <p>a. Addiction</p> <p>b. Habituation requiring higher doses to produce the desired effect</p> <p>4. Prescription drugs <b>[32.IV.C5]</b></p> <p>a. May have adverse effects</p> <p>b. Common medications that cause drowsiness</p> <p>1) Hypertension medication</p> <p>2) Antibiotics</p> <p>3) antihistamines</p> <p>F. Stress management <b>[32.IV.D] [8]</b></p> <p>1. Lifetime fitness <b>[9]</b></p> <p>a. Proper exercise</p> <p>b. Nutrition</p> <p>c. Fulfilling personal time</p> <p>2. Lifestyle modifications</p> <p>3. Professional interventions</p> <p>a. Professional and peer counseling</p> <p>b. Relaxation techniques</p> <p>c. Participation in religious activity</p> <p>d. Biofeedback</p> <p>e. Meditation</p> <p>f. Massage therapy</p> <p>g. Acupuncture therapy</p>	<p><b>[7] Ask</b> – What are the short and long term effects of drug abuse, including prescription drugs?</p> <p><b>[8] Ask</b> – What are some of the ways you can manage stress? Seeking:</p> <ul style="list-style-type: none"><li>• Lifetime fitness</li><li>• Lifestyle modifications</li><li>• Professional interventions</li></ul> <p><b>[9] Ask</b> – What are the essential elements of lifetime fitness?</p> <p><b>[10] Ask</b> – What are some of the common medical concerns for police officers?</p>
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G. Common medical concerns for peace officers

**[32.III.A] [10]**

1. Cardiovascular disease
  - a. Common physiological disablers
    - 1) Heart attack
    - 2) Stroke
    - 3) High blood pressure
  - b. Risk factors
    - 1) High cholesterol
    - 2) Hypertension
    - 3) Smoking
    - 4) Physical inactivity
    - 5) High body fat
    - 6) Stress
    - 7) Stimulant use
    - 8) Genetics
  - c. Preventative measures **[32.III.B] [11]**
    - 1) Aerobic exercise
    - 2) Weight control
    - 3) Body composition management
    - 4) Proper nutrition
    - 5) Smoking cessation
    - 6) Stress management
  - d. Atherosclerosis
    - 1) Plaque collects on the inside walls of arteries
    - 2) Results in narrowing of arteries
    - 3) Reduces blood and oxygen flow to the heart, brain or other body parts
  - e. Arteriosclerosis
    - 1) General term for blood vessel diseases
    - 2) Includes atherosclerosis
  - f. Stress
    - 1) Officers are under a great deal of emotional and physical stress
    - 2) Required to go from minimum to maximum effort
    - 3) Can lead to cardiovascular disorders
    - 4) Proper physical conditioning can help deal with this stress
  - g. Cholesterol
    - 1) Waxy, fat like substance manufactured by the liver and found in all tissues.
    - 2) Essential to body processes

**[11] Ask** – What can you do to help prevent cardiovascular disease?

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<ul style="list-style-type: none"><li>3) High cholesterol is a major risk factor for heart disease</li><li>h. Hypertension<ul style="list-style-type: none"><li>1) High blood pressure</li><li>2) 90 percent of cases have no known cause</li><li>3) It is critical to have blood pressure checked on a regular basis</li></ul></li><li>2. Gastrointestinal disorders and disease<ul style="list-style-type: none"><li>a. Common physiological disorders<ul style="list-style-type: none"><li>1) Stomach ulcers<ul style="list-style-type: none"><li>a) Risk factors<ul style="list-style-type: none"><li>(1) Job related stress</li><li>(2) Inadequate stress management</li></ul></li><li>b) Preventative measures<ul style="list-style-type: none"><li>(1) Stress reduction</li><li>(2) Good nutrition</li><li>(3) Regular aerobic exercise</li></ul></li></ul></li><li>2) Colorectal cancer<ul style="list-style-type: none"><li>a) Risk factors<ul style="list-style-type: none"><li>(1) Low fiber diet</li><li>(2) Specific causes unknown</li></ul></li><li>b) Preventative measures<ul style="list-style-type: none"><li>(1) Stress reduction</li><li>(2) Good nutrition</li><li>(3) Regular aerobic exercise</li></ul></li></ul></li><li>3) Stomach cancer<ul style="list-style-type: none"><li>a) Risk factors<ul style="list-style-type: none"><li>(1) Malformation of the red blood cells</li><li>(2) Diet high in nitrates, salt, and foods that have been smoked</li><li>(3) Low vitamin C intake</li></ul></li><li>b) Preventative measures <b>[12]</b><ul style="list-style-type: none"><li>(1) Stress reduction</li><li>(2) Good nutrition</li><li>(3) Regular aerobic exercise</li></ul></li></ul></li></ul></li><li>b. Treatments<ul style="list-style-type: none"><li>1) Ulcers<ul style="list-style-type: none"><li>a) Antibiotics</li><li>b) Diet modification</li><li>c) Surgery</li></ul></li><li>2) Colorectal cancer<ul style="list-style-type: none"><li>a) Early screening</li><li>b) Surgery</li></ul></li></ul></li></ul></li></ul>	<p><b>[12] Ask</b> – What can you do to help prevent gastrointestinal disorders?</p>
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<ul style="list-style-type: none"><li>c) Chemotherapy</li><li>d) Radiation</li><li>3) Stomach cancer<ul style="list-style-type: none"><li>a) Surgery</li><li>b) Chemotherapy</li><li>c) Radiation</li></ul></li><li>3. Structural injuries<ul style="list-style-type: none"><li>a. Common physiological disablers<ul style="list-style-type: none"><li>1) Neck</li><li>2) Back</li><li>3) Joints</li></ul></li><li>b. Causes<ul style="list-style-type: none"><li>1) Poor physical conditioning</li><li>2) Poor posture</li><li>3) Poor lifting technique</li><li>4) Trauma</li><li>5) Degenerative changes</li><li>6) Improper weight control</li><li>7) Stress</li><li>8) Sudden or heavy exertion</li></ul></li><li>c. Preventative measures <b>[13]</b><ul style="list-style-type: none"><li>1) Adequate job training</li><li>2) Proper conditioning</li><li>3) Good flexibility/stability/mobility</li><li>4) Strength exercise program to strengthen lower back and abdominal muscles</li><li>5) Knowledge of limits and lifting technique</li></ul></li></ul></li></ul>	<p><b>[13] Ask</b> – What can you do to prevent structural injuries?</p>
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