

Law Enforcement Wellness - LE118

Section: LE118 001252S Online

Credit Hours: 1.00

Course Description: Exploration of the four pillars of personal wellness: physical, mental, emotional, and spiritual. Development of self-care tools needed with emphasis on changes a person experiences and unique stress of a law enforcement career.

Course Notes: Police Science-Law Enforcement or Criminal Justice Administration major or consent of program coordinator.

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WHEN Start Date: 01/12/2026 End Date: 03/06/2026

Days:

Arranged

Arranged

INSTRUCTOR

SHELDON STEWART

BOOKS

Title: EMOTIONAL SURVIVAL FOR LAW ENFORCEMENT 1 Edition

Author: GILMARTIN

Required: Yes