

Foundations of Firefighter Wellness: An Introduction

COURSE INFORMATION

Course Prefix: FFWHS101

Course Title: Foundations of Firefighter Wellness: An Introduction.

Course Length: This course consists of 3 weeks of training, made up of three lectures (1 per week), broken into five different modules. Each lecture lasts approximately ninety minutes.

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Office location: Virtual – link provided upon appointment confirmation

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COURSE DESCRIPTION

Foundations of Firefighter Wellness: An Introduction is a comprehensive course that equips firefighters with essential knowledge on nutrition, herbs, supplements, and wellness strategies to support their overall well-being. The course combines practical tips, interactive activities, and clear explanations to provide a foundational understanding of how natural remedies can contribute to wellness. Firefighters also learn effective stress management and wellness strategies tailored to their profession. Additionally, the course covers contemporary and integrative medicine principles, evidence-based applications of complementary and alternative medicine practices, and mind-body interventions like meditation and yoga for physical and mental health. By prioritizing their well-being, firefighters can thrive in their challenging line of work.

COURSE OBJECTIVES

WEEK 1:

NUTRITION, SUPPLEMENTS, AND HERBS FOR FIREFIGHTER WELLNESS.

- Understand the benefits of using herbs and supplements for energy, stress management, sleep quality, recovery, and inflammation reduction.
- Identify key herbs and supplements that can support their specific wellness needs.
- Implement practical tips for incorporating herbs and supplements into their daily routines.
- Recognize the importance of consulting healthcare professionals before starting new herbs or supplements.
- Make informed decisions about incorporating herbs and supplements into their overall wellness routine, considering safety, dosage, and potential interactions.

RESOURCES

- Herbal Medicine 101: How to Harness the Power of Healing Herbs - Healthline
- Knowledge and Beliefs about Herb/Supplement Consumption and Herb/Supplement–Drug Interactions among the General Population, including Healthcare Professionals and Pharmacists: A Systematic Review and Guidelines for a Smart Decision System
- Clinical Implications of Herbal Supplements in Conventional Medical Practice: A US Perspective
- Taking Dietary Supplements Safely

WEEK 2:

CONTEMPORARY AND INTEGRATIVE MEDICINE: EXPLORING HOLISTIC APPROACHES TO WELLNESS

- Understand the principles and concepts of contemporary and integrative medicine, including its holistic approach to wellness.
- Explore various complementary and alternative medicine (CAM) practices and their evidence-based applications in promoting wellness and preventing disease.
- Gain knowledge of different mind-body interventions, such as meditation, yoga, and mindfulness, and their potential benefits for physical and mental health.
- Analyze the integration of conventional and alternative medicine approaches in the management of common health conditions, fostering a comprehensive and patient-centered approach to healthcare.

RESOURCES

- Complementary, Alternative, or Integrative Health: What’s In a Name?
- The next generation of evidence-based medicine
- A Holistic Approach to Tactical Professional Wellness.
- Stress

WEEK 3:

FIREFIGHTER WELLNESS: STRATEGIES FOR HIGH PERFORMANCE

- Identify the physical, mental and emotional demands of firefighting and recognize the impact of stress on performance and well-being.
- Apply effective strategies for maintaining their physical wellness, including fitness routines, injury prevention techniques, and nutrition and hydration plans.
- Implement mental health and resilience-building strategies to manage stress, cope with challenging situations, and enhance emotional well-being.
- Understand the impacts of sleep and fatigue on performance and safety and employ effective strategies for managing shift work, improving sleep hygiene, and preventing burn-out.
- Develop sustainable wellness practices tailored to their unique needs, including mindfulness and relaxation techniques, time management and work-life balance, and creating personalized wellness plans for long-term high performance.

RESOURCES

- [Health Concerns of the U.S. Fire Service: Perspectives From the Firehouse](#)
- [Job Demands and Exhaustion in Firefighters: The Moderating Role of Meaning.](#)
- [Health outcomes of psychosocial stress within firefighters: A systematic review of the research landscape](#)
- [Interactions between home, work, and sleep among firefighters.](#)

COURSE SCHEDULE/OUTLINE/CALENDAR OF EVENTS

A tentative projected outline of significant events that occur throughout the 3-week period:

Week	Topic	Reading /Assignment
1	Introductions; Nutrition, Supplements and Herbs	Week 1 Articles / Reflect on current Nutrition Habits
2	Contemporary and Integrative Medicine: Exploring Holistic Approaches to Wellness	Week 2 Articles / Reflect on current Wellness Habits
3	Firefighter Demands and Wellness: Strategies for High Performance	Week 3 Articles / Reflect on current Capacity and Fitness Level
3	Final Project	Comprehensive Personal Wellness Plan, Final Reflection.

Foundations of Firefighter Wellness

EVALUATION PROCEDURES

In the course, students will be evaluated based on their ability to reflect on current and future wellness practices. This will be done through reflection assignments, class discussions, a wellness plan project, peer feedback and evaluation, and a final reflection paper. The goal of the evaluation process is to assess the students' ability to reflect, apply course concepts, ability to recognize actionable steps for future wellness practices, and understanding of how the course has impacted their personal growth and development.

ATTENDANCE

Course attendance is self-reported. However, it is strongly advised that students read each article thoroughly to comprehend and understand the material. The course extends beyond the provided reading material, and students are encouraged to conduct personal research and investigation as part of their responsibility in seeking knowledge.

Students will be required to participate in at least one weekly group session or, if unable to attend, submit a course recap document. This document should outline the content covered in the session and provide explanations for the knowledge check points, with a minimum of two paragraphs of explanation. This ensures that students engage with the course material and demonstrate their understanding of the concepts discussed during the session.

UPDATED: FEBRUARY 12, 2024