

AHLT 4804 - Stress and the Health Care Professional

Fall 2026 Syllabus, Section 01, CRN 42895,

Credit hours: 3

Instructor

Tracy Miller

Email: tmiller10@ysu.edu

Public Instructor Information

Instructor Title: Tracy Miller, MHA, CMA (AAMA)

Instructor Professional Qualifications:

Master's (MHA), Health Administration, Ohio University, 2015

Bachelor's (BS), Business Management, Franciscan University of Steubenville, 2005

Associate (AA), General Studies, Franciscan University of Steubenville, 2003

Certificate, Medical Assisting, Jefferson Community College, 1995

Instructor Office Location: Cushwa Hall 1106

Instructor Office Phone: 330-941-3327

Course Description

4804. Stress and the Health Care Professional. Personal reactions of those involved in health education or the delivery of health care to patients, families, and their health environment. Indicators of stress and coping strategies, organizational systems, communication theory, conflict resolution, problem solving, and burnout. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Comprehensive Stress Management	Greenburg	9781265115296

Greenberg, J. (2025). Comprehensive stress management (2025 Release). New York: McGraw Hill.

ISBN: 9781265115296 (hard cover), 9781266902154 (spiral bound)

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The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.



Schedule of Topics and Assignments

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	Chapter 1 Chapter 2 Chapter 3	What is Stress? Stress psychophysiology Stress and Illness/Disease	Connect Orientation Videos SmartBook 2.0 Overview Ch 1 What Is Stress? Ch 1 Assignment What Causes You Stress? ABA Ch 1 Quiz Ch 2 Stress Psychophysiology Ch 2 Assignment What Are Your Physiological Reactions to Stress? ABA Ch 2 Quiz Ch 3 Stress and Illness/Disease Ch 3 Assignment Why Did You Get Sick as a Result of Stress? ABA Stress and Anxiety Related to the Outbreak of COVID-19 ABA Ch 3 Quiz Week 1 discussion Week 1 Challenge
8/31	Chapter 4 Chapter 5	Stress and the College Student Intervention	Ch 4 Stress and the College Student Ch 4 Assignment Budgeting While in School: Using a Worksheet to Help Manage Your Money ABA Ch 4 Quiz Ch 5 Intervention Ch 5 Assignment What Eustressors Have You Experienced? ABA Ch 5 Quiz Week 2 discussion Week 2 Challenge
9/7	Chapter 6 Chapter 7 Chapter 8	Life-Situation Interventions: Intrapersonal Life-situation Interventions: Interpersonal Perception Interventions	Ch 6 Life-Situation Interventions: Intrapersonal Ch 6 Assignment What Hassles Do You Encounter? ABA Ch 6 Quiz Ch 7 Life-Situation Interventions: Interpersonal Ch 7 Assignment How Assertive Are You? ABA Ch 7 Quiz Ch 8 Perception Interventions Ch 8 Assignment Are You a Type A? ABA Ch 8 Quiz Week 3 discussion Week 3 Challenge
9/14	Chapter 9 Chapter 10	Spirituality and Stress Meditation	Ch 9 Spirituality and Stress Ch 9 Assignment How Forgiving Are You? ABA Ch 9 Quiz Ch 10 Meditation Ch 10 Assignment Ch 10 Quiz Week 4 discussion Week 4 Challenge
9/21	Chapter 11 Chapter 12	Autogenic Training, Imagery, and Progressive Relaxation Relaxation Techniques	Ch 11 Autogenic Training, Imagery, and Progressive Relaxation Ch 11 Assignment Is Autogenic Training for You? ABA Ch 11 Quiz Ch 12 Other Relaxation Techniques Ch 12 Assignment How Do You Cause Stress, and What Will You Do About It? ABA Ch 12 Quiz Week 5 discussion Week 5 Challenge
9/28	Chapter 13 Chapter 14 Chapter 15	Physiological Arousal Interventions Strategies for Decreasing Stressful Behaviors Diversity and Stress	Ch 13 Physiological Arousal Interventions Ch 13 Assignment Can You Overcome Roadblocks to Exercise? ABA Adapting an Exercise Program for Changing Situations ABA Ch 13 Quiz Ch 14 Strategies for Decreasing Stressful Behaviors Ch 14 Assignment Decreasing Stressful Behaviors: A Guide ABA Stages of Change for Healthy Lifestyle Behaviors ABA Ch 14 Quiz Ch 15 Diversity and Stress Ch 15 Assignment How Has Bias Affected Your Level of Stress? ABA Ch 15 Quiz Week 6 discussion Week 6 Challenge

10/5	Chapter 16 Chapter 17	Occupational Stress Family Stress	Ch 16 Occupational Stress Ch 16 Assignment Do You Have Occupational Stress? ABA Ch 16 Quiz Ch 17 Family Stress Ch 17 Assignment Who Is Your Ideal Mate? ABA Ch 17 Quiz Week 7 discussion Week 7 Challenge
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