PHLT 1568 - Healthy Lifestyles

Fall 2026 Syllabus, Section 06, CRN 41018,

Credit hours: 3

Instructor

Sharon Bartlone

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Public Instructor Information

Instructor Title: Ms. Sharon Bartlone
Instructor Professional Qualifications:

Master of Public Health, (MPH) Social and Behavioral Health Sciences, University of Hawaii at Manoa, 2009

Bachelor of Science in Applied Science, (BS) Home Economics Community Services, Youngstown State University, 1990

American Council on Exercise, (ACE)-Gold Certified Medical Exercise Specialist, 2001

American Council on Exercise, (ACE)-Certified Personal Trainer, 1998

Instructor Office Location: Beeghly Center 307

Instructor Office Phone: 330-941-1904

Course Description

1568. Healthy Lifestyles. Personal and consumer health issues and prevention of premature death analyzed from physical, emotional, social and spiritual perspectives. Plans for disease prevention and healthful living. Importance of health promotion to the individual, region, nation and world. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Your Health Today Choices in a Changing Society, 9th edition	Teague M, Mackenzie S, Rosenthal D	

E-text is available to students through McGraw Hill on BlackBoard.

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

Tentative Course Schedule

Week of	Proposed Topic	Due/To Prepare for Class
8/24	Review Syllabus, Chapter 1: Self, Family & Community	
8/31	Chapter 1 & Chapter 3: Social Connections	Chapter 1 Quiz Due: 9/3 Chapter 3 Quiz Due: 9/10
9/7	Chapter 4: Sleep	Family Health History Paper Due: 9/8 Chapter 4 Quiz Due: 9/15
9/14	Chapter 5: Nutrition	Chapter 5 Quiz Due: 9/22
9/21	Chapter 7: Body Weight/Composition & Chapter 6: Fitness	Chapter 7 Quiz Due: 10/1 Chapter 6 Quiz Due: 10/1
9/28	Chapter 8: Body Image	Who Am I? Paper Due: 10/8 Chapter 8 Quiz Due: 10/8

10/5	Chapter 2: Mental Health & Stress	Chapter 2 Quiz Due: 10/13
10/12	Chapter 9: Alcohol & Tobacco Presentation Topics Due	My Positive Attributes Paper Due: 10/15
10/19	Chapter 10: Drugs Presentations Begin	Chapter 10 Quiz Due: 10/27
10/26	Chapter 11: Sexual Health	Consumer Health Project Paper Due: 11/5 Chapter 11 Quiz Due: 11/3
11/2	Chapter 12: Reproductive Choices	Chapter 12 Quiz Due: 11/12
11/9	Chapter 13: Infectious Diseases	Healthy Choices Reflection Paper Due: 11/19 Chapter 13 Quiz Due: 11/17
11/16	Chapter 14: Cardiovascular Disease, Diabetes, Chronic Lung Disease, Dementia	Chapter 14 Quiz Due: 11/19
11/23	Student Presentations/Holiday 11/26	
11/30	Chapter 16: Injury/Violence & Chapter 15: Cancer	Chapter 16 Quiz Due: 12/3 Chapter 15 Quiz Due: 12/3
12/7	Extra Credit Course Summary Due: 12/3 All Course Assignments MUST be Completed by 11:59pm on 12/4/2026	

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.