

PHLT 1568 - Healthy Lifestyles

Fall 2026 Syllabus, Section 09, CRN 41019,

Credit hours: 3

Instructor

Ida Fusillo

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Public Instructor Information

Professor: Ida R Fusillo, MPH, CMA (AAMA)

Professional Qualifications.

Ph.D., Health Sciences (In Progress), Youngstown State University.

Master of Public Health, (MPH), NEOMED in Consortium with Youngstown State University, 2007.

Bachelor of Science (B.S.) in allied health, Youngstown State University, 1997.

Associate in applied sciences (AAS) Medical Assisting Technology, CMA, AAMA, 1996.

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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			

E-Text is included in this course on Blackboard: Teague M, Mackenzie S, and Rosenthal D. *Your Health Today Choices in a Changing Society*. 9th edition. McGraw Hill, 2024 **E-text is available to all students 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	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	Intro to Course Chapter 1 Self-Family and Community	• Introduce yourself and respond to 3 classmates Discussion Board Posting (10 pts) • Exam 1 (20 pts)	Due Date: Saturday 08/29
8/31	Chapter 2 Mental Health and Stress Chapter 3 Social Connections	• Exam 2 (20 pts) • Exam 3 (20 pts)	Due Date: Saturday 09/05



9/7	Chapter 4 Sleep	• Exam 4 (20 pts) • Assignment Who Am I paper (10 pts) Due Date: Saturday 09/11/2
9/14	Chapter 5 Nutrition	• Module 1 Discussion Board Posting (10 pts) • Exam 5 (20 pts) Due Date: Saturday 09/19
9/21	Chapter 6 Fitness	• Exam 6 (20 pts) • Assignment Family Health History Project (25 pts) Due Date: Saturday 09/26
9/28	Chapter 7 Body Weight and Body Composition	• Module 2 Discussion Board Posting (10 pts) • Exam 7 (20 pts) Due Date: Saturday 10/03
10/5	Chapter 8 Body Image	• Exam 8 (20 pts) • Assignment My Positive Attributes paper (10 pts) Due Date: Saturday 10/10
10/12	Chapter 9 Alcohol and Tobacco	• Module 3 Discussion Board Posting (10 pts) • Exam 9 (20 pts) Due Date: Saturday 10/17
10/19	Chapter 10 Drugs	• Assignment Personal Health and Independent project (30 pts) • Exam 10 (20 pts) Due Date: Saturday 10/24
10/26	Chapter 11 Sexual Health	• Module 4 Discussion Board Posting (10 pts) • Exam 11 (20 pts) Due Date: Saturday 10/31
11/2	Chapter 12 Reproductive Choices	• Module 5 Discussion Board Posting (10 pts) • Exam 12 (20 pts) Due Date: Saturday 11/07
11/9	Chapter 13 Infectious Diseases	• Module 6 Discussion Board Posting (10 pts) • Exam 13 (20 pts) • Assignment Healthy Choice Reflect paper (25 pts) Due Date: Saturday 11/14
11/16	Chapter 14 Cardiovascular disease, Diabetes, and Chronic Lung Diseases	• Exam 14 (20 pts) Due Date: Saturday 11/21
11/23	Chapter 15 Cancer	• Module 7 Discussion Board Posting (10 pts) • Exam 15 (20 pts) Due Date: Wednesday 11/25
11/30	THANKSGIVING BREAK: NO ON CAMPUS CLASS 11/26 and 11/27 Chapter 16 Injury and Violence	• Module 8 Discussion Board Posting (10 pts) • Exam 16 (20 pts) • Assignment Consumer Health paper (40 pts) Due Date: Saturday 12/05
12/7	NO FINAL EXAM	(December 7 – 12: Dedicated Soley to Final Exams)

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.