

PHLT 1568 - Healthy Lifestyles

Fall 2026 Syllabus, Section A01, CRN 43453,

Credit hours: 3

Instructor

Ida Fusillo

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Public Instructor Information

Instructor: 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	Teague . Your Health Today Choices in a Changing Society. 9th edition. McGraw Hill, 2024	M, Mackenzie S, and Rosenthal D.	

**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
10/19	Chapter 1: Self, Family, and Community Chapter 3 Social Connections	Connected Lives: Understanding Ourselves and Others	• Discussion- Public Health is Personal: Balancing Individual Rights and Community Well-Being • Assignment- Roots of Health: A Family Health History Reflection • Quiz- Chapter 1 • Quiz- Chapter 3 Due: Saturday 10/24, at 11:59 p.m.
10/26	Chapter 4: Sleep Chapter 5: Nutrition	Eat, Sleep, Thrive	• Discussion- Food for thought: Do Menu Labels Help? • Assignment- Personal Health Tracking: A Sleep and Nutrition Self-Study • Quiz- Chapter 4 • Quiz- Chapter 5 Due: Saturday 10/31, at 11:59 p.m.
11/2	Chapter 6: Fitness Chapter 7: Body Weight and Body Composition Chapter 8: Body Image	Strong Foundations: Fitness, Forms, and Self Perceptions	• Discussion- What Shapes our Wellness: Technology, Body Image, and the Built Environment • Assignment- Who am I? • Quiz- Chapter 6 • Quiz- Chapter 7 • Quiz- Chapter 8 Due: Saturday 11/07, at 11:59 p.m.
11/9	Chapter 9: Alcohol and Tobacco Chapter 10: Drugs	Under the Influence: Understanding Alcohol, Tobacco, and Drugs	• Discussion- Beyond the Buzz: Rethinking Alcohol, Tobacco, and Drug Use in College Life • Assignment- Campus Substance Use Audit & Action Plan • Quiz- Chapter 9 • Quiz- Chapter 10 Due: Saturday 11/14, at 11:59 p.m.
11/16	Chapter 11: Sexual Health Chapter 12: Reproductive Choices	Healthy Futures: Navigating Sexual Health and Reproductive Decisions	• Discussion- Reproductive Wellness: Exploring Options and Influences • Assignment- Reproductive Health Care Reflection • Quiz- Chapter 11 • Quiz- Chapter 12 Due: Saturday 11/21, at 11:59 p.m.
11/23	Chapter 13: Infectious Diseases Chapter 14: Cardiovascular Disease, Diabetes, Chronic Lung Disease and Dementia Chapter 15: Cancer	The Human Condition: Understanding Disease and its Impact on Wellness	• Discussion- Balancing Health, Academics, and Lifestyle Choices# • Assignment- Independent Interest Assignment • Quiz – Chapter 13 • Quiz – Chapter 14 • Quiz – Chapter 15 Due: Saturday 11/28, at 11:59 p.m.

11/30	Chapter 2: Mental Health and Stress Chapter 16: Injury and Violence	Mind and Matter: Navigating Mental Health and Physical Safety	• Discussion- Preventing Injury and Violence in Everyday Life • Assignment- Chapter 2 Assignment Facing Adversity: A Personal Wellness Reflection • Quiz-Chapter 2 • Quiz-Chapter 16 Due: Saturday 12/05, at 11:59 p.m.
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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.