

## PHLT 1568H - Honors Healthy Lifestyles

### Fall 2026 Syllabus, Section 01, CRN 41654,

Credit hours: 3

## Instructor

Andrea Mistovich

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## Public Instructor Information

Instructor Title: Andrea Mistovich

Instructor Professional Qualifications: Masters in Health and Human Services, Youngstown State University, 2002

Instructor Office Location: N/A

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## Course Description

1568H. Honors 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 in a Changing Society. 2025 Release. | Teague M, Mackenzie S, and Rosenthal D. | 978-1-264-12729-0 |

Teague M, Mackenzie S, and Rosenthal D. *Your Health Today in a Changing Society*. 2025 Release.

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    | Introduction to Course Use this time to look through Blackboard, read through assignments, become familiar with due dates and let me know if you have any questions. Also, watch the following video: <a href="https://www.youtube.com/watch?v=t_eWESXTnic">https://www.youtube.com/watch?v=t_eWESXTnic</a> |                             |                                                                                                |
| 8/31    | Chapter 1:                                                                                                                                                                                                                                                                                                  | Self, Family, and Community | Introduction of Yourself Discussion Board - Due 9/2<br>Chapter 1 Discussion Board (DB) Due 9/2 |
| 9/7     | Chapter 2                                                                                                                                                                                                                                                                                                   | Mental Health and Stress    | Chapter 1 Quiz Due 9/8<br>Chapter 2 Discussion Board (DB) Due 9/9                              |
| 9/14    | Chapter 3                                                                                                                                                                                                                                                                                                   | Social Connections          | Chapter 2 Quiz Due: 9/15<br>Chapter 3 DB Due: 9/16<br>Assignment 2. Family Tree Due: 9/18      |
| 9/21    | Chapter 4                                                                                                                                                                                                                                                                                                   | Sleep                       | Chapter 3 Quiz Due 9/22<br>Chapter 4 DB Due 9/23                                               |
| 9/28    | Chapter 5                                                                                                                                                                                                                                                                                                   | Nutrition                   | Chapter 4 Quiz Due 9/29<br>Chapter 5 DB Due 9/30                                               |



|       |                        |                                               |                                                                                                                                      |
|-------|------------------------|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| 10/5  | Chapter 6              | Fitness                                       | Chapter 5 Quiz Due 10/6<br>Chapter 6 DB Due 10/7<br>3. Behavior Change Project Due 10/9                                              |
| 10/12 | Chapter 7 & Chapter 8  | Body Weight and Body Composition & Body Image | Chapter 6 Quiz Due 10/13<br>Chapter 7 & 8 DB Due 10/14                                                                               |
| 10/19 | Chapter 9 & Chapter 10 | Alcohol and Tobacco & Drugs                   | Chapter 7 & 8 Quiz Due 10/20<br>Chapter 9 & 10 DB Due 10/21                                                                          |
| 10/26 | Chapter 11 & 12        | Sexual Health & Reproductive Choices          | Chapter 9 & 10 Quiz Due 10/27<br>Chapter 11 & 12 DB Due 10/28                                                                        |
| 11/2  | Chapter 13             | Infectious Diseases                           | Chapter 11 & 12 Quiz Due 11/3<br>Chapter 13 DB Due 11/4<br>Honors Consumer Health Presentation Due 11/6                              |
| 11/9  | Chapter 14             | Cardiovascular Disease                        | Chapter 13 Quiz Due 11/10<br>Chapter 14 DB Due 11/12 (this is a Thursday due to Veterans Day<br>Consumer Student Critiques Due 11/13 |
| 11/16 | Chapter 15 & 16        | Cancer & Injury and Violence                  | Chapter 14 Quiz Due 11/17<br>Chapter 15 & 16 DB Due 11/18                                                                            |
| 11/23 |                        |                                               | Chapter 15 & 16 Quiz Due 11/24                                                                                                       |
| 11/30 |                        |                                               | 5. Course Summary Due 12/4                                                                                                           |
| 12/7  |                        |                                               | NO FINAL EXAM IN THIS CLASS                                                                                                          |

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.