PHLT 1568H - Honors Healthy Lifestyles

Fall 2026 Syllabus, Section 01, CRN 41654,

Credit hours: 3

Instructor

Andrea Mistovich

Email: ajmistovich@ysu.edu

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
Instructor Office Phone:N/A

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: https://www.youtube.com/watch?v=t_eWESXTnic		
8/31	Chapter 1:	Self, Family, and Community	Introduction of Yourself Discussion Board - Due 9/2 Chapter 1 Discussion Board (DB) Due 9/2
9/7	Chapter 2	Mental Health and Stress	Chapter 1 Quiz Due 9/8 Chapter 2 Discussion Board (DB) Due 9/9
9/14	Chapter 3	Social Connections	Chapter 2 Quiz Due: 9/15 Chapter 3 DB Due: 9/16 Assignment 2. Family Tree Due: 9/18
9/21	Chapter 4	Sleep	Chapter 3 Quiz Due 9/22 Chapter 4 DB Due 9/23
9/28	Chapter 5	Nutrition	Chapter 4 Quiz Due 9/29 Chapter 5 DB Due 9/30

10/5	Chapter 6	Fitness	Chapter 5 Quiz Due 10/6 Chapter 6 DB Due 10/7 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 Chapter 7 & 8 DB Due 10/14
10/19	Chapter 9 & Chapter 10	Alcohol and Tobacco & Drugs	Chapter 7 & 8 Quiz Due 10/20 Chapter 9 & 10 DB Due 10/21
10/26	Chapter 11 & 12	Sexual Health & Reproductive Choices	Chapter 9 &10 Quiz Due 10/27 Chapter 11 & 12 DB Due 10/28
11/2	Chapter 13	Infectious Diseases	Chapter 11 & 12 Quiz Due 11/3 Chapter 13 DB Due 11/4 Honors Consumer Health Presentation Due 11/6
11/9	Chapter 14	Cardiovascular Disease	Chapter 13 Quiz Due 11/10 Chapter 14 DB Due 11/12 (this is a Thursday due to Veterans Day Consumer Student Critiques Due 11/13
11/16	Chapter 15 & 16	Cancer & Injury and Violence	Chapter 14 Quiz Due 11/17 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.