

Area: Behavioral & Social Sciences
 Dean: Dr. Steven Boyd
 Phone: (916) 484-8283
 Counseling: (916) 484-8572

A.A. Gerontology Degree and Certificate concentrations:
 Business
 Case Management/Social Services
 Environmental Design
 Health Care
 Recreation
 Social Policy/Advocacy

Department Certificates:

Activity Leader Certification
 Dementia Care
 Elder Care
 Ethnicity and Aging
 Leadership in Assisted Living Communities
 Senior Fitness
 Social Service Designee

Gerontology is the study of human growth and development during adulthood. It includes the psychological and physiological changes that touch each individual, as well as, the social implications that flow from these changes.

The Gerontology program at American River College offers continuing education credit for specific courses for RNs, LVNs, CNAs, RCFE Administrators, LMFTs, LCSWs, and Nursing Home Administrators.

ARC has gained a reputation as a leader in gerontology studies and has been awarded National Program of Merit Status by the Association for Gerontology in Higher Education. The program co-sponsors events with AARP and California Council on Gerontology and Geriatrics. This leadership has enriched its offerings and enhanced the career value of an ARC gerontology degree or certificate.

DEGREES AND CERTIFICATES

Gerontology Degrees/Certificates

(Core Requirements)

| Core Requirements for Degree or Certificate | 24 Units |
|--|----------|
| GERON 300 Sociology of Aging (3) | 3 |
| or SOC 335 Sociology of Aging (3) | |
| GERON 302 Psychology of Aging: Adult Development and Aging (3)..... | 3 |
| or PSYC 374 Psychology of Aging: Adult Development and Aging (3) | |
| GERON 311 Social Services Designee: Legal Issues and End-of-Life Decisions | 1 |
| GERON 330 Communicating with and Validating Older Adults | 3 |
| GERON 334 Reminiscence Therapy (3) | 3 |
| or PSYC 379 Reminiscence Therapy (3) | |
| GERON 335 Wellness for Older Adults | 3 |
| GERON 360 Ethnic Diversity and Aging | 0.5 |
| GERON 362 Biology of Aging | 0.5 |
| GERON 366 Coping with Death and Related Bereavement | 0.5 |
| GERON 368 Mental Health and Aging | 0.5 |
| GERON 490 Aging Policy and Practice | 3 |
| HSER 340 Introduction to Chemical Dependency (3) | 3 |
| or PSYC 400 Introduction to Chemical Dependency (3) | |

Gerontology: Business Degree

Major Code: 011300A01

This degree provides a broad overview of the biological, psychological, and social aspects of aging along with introductory business courses emphasizing the impact of an aging population on business. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing goods and services to senior adults and/or preparation for further gerontology/business study at a four-year college or university.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population.
- evaluate the biological, psychological, and social aging changes in terms of optimal aging and the impact of lifestyle choices.
- analyze legal and ethical issues relating to aging and end-of-life decisions.
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels.
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication.
- analyze the role of nutrition in the aging process and its impact on health.
- evaluate care for the dying in different environments.
- assess common mental health issues of aging and evaluate interventions and resources.
- survey services for seniors available within a community and define eligibility requirements.
- apply knowledge of gerontology to real-life business situations.

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing goods and services to senior adults.

Gerontology: Business Degree Requirements 36 Units

| | |
|---|----|
| Core Requirements | 24 |
| And a minimum of 3 units from the following: | 3 |
| GERON 498 Work Experience in Gerontology (1 - 4) | |
| And a minimum of 9 units from the following: | 9 |
| ACCT 101 Fundamentals of College Accounting (3) | |
| or ACCT 301 Financial Accounting (4) | |
| BUS 105 Business Mathematics (3) | |
| or BUS 110 Business Economics (3) | |

| | |
|-------------|---|
| BUS 320 | Concepts in Personal Finance (3) |
| or ECON 320 | Concepts in Personal Finance (3) |
| BUS 330 | Managing Diversity in the Workplace (3) |
| BUS 340 | Business Law (3) |
| GERON 304 | Ethical Issues and Client's Rights (3) |
| or HSER 310 | Ethical Issues and Client's Rights (3) |
| MGMT 300 | Introduction to Leadership in Action(3) |
| or MGMT 362 | Techniques of Management (3) |
| MGMT 304 | Principles of Management (3) |

Associate in Arts Degree: The Gerontology: Business Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

Gerontology: Case Management/Social Services Degree

Major Code: 011299A01

This degree provides a broad overview of the biological, psychological, and social aspects of aging, along with introductory human services and psychology courses emphasizing the diverse needs of an aging population. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing case management and/or social services to senior adults and/or preparation for further gerontology/case management/social services study at a four-year college or university.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- assess social and cultural attitudes on aging and how they impact social policy regarding senior population.
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices.
- analyze legal and ethical issues relating to aging and end-of-life decisions.
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels.
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication.
- analyze the role of nutrition in the aging process and its impact on health.
- evaluate care for the dying in different environments.
- assess common mental health issues of aging and evaluate interventions and resources.
- survey services for seniors available within a community and define eligibility requirements.
- apply knowledge of gerontology to real-life case management and social services situations.

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing case management and/or social services to senior adults.

| Case Management/Social Services Degree Requirements | 36 Units |
|--|----------|
| Core Requirements | 24 |
| And a minimum of 3 units from the following: | 3 |
| GERON 498 Work Experience in Gerontology (1 - 4) | |
| And a minimum of 9 units from the following: | 9 |
| GERON 310 Social Service Designee: Role and Responsibility (2.5) | |
| GERON 312 Social Services Designee: Fieldwork (1) | |
| HSER 300 Introduction to Human Services (3) | |
| HSER 310 Ethical Issues and Client's Rights (3) | |
| or GERON 304 Ethical Issues and Client's Rights (3) | |

| | |
|-------------|-----------------------------------|
| HSER 330 | Issues of Diverse Populations (3) |
| or PSYC 365 | Issues of Diverse Populations (3) |
| PSYC 390 | Psychology of Death and Dying (3) |

Associate in Arts Degree: The Gerontology: Case Management/Social Services Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

Gerontology: Environmental Design Degree

Major Code: 011297A01

This degree provides a broad overview of the biological, psychological, and social aspects of aging, along with introductory art and interior design courses emphasizing the environmental needs of an aging population. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing design services to senior adults and/or preparation for further gerontology/design study at a four-year college or university.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- analyze legal and ethical issues relating to aging and end-of-life decisions
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- analyze the role of nutrition in the aging process and its impact on health
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources
- survey services for seniors available within a community and define eligibility requirements
- apply knowledge of gerontology and environmental design to real-life situations in working in environmental design situations

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing design services to senior adults.

| Gerontology: Environmental Design Degree Requirements | 36 Units |
|---|----------------|
| Core Requirements | 24 |
| And a minimum of 3 units from the following: | 3 |
| GERON 498 Work Experience in Gerontology (1 - 4) | |
| And a minimum of 9 units from the following: | 9 ¹ |
| ART 320 Design: Fundamentals (3) | |
| IDES 300 Fundamentals of Interior Design (3) | |
| IDES 330 Beginning Interior Design Studio (3) | |
| IDES 334 Interior Environment and Space Planning (3) | |
| ¹ Prerequisite is required for IDES 334 | |

Associate in Arts Degree: The Gerontology: Environmental Design Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

Gerontology: Health Care Degree

Major Code: 01X1298A01

This degree provides a broad overview of the biological, psychological, and social aspects of aging, along with introductory course work emphasizing the health needs of an aging population. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing health services to senior adults and/or preparation for further gerontology/health care study at a four-year college or university.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population.
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices.
- analyze legal and ethical issues relating to aging and end-of-life decisions.
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels.
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication.
- analyze the role of nutrition in the aging process and its impact on health.
- evaluate care for the dying in different environments.
- assess common mental health issues of aging and evaluate interventions and resources.
- survey services for seniors available within a community and define eligibility requirements.
- apply knowledge of gerontology to real-life health care situations.

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing health services to senior adults.

| Gerontology: Health Care Degree Requirements | | 36 Units |
|---|--|-----------------|
| Core Requirements | | 24 |
| And a minimum of 3 units from the following: | | 3 |
| GERON 498 | Work Experience in Gerontology (1 - 4) | |
| And a minimum of 9 units from the following: | | 9 ¹ |
| AH 110 | Medical Language for Health-Care Providers (3) | |
| BIOL 102 | Essentials of Human Anatomy and Physiology (4) | |
| GERON 304 | Ethical Issues and Client's Rights (3) | |
| or HSER 310 | Ethical Issues and Client's Rights (3) | |
| NURSE 100 | Nurse Assistant (6) | |
| NURSE 101 | Home Health Aide (2) | |
| PSYC 390 | Psychology of Death and Dying (3) | |
| SLPA 300 | Introduction to Communication Disorders (3) | |
| ¹ Prerequisite required for NURSE 101. | | |

Associate in Arts Degree: The Gerontology: Health Care Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

Gerontology: Recreation Degree

Major Code: 011301A01

This degree provides a broad overview of the biological, psychological, and social aspects of aging, along with introductory recreation and physical education courses emphasizing the recreational needs of an aging population. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing recreational services to senior adults and/or preparation for further gerontology/recreation study at a four-year college or university.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population.
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices.
- analyze legal and ethical issues relating to aging and end-of-life decisions.
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels.
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication.
- analyze the role of nutrition in the aging process and its impact on health.
- evaluate care for the dying in different environments.
- assess common mental health issues of aging and evaluate interventions and resources.
- survey services for seniors available within a community and define eligibility requirements.
- apply knowledge of gerontology to real-life recreation situations.

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing recreational services to senior adults.

| Gerontology: Recreation Degree Requirements | | 36 Units |
|---|--|-----------------|
| Core Requirements | | 24 |
| And a minimum of 3 units from the following: | | 3 |
| GERON 498 | Work Experience in Gerontology (1 - 4) | |
| And a minimum of 9 units from the following: | | 9 |
| GERON 430 | Activity Leader (6.5) | |
| KINES 300 | Introduction to Kinesiology (3) | |
| KINES 405 | Effects of Exercise on Special Populations (2) | |
| KINES 408 | Administration of Fitness Programs (2) | |

Associate in Arts Degree: The Gerontology: Recreation Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

Gerontology: Social Policy/Advocacy Degree

Major Code, Social Policy: 011302A02

Major Code, Advocacy: 011302A03

This degree provides a broad overview of the biological, psychological, and social aspects of aging, along with introductory human services, speech, management, and political science courses emphasizing the social policy and advocacy needs of an aging population. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing input to social policy and advocacy for senior adults and/or preparation for further gerontology/social policy/advocacy study at a four-year college or university.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population.
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices.
- analyze legal and ethical issues relating to aging and end-of-life decisions.
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels.
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication.
- analyze the role of nutrition in the aging process and its impact on health.
- evaluate care for the dying in different environments.
- assess common mental health issues of aging and evaluate interventions and resources.
- survey services for seniors available within a community and define eligibility requirements.
- apply knowledge of gerontology to real-life social policy/advocacy situations.

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing input to social policy and advocacy for senior adults.

Gerontology: Advocacy Concentration Requirements 36 Units

| | |
|---|----|
| Core Requirements | 24 |
| And a minimum of 3 units from the following: | 3 |
| GERON 498 Work Experience in Gerontology (1 - 4) | |
| And a minimum of 9 units from the following: | 9 |
| GERON 304 Ethical Issues and Client's Rights (3) | |
| or HSER 310 Ethical Issues and Client's Rights (3) | |
| MGMT 362 Techniques of Management (3) | |
| POLS 304 Introduction to Government: California (3) | |
| SPEECH 301 Public Speaking (3) | |

Gerontology: Social Policy Concentration Requirements 36 Units

| | |
|---|----|
| Core Requirements | 24 |
| And a minimum of 3 units from the following: | 3 |
| GERON 498 Work Experience in Gerontology (1 - 4) | |
| And a minimum of 9 units from the following: | 9 |
| GERON 304 Ethical Issues and Client's Rights (3) | |
| or HSER 310 Ethical Issues and Client's Rights (3) | |
| POLS 301 Introduction to Government: United States (3) | |
| HSER 330 Issues of Diverse Populations (3) | |
| or PSYC 365 Issues of Diverse Populations (3) | |
| SPEECH 301 Public Speaking (3) | |

Associate Degree Requirements: The Gerontology: Social Policy/Advocacy Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

Gerontology: Business Certificate

Major Code: 011300C01

This certificate provides a broad overview of the biological, psychological, and social aspects of aging, along with introductory business courses emphasizing the impact of an aging population on business. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing goods and services to senior adults.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population.
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices.
- analyze legal and ethical issues relating to aging and end-of-life decisions.
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels.
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication.
- analyze the role of nutrition in the aging process and its impact on health.
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources.
- survey services for seniors available within a community and define eligibility requirements.
- apply knowledge of gerontology to real-life business situations.

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing goods and services to senior adults.

See losrios.edu/gainful-emp-info/gedt.php?major=011300C01 for Gainful Employment Disclosure.

Gerontology: Business Certificate 36 Units

| | |
|---|----|
| Core Requirements | 24 |
| And a minimum of 3 units from the following: | 3 |
| GERON 498 Work Experience in Gerontology (1 - 4) | |
| And a minimum of 9 units from the following: | 9 |
| ACCT 101 Fundamentals of College Accounting (3) | |
| or ACCT 301 Financial Accounting (4) | |
| BUS 105 Business Mathematics (3) | |
| or BUS 110 Business Economics (3) | |
| BUS 320 Concepts in Personal Finance (3) | |
| or ECON 320 Concepts in Personal Finance (3) | |
| BUS 330 Managing Diversity in the Workplace (3) | |
| BUS 340 Business Law (3) | |
| GERON 304 Ethical Issues and Client's Rights (3) | |
| or HSER 310 Ethical Issues and Client's Rights (3) | |
| MGMT 300 Introduction to Leadership in Action (3) | |
| or MGMT 362 Techniques of Management (3) | |
| MGMT 304 Introduction to Management Functions (3) | |

Gerontology: Case Management/ Social Services Certificate

Major Code: 011299C01

This certificate provides a broad overview of the biological, psychological, and social aspects of aging, along with introductory human services and psychology courses emphasizing the diverse needs of an aging population. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing case management and/or social services to senior adults.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population.
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices.
- analyze legal and ethical issues relating to aging and end-of-life decisions.
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels.
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication.
- analyze the role of nutrition in the aging process and its impact on health.
- evaluate care for the dying in different environments.
- assess common mental health issues of aging and evaluate interventions and resources.
- survey services for seniors available within a community and define eligibility requirements.
- apply knowledge of gerontology to real-life case management and social services situations.

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing case management and/or social services to senior adults.

See losrios.edu/gainful-emp-info/gedt.php?major=011299C01 for Gainful Employment Disclosure.

| Gerontology: Case Management/Social Services Certificate | | 36 Units |
|---|--|-----------------|
| Core Requirements | | 24 |
| And a minimum of 3 units from the following: | | 3 |
| GERON 498 | Work Experience in Gerontology (1 - 4) | |
| And a minimum of 9 units from the following: | | 9 |
| GERON 310 | Social Service Designee: Role and Responsibility (2.5) | |
| GERON 312 | Social Services Designee: Fieldwork (1) | |
| HSER 300 | Introduction to Human Services (3) | |
| HSER 310 | Ethical Issues and Client's Rights (3) | |
| or GERON 304 | Ethical Issues and Client's Rights (3) | |
| HSER 330 | Issues of Diverse Populations (3) | |
| or PSYC 365 | Issues of Diverse Populations (3) | |
| PSYC 390 | Psychology of Death and Dying (3) | |

Gerontology: Environmental Design Certificate

Major Code: 011297C01

This certificate provides a broad overview of the biological, psychological, and social aspects of aging, along with introductory art and interior design courses emphasizing the environmental needs of an aging population. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing design services to senior adults.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population.
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices.
- analyze legal and ethical issues relating to aging and end-of-life decisions.
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels.
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication.
- analyze the role of nutrition in the aging process and its impact on health.
- evaluate care for the dying in different environments.
- assess common mental health issues of aging and evaluate interventions and resources.
- survey services for seniors available within a community and define eligibility requirements.
- apply knowledge of gerontology and environmental design to real-life design situations.

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing environmental design services to senior adults.

See losrios.edu/gainful-emp-info/gedt.php?major=011297C01 for Gainful Employment Disclosure.

| Gerontology: Environmental Design Certificate | | 36 Units |
|--|---|-----------------|
| Core Requirements | | 24 |
| And a minimum of 3 units from the following: | | 3 |
| GERON 498 | Work Experience in Gerontology (1 - 4) | |
| And a minimum of 9 units from the following: | | 9 ¹ |
| ART 320 | Design: Fundamentals (3) | |
| IDES 300 | Fundamentals of Interior Design (3) | |
| IDES 330 | Beginning Interior Design Studio (3) | |
| IDES 334 | Interior Environment and Space Planning (3) | |

¹Prerequisite required for IDES 334

Gerontology: Health Care Certificate

Major Code: 011298C01

This certificate provides a broad overview of the biological, psychological, and social aspects of aging, along with introductory course work emphasizing the health needs of an aging population. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing health services to senior adults.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population.
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices.
- analyze legal and ethical issues relating to aging and end-of-life decisions.
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels.
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication.
- analyze the role of nutrition in the aging process and its impact on health.
- evaluate care for the dying in different environments.
- assess common mental health issues of aging and evaluate interventions and resources.
- survey services for seniors available within a community and define eligibility requirements.
- apply knowledge of gerontology to real-life health care situations.

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing health services to senior adults.

See losrios.edu/gainful-emp-info/gedt.php?major=011298C01 for Gainful Employment Disclosure.

| Gerontology: Health Care Certificate | | 36 Units |
|---|--|----------------|
| Core Requirements | | 24 |
| And a minimum of 3 units from the following: | | 3 |
| GERON 498 | Work Experience in Gerontology (1 - 4) | |
| And a minimum of 9 units from the following: | | 9 ¹ |
| AH 110 | Medical Language for Health-Care Providers (3) | |
| BIOL 102 | Essentials of Human Anatomy and Physiology (4) | |
| GERON 304 | Ethical Issues and Client's Rights (3) | |
| or HSER 310 | Ethical Issues and Client's Rights (3) | |
| NURSE 100 | Nurse Assistant (6) | |
| NURSE 101 | Home Health Aide (2) | |
| PSYC 390 | Psychology of Death and Dying (3) | |
| SLPA 300 | Introduction to Communication Disorders (3) | |

¹Prerequisite required for NURSE 101.

Gerontology: Recreation Certificate

Major Code: 011301C01

This certificate provides a broad overview of the biological, psychological, and social aspects of aging, along with introductory recreation and physical education courses emphasizing the recreational needs of an aging population. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing recreational services to senior adults.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population.
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices.
- analyze legal and ethical issues relating to aging and end-of-life decisions.
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels.
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication.
- analyze the role of nutrition in the aging process and its impact on health.
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources.
- survey services for seniors available within a community and define eligibility requirements.
- apply knowledge of gerontology to real-life recreation situations.

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing recreational services to seniors.

See losrios.edu/gainful-emp-info/gedt.php?major=011301C01 for Gainful Employment Disclosure.

| Gerontology: Recreation Certificate | | 36 Units |
|---|--|----------|
| Core Requirements | | 24 |
| And a minimum of 3 units from the following: | | 3 |
| GERON 498 | Work Experience in Gerontology (1 - 4) | |
| And a minimum of 9 units from the following: | | 9 |
| GERON 430 | Activity Leader (6.5) | |
| KINES 300 | Introduction to Kinesiology (3) | |
| KINES 405 | Effects of Exercise on Special Populations (2) | |
| KINES 408 | Administration of Fitness Programs (2) | |

Note: Correction made to the title of the Activity Leader department certificate per June 2019 Addendum.

Gerontology: Social Policy/Advocacy Certificate

Major Code, Social Policy: 011302C02

Major Code, Advocacy: 011302C03

This certificate provides a broad overview of the biological, psychological, and social aspects of aging, along with introductory human services, speech, management, and political science courses emphasizing the social policy and advocacy needs of an aging population. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing input to social policy and advocacy for senior adults.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population.
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices.
- analyze legal and ethical issues relating to aging and end-of-life decisions.
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels.
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication.
- analyze the role of nutrition in the aging process and its impact on health.
- evaluate care for the dying in different environments.
- assess common mental health issues of aging and evaluate interventions and resources.
- survey services for seniors available within a community and define eligibility requirements.
- apply knowledge of gerontology to real-life social policy and advocacy situations.

Career Opportunities

Entry-level positions with private industry, government and non-profit agencies providing input to social policy and advocacy for senior adults.

See losrios.edu/gainful-emp-info/gedt.php?major=011302C01 for Gainful Employment Disclosure.

Gerontology: Advocacy Concentration Certificate 36 Units

Core Requirements..... 24

And a minimum of 3 units from the following:.....3

GERON 498 Work Experience in Gerontology (1 - 4)

And a minimum of 9 units from the following:.....9

GERON 304 Ethical Issues and Client's Rights (3)

or HSER 310 Ethical Issues and Client's Rights (3)

MGMT 362 Techniques of Management (3)

POLS 304 Introduction to Government: California (3)

SPEECH 301 Public Speaking (3)

Gerontology: Social Policy Concentration Certificate 36 Units

Core Requirements..... 24

And a minimum of 3 units from the following:.....3

GERON 498 Work Experience in Gerontology (1 - 4)

And a minimum of 9 units from the following:.....9

GERON 304 Ethical Issues and Client's Rights (3)

or HSER 310 Ethical Issues and Client's Rights (3)

HSER 330 Issues of Diverse Populations (3)

or PSYC 365 Issues of Diverse Populations (3)

POLS 301 Introduction to Government: United States (3)

SPEECH 301 Public Speaking (3)

DEPARTMENT CERTIFICATES

Activity Leader Certificate

This certificate provides a comprehensive overview of the role and duties of an activity leader in a long-term care facility. The certificate meets State of California, Title 22 (Department of Social Service) requirements for activity leader certification.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- articulate the role and responsibilities of the activity leader in a long-term care facility
- demonstrate effective communication skills in interviewing long-term care residents
- analyze normal and disease process changes in hearing and speech and develop strategies for effective communication
- generate required documentation to comply with State and Federal regulations
- create activities which meet physical and emotional needs of residents in long-term care
- assess effects of institutionalization and possible impact on mental health and family relationships
- identify types of dementia and appropriate communication and behavior management strategies
- demonstrate effective problem solving, motivation, and communication skills involved in leadership of an activity program
- compare and contrast community services available and their relevancy to an activity program
- develop appropriate activities and monthly activity calendar to meet the needs of individual residents in long-term care

Career Opportunities

Activity Leader in long-term care, assisted living, and retirement facilities.

Requirements for Certificate

6.5 Units

GERON 430 Activity Leader..... 6.5

Dementia Care Certificate

This certificate provides a comprehensive overview of dementias, behavior management, and communication. It expands the knowledge of students to enter the workforce where they will be dealing with seniors diagnosed with a form of dementia.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- differentiate between reversible and irreversible dementias
- develop strategies for care for those with dementia
- create a safe environment for those with dementia
- evaluate a specific problem to decide if the problem is the patient's or the caregiver's
- assess specific dementia behavior problems and select appropriate responses
- demonstrate appropriate responses to dementia behaviors
- analyze various types of dementia and their characteristics
- identify communication strategies for enhanced understanding by the dementia patient
- identify principles of behavior management
- define caregiver issues
- assess elements of communication that relate to Validation theory

- analyze the theory behind Validation and describe the benefits of using Validation techniques
- demonstrate Validation techniques
- analyze dementia stages and select appropriate Validation techniques

Career Opportunities

Direct care of dementia patients. Supervision and inservice for dementia patients' caregivers

| Requirements for Certificate | | 2 units |
|------------------------------|--|---------|
| GERON 204 | Alzheimer's Disease and Other Dementias..... | 0.5 |
| GERON 205 | Validation: Theory and Practice | 0.5 |
| GERON 206 | Dementia: Behavior Management | 0.5 |
| GERON 271 | Dementia: Behaviors and Activity | 0.5 |

Elder Care Certificate

This Certificate provides a comprehensive overview of the caregiving experience. It expands the knowledge of students to enter the workforce where they will be dealing with seniors and their caregivers.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- design caregiving strategies based on the elders' needs and available resources
- explain the concept of "Caring for the Caregiver"
- describe effective procedures for caring for elderly people with memory impairments
- analyze role reversal and sources of guilt within families
- define what constitutes elder abuse, including different types of abuse.
- assess causes of elder abuse.
- evaluate prevention approaches and resources to intervene before abuse occurs.
- identify elder abuse reporting steps and forms.
- evaluate the different causes of stress in caregiving situations
- analyze aspects of belief systems which enhance stress in caregiving.
- apply new talking and listening skills for reducing stress in self and others.
- assess elements of communication that relate to Validation theory
- analyze theory of Validation.
- demonstrate Validation techniques.
- analyze dementia stages and select appropriate Validation techniques.

Career Opportunities

Direct care of seniors. Supervision and inservice for caregivers.

| Requirements for Certificate | | 2 units |
|------------------------------|---|---------|
| GERON 205 | Validation: Theory and Practice | 0.5 |
| GERON 207 | Elder Abuse | 0.5 |
| GERON 208 | Stress Management: New Approaches..... | 0.5 |
| GERON 209 | Strategies for Caregivers: Effectively Caring for the Elderly in the Community..... | 0.5 |

Ethnicity and Aging Certificate

This Certificate provides a comprehensive overview of how ethnicity affects the aging experience. It expands the knowledge of students to enter the workforce where they will be dealing with seniors from different cultures and ethnic groups.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- synthesize and discuss the importance of cultural sensitivity as it relates to working with older people.
- evaluate and discuss differences among ethnic groups in life expectancy, mortality, mobility, family dynamics, work/retirements, mental health, views on death, and use of senior services.
- define and discuss ways of overcoming barriers to understanding and using senior services.
- evaluate the impact of culture and society on the aging process.
- compare and contrast values and beliefs of Asian, Hispanic, African-American cultures and the dominant Western culture.
- develop strategies for assessing and assisting aging Asians, Hispanics, and African-Americans and their families.
- describe historical events or institutions that have influenced African-American elderly.
- describe the economic, educational, and social groups found among the African-American elderly.
- discuss the health conditions found most frequently among the Asian, Hispanic, and African-American elderly.

Career Opportunities

Direct care of seniors from diverse backgrounds. Supervision and inservice for caregivers.

| Requirements for Certificate | | 2 units |
|------------------------------|---|---------|
| GERON 210 | Aging Experience in Asian Families..... | 0.5 |
| GERON 211 | Aging Experience in Hispanic Families | 0.5 |
| GERON 212 | Aging Experience in African-American Families | 0.5 |
| GERON 360 | Ethnic Diversity and Aging | 0.5 |

Leadership in Assisted Living Communities Certificate

This certificate provides a comprehensive overview of leadership, communication, and professionalism and ethics required for effective leadership and supervision in assisted living communities.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- analyze three categories of leadership.
- compare and apply four facets of problem solving in regards to long-term care facilities.
- analyze the essential elements in team building and being a part of the team in long-term care facilities.
- identify and exhibit effective communication techniques.
- demonstrate effective motivational practices.
- differentiate between ethics and morals as related to working with seniors.
- evaluate professional conduct in long-term care facilities.
- demonstrate listening skills when working with the elderly.
- describe the parameters of confidentiality.

(continued on next page)

(Leadership in Assisted Living Communities Certificate continued)

- describe professional boundaries.
- analyze patterns of communication.
- demonstrate validation of feelings and viewpoints.
- evaluate adaptive behaviors in long-term care settings.
- compare different types of staff support systems.

Career Opportunities

Administrative positions in long-term care communities, such as staff coordinator, marketing specialist, resident coordinator, facility administrator.

| Requirements for Certificate | | 1.5 units |
|-------------------------------------|---|------------------|
| GERON 201 | Leadership and Team Building in Long-term Care Facilities | 0.5 |
| GERON 202 | Professionalism and Ethics in Long-term Care | 0.5 |
| GERON 203 | Communication for Supervision in Long-term Care..... | 0.5 |

Senior Fitness Certificate

This program prepares students for employment as a fitness leader for seniors and equips them with the knowledge and hands-on experience necessary to begin a career in the growing field of fitness for older adults.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- recommend beneficial exercises for seniors and individuals with disabilities or medical conditions.
- behave responsibly at work, exhibiting initiative and self-management in situations where it is needed.
- create an individualized fitness plan to promote functional independence throughout the remainder of life.
- analyze how nutrition plays a part in overall health and aging.
- compare and contrast different self and group motivational techniques for staying active.
- identify and respond to life-threatening conditions (including breathing emergencies, cardiac emergencies, and severe bleeding).
- evaluate physical activities relative to risk factors.
- design and lead a group exercise activity, and provide modifications and variations to exercises when necessary.
- identify basic principles of body mechanics and posture.
- design an individualized exercise prescription program that includes muscular strength and muscular endurance development.
- explain the normal aging changes and analyze how lifestyle choices influence the aging process.
- demonstrate Validation techniques.

Career Opportunities

The senior fitness certificate program is ideal for anyone desiring an entry-level position as a fitness leader for seniors in a recreation center, senior center, senior community, assisted living facility, or another site for seniors.

Requirements for Certificate **16 units**

| | | |
|-------------|---|-----|
| FITNS 351 | Exercise, Balance and Mobility | 1 |
| GERON 205 | Validation: Theory and Practice | 0.5 |
| GERON 230 | Motivating Older Adults to Stay Active | 0.5 |
| GERON 302 | Psychology of Aging: Adult Development and Aging (3)..... | 3 |
| or PSYC 374 | Psychology of Aging: Adult Development and Aging (3) | |
| GERON 378 | Body Mechanics and Safety..... | 0.5 |
| GERON 380 | Nutrition and Aging..... | 0.5 |
| HEED 310 | Community CPR and Adult AED | 1 |
| KINES 403 | Fitness and Exercise Assessment | 2 |
| KINES 405 | Effects of Exercise on Special Populations | 2 |
| KINES 406 | Techniques of Strength Training Instruction | 2 |
| KINES 407 | Techniques of Group Fitness Instruction..... | 2 |

A minimum of 1 unit from the following: 1'
WEXP 498 Work Experience in (Subject) (1 - 4)

¹One unit of work experience is required in one of the following environments: recreation center, senior center, senior community, assisted living facility, or another site for seniors.

Social Service Designee Certificate

The Social Services Designee certificate provides a comprehensive overview of the role and duties of a social services designee in a long-term care facility.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- articulate the role and responsibilities of the social services designee in a long-term care facility.
- analyze normal age changes and their impact on residents.
- incorporate resident rights and responsibilities into daily practice.
- apply Omnibus Budget Reconciliation Act (OBRA)/Title 22 (State of California Department of Social Services) regulations to work environment.
- Evaluate legal and ethical issues relating to powers of attorney, long-term care financing, and end-of-life decisions.
- evaluate long-term care facility environments.
- interview and assess long-term care residents to assure needs are being met.

Career Opportunities

Social Services Designee in long-term care, assisted living, and retirement facilities.

Requirements for Certificate **4.5 Units**

| | | |
|-----------|---|-----|
| GERON 310 | Social Service Designee: Role and Responsibility | 2.5 |
| GERON 311 | Social Services Designee: Legal Issues and End-of-Life Decisions | 1 |
| GERON 312 | Social Services Designee: Fieldwork | 1 |

Gerontology

GERON 201 Leadership and Team Building in Long-term Care Facilities .5 Units

Hours: 9 hours LEC

This course is an overview of the fundamentals of leadership, focusing on team building, communication, motivation, and problem solving in long-term care facilities. Pass/No Pass only.

GERON 202 Professionalism and Ethics in Long-term Care .5 Units

Hours: 9 hours LEC

This course explores professionalism and ethical conduct for those working with seniors in long-term care facilities. Topics include ethics, morals, professional conduct, confidentiality, boundaries, and listening skills. Pass/No Pass only.

GERON 203 Communication for Supervision in Long-term Care .5 Units

Hours: 9 hours LEC

This course explores effective communication skills for supervisors in long-term care facilities. Topics include emotions, validation of staff and residents, adaptive behavior, and staff support systems. Pass/No Pass only.

GERON 204 Alzheimer's Disease and Other Dementias .5 Units

Hours: 9 hours LEC

This course is an introduction to dementia, including Alzheimer's Disease. Topics include types of dementia, patient care, environmental issues, and strategies for understanding and responding to associated behaviors. Pass/No Pass only.

GERON 205 Validation: Theory and Practice .5 Units

Hours: 9 hours LEC

This course presents Validation theory as a communication technique used with individuals with differing levels of cognitive ability. Criteria for evaluating stages of dementia and the selection of appropriate techniques are covered. Pass/No Pass only.

GERON 206 Dementia: Behavior Management .5 Units

Hours: 9 hours LEC

This course explores the many facets of behavior management as they apply to those diagnosed with a form of dementia. Topics include defining the problem, determining whose problem it is, problem-solving principles, environmental triggers, caregiver response, and techniques (such as timing, validation, noise regulation) for specific problem behaviors. Pass/No Pass only.

GERON 207 Elder Abuse .5 Units

Hours: 9 hours LEC

This course is an overview of elder abuse. It focuses on occurrence, prevention strategies, and resources to prevent elder abuse. Pass/No Pass only.

GERON 208 Stress Management: New Approaches .5 Units

Hours: 9 hours LEC

This course examines stress from a communication perspective, focusing specifically on caregivers. The concept of high-risk messages is introduced focusing on how stress reactions affect behavior and morale in residential care facilities and other systems of care for the elderly. Emphasis is on how a message is translated and how this translation affects stress, overload, and spill-over effects. Stress management skills are demonstrated. Pass/No Pass only.

GERON 209 Strategies for Caregivers: Effectively Caring for the Elderly in the Community .5 Units

Hours: 9 hours LEC

This course covers strategies for providing effective care for the elderly, including how it is complicated by dementia, role reversal, and guilt. Common sense strategies for caregiving that not only meet the needs of the elderly but also lessen the caregiving burden are explained. Pass/No Pass only.

GERON 210 Aging Experience in Asian Families .5 Units

Hours: 9 hours LEC

This course examines the aging experience characteristic to Asian families. The impact of culture, societal expectations and their effect on family roles, values and beliefs and how these affect caregiving on that aging experience are discussed. Focus is on strategies for dealing with stress and social support services for Asian families. Pass/No Pass only.

GERON 211 Aging Experience in Hispanic Families .5 Units

Hours: 9 hours LEC

This course examines the aging experience characteristics to Hispanics and the impact of culture, societal expectations, family roles, values, beliefs, and caregiving on that aging experience. Focus is on social support systems and strategies for assisting aging Hispanics and their families. Pass/No Pass only.

GERON 212 Aging Experience in African-American Families .5 Units

Hours: 9 hours LEC

This course examines the economic, social, and health status of elderly African-Americans. It focuses on their unique relationship to the dominant American culture, their vulnerability to specific diseases, and their history with the health care system. It also covers family structures in the African-American community and their implications for family relationships and caregiving. Pass/No Pass only.

GERON 213 Aging Experience in Native American Families .5 Units

Hours: 9 hours LEC

This course examines the economic, social, and health status of elderly Native Americans. It focuses on their unique relationship to the dominant American culture, being members of sovereign nations, and tribal and governmental institutions that impact their lives, family relationships, and caregiving. Pass/No Pass only.

GERON 220 RCFE Administrator Training 4.5 Units

Hours: 81 hours LEC

This course meets the educational requirements necessary to take for state licensure as an administrator of a residential care facility for the elderly (RCFE). Topics include philosophy, mission, and operations of a RCFE; regulations, rights and responsibilities of licensees; fingerprinting and criminal record clearances; psychosocial needs of residents; physical plant requirements; resident assessment, retention, and eviction; resident records and services; food service regulations; admission agreement; special diets; medications; abuse reporting; residents' rights; and community resources. Pass/No Pass only.

GERON 230 Motivating Older Adults to Stay Active .5 Units

Hours: 9 hours LEC

This course focuses on how to motivate healthy older adults to stay independent, active, and mobile. Topics include wellness, aerobic fitness, nutrition, stress, self- and group-motivation techniques, and cognition as they affect seniors. Credit/No Credit only.

GERON 271 Dementia: Behaviors and Activity .5 Units*Hours: 9 hours LEC*

This course is an overview of dementia and memory loss. Topics focus on types, characteristics, communications, behavior management, and caregiving of dementia patients. Pass/No Pass only.

GERON 280 Home Adaptations for Safety and Independence .5 Units*Hours: 9 hours LEC*

This course explores adaptations to the home environment to promote safety and independence for those with disabilities. Topics include assessment, durable equipment, home modifications and resources. Pass/No Pass only.

GERON 300 Sociology of Aging 3 Units*Same As: SOC 335*

Advisory: ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course examines the aged and aging process with emphasis on social factors affecting and affected by an aging population. It includes an analysis of demographics, history of aging in America, social conditions, resources and support systems, employment, retirement, and social class/cultural differences. This course is not open to students who have completed SOC 335.

GERON 302 Psychology of Aging: Adult Development and Aging 3 Units*Same As: PSYC 374*

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340

General Education: AA/AS Area V(b); CSU Area D; CSU Area E1; IGETC Area 4

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course covers the physical, psychological, and social aspects of the aging process including the interactions between the elderly and the rest of society. Topics include an analysis of stereotypes, social bonds, environmental factors, sexuality, physical health, mental health, death, and bereavement. This course is not open to students who have completed PSYC 374.

GERON 304 Ethical Issues and Client's Rights 3 Units*Same As: HSER 310**Corequisite: HSER 300*

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better;

OR placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is a comprehensive exploration of the basic ethical issues involving human services delivery. Topics include professional ethics, confidentiality, counselor and clients' rights, and other areas involving ethical controversies. This course is not open to students who have completed HSER 310.

GERON 310 Social Service Designee: Role and Responsibility 2.5 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Course Transferable to CSU

Hours: 45 hours LEC

This course covers the role of the Social Services Designee in long-term care. The focus is on family, patient adjustment, and dementia. It also covers documentation for the Social Services Designee working in long-term care.

GERON 311 Social Services Designee: Legal Issues and End-of-Life Decisions 1 Unit

Advisory: ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.

Course Transferable to CSU

Hours: 18 hours LEC

This course covers legal issues involved with long-term care. The focus is on probate, conservatorships, wills, trusts, power of attorney for financial management, and the California Advanced Health Care Directives, and right-to-die issues.

GERON 312 Social Services Designee: Fieldwork 1 Unit

Prerequisite: GERON 310 and 311 with grades of "C" or better

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.

Course Transferable to CSU

Hours: 18 hours LEC

This course provides an opportunity to explore the social services designee role in a long-term care facility and to apply knowledge gained to long-term care experience in the area of social services.

GERON 330 Communicating with and Validating Older Adults 3 Units*Same As: PSYC 378*

Prerequisite: GERON 302 or PSYC 374 with a grade of "C" or better

Advisory: ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.

Enrollment Limitation: Current tuberculosis clearance

General Education: AA/AS Area III(b)

Course Transferable to CSU

Hours: 54 hours LEC

This course introduces the basic theory, techniques, and experiences for communication with, validation of, and stimulation of the elderly at different cognitive levels in long-term care. After the first class session, this course is held off campus in a long-term care setting. Supervision by a professor in a long-term care setting is required. This course is not open to students who have completed PSYC 378.

GERON 334 Reminiscence Therapy 3 Units*Same As: PSYC 379*

Prerequisite: GERON 302 or PSYC 374 with a grade of "C" or better

Advisory: ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.

Enrollment Limitation: Current tuberculosis clearance

General Education: AA/AS Area III(b)

Course Transferable to CSU

Hours: 54 hours LEC

This course introduces the basic theory and techniques of reminiscence therapy and provides experience in planning, facilitating, and evaluating reminiscence groups with the elderly in an institutional setting. After the first class session, this course is held off campus in a long-term care setting. This course is not open to students who have completed PSYC 379.

GERON 335 Wellness for Older Adults 3 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Course Transferable to CSU

Hours: 54 hours LEC

This course explores positive lifestyle choices throughout life which have a positive effect on health and well-being. Topics include exercise, nutrition, stress management, chronic disease, and adaptations for disability.

GERON 340 Nutrition for Healthy Aging 3 Units

Same As: NUTRI 324

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Course Transferable to CSU

Hours: 54 hours LEC

This course focuses on the nutrition of older adults. Topics include the effects of nutrition on health and well-being and the physiologic changes in aging, the effects of smell and taste on nutritional status, age-related changes in the gastrointestinal tract, risk factors for cardiovascular disease, and cancer and nutrition. This course is not open to students who have completed NUTRI 324.

GERON 360 Ethnic Diversity and Aging .5 Units

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of ethnicity and culture as factors in the aging process. It focuses on values, beliefs, and culture, and their impact on the design and delivery of senior services with an emphasis on health and residential care services. Pass/No Pass only.

GERON 362 Biology of Aging .5 Units

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of the biology of aging and health of the older adult. The focus is on chronic and acute illnesses, normal aging changes, sexuality, nutrition, and strategies for good health. Pass/No Pass only.

GERON 366 Coping with Death and Related Bereavement .5 Units

Course Transferable to CSU

Hours: 9 hours LEC

This course explores our societal/cultural and personal views of death, dying, and bereavement. Topics include the processes of dying and grieving from the perspectives of the patient, family, friends, and caregivers; the dynamics of loss, grief, and bereavement; and the needs of the bereaved. Pass/No Pass only.

GERON 368 Mental Health and Aging .5 Units

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of mental health as it is impacted by the aging process. Emphasis is on correlates of mental health, incidence of mental illness, depression, dementia, substance abuse, intervention, and mental health resources for seniors. Pass/No Pass only.

GERON 378 Body Mechanics and Safety .5 Units

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of body mechanics, emphasizing a problem-solving approach. The focus is on basic methods and techniques of positioning, transfer, and ambulation, as well as personal safety, adaptive exercise, and assistive devices. Pass/No Pass only.

GERON 380 Nutrition and Aging .5 Units

Course Transferable to CSU

Hours: 9 hours LEC

This course concentrates on the practical aspects of nutrition and aging. Cost-effective directions for meeting nutritional needs are included. Information regarding environmental factors implicated in the aging process is discussed. Pass/No Pass only.

GERON 430 Activity Leader 6.5 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Course Transferable to CSU

Hours: 117 hours LEC

This course covers the roles and responsibilities of an Activity Leader in long-term care facilities. Topics include interviewing and counseling techniques, hearing and speech changes, social and psychological forces of aging, effective leadership skills, dementia behaviors, etiology of illness, community agencies and resources, needs-based programming, documentation at state and federal levels, and creating an activity program.

GERON 490 Aging Policy and Practice 3 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Course Transferable to CSU

Hours: 54 hours LEC

This course provides an overview of the social issues faced by Older Americans and the social policies and programs provided to address those issues, including the Older Americans Act, Social Security, Medicare, and the Elder Justice Act. It investigates how social policies and programs are put into practice by exploring career options in the agencies, businesses, and organizations that provide services and support to older adults living in California.

GERON 495 Independent Studies in Gerontology 1-3 Units

Course Transferable to CSU

Hours: 54-162 hours LAB

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

GERON 498 Work Experience in Gerontology 1-4 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Enrollment Limitation: Students must be in a paid or unpaid internship, volunteer position, or job related to gerontology with a cooperating site supervisor. Students are advised to consult with the Gerontology Department faculty to review specific certificate and degree work experience requirements.

General Education: AA/AS Area III(b)

Course Transferable to CSU

Hours: 60-300 hours LAB

This course provides students with opportunities to develop marketable skills in preparation for employment or advancement within the field of gerontology. It is designed for students interested in work experience and/or internships in transfer-level degree occupational programs. Course content includes understanding the application of education to the workforce, completion of Title 5 required forms which document the student's progress and hours spent at the work site, and developing workplace skills and competencies. During the semester, the student is required to complete 75 hours of related paid work experience, or 60 hours of related unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. All students are required to attend the first class meeting, a mid-semester meeting, and a final meeting. Additionally, students who have not already successfully completed a Work Experience course will be required to attend weekly orientations while returning participants may meet individually with the instructor as needed. Students may take up to 16 units total across all Work Experience course offerings. This course may be taken up to four times when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.

GERON 1065 Movement Matters**.5 Units**

Course Transferable to CSU

Hours: 9 hours LEC

This course introduces the importance of movement for seniors and provides examples adapted to specific chronic conditions. Topics include movement related to Parkinson's, multiple sclerosis, osteoarthritis, osteoporosis, and Alzheimer's and other dementias. Credit/No Credit only.