

Gerontology

Degree: A.A. - Gerontology

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

Area: Behavioral & Social Sciences

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Certificates of Completion offered by the department:

Activity Coordinator
Social Service Designee
In-Home Support Service Worker
Program Assistant

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 of these changes.

The ARC gerontology program blends classroom instruction and student interaction with older adults in a variety of non-classroom situations. This provides students with the knowledge and experience required for employment in business and agencies that provide services for the elderly, and/or preparation for upper-division work in gerontology at a four-year institution. The result may be an associate of arts degree or a certificate in gerontology.

Concentrations: There are six concentrations from which students must select one: business, case management/ social services, environmental design, health care, recreation, and social policy/advocacy. In addition, the college offers an Activity Coordinator Program that meets the requirements for the State of California's Title 22 Certificate for Activity Coordinator. Students may also work toward a Certificate of Completion for Social Service Designee, In-Home Support Service Worker, or Program Assistant.

Continuing Education: The program at American River College also offers continuing education courses for RNs, LVNs, CNAs, RCFE administrators, MFTs, LCSWs, and Nursing Home Administrators.

ARC has gained a reputation as a leader in gerontology studies and is co-host for the Alzheimer's Society annual conference, and the UCD Center for Aging and Health Annual Caregiver Conference. This leadership has enriched its offerings and enhanced the career value of an ARC gerontology degree or certificate.

Requirements for Degree Major: 39 units

<u>Core Requirements</u>	<u>Units</u>
GERON 300/SOC 335	3
GERON 302/PSYC 374	3
GERON 311	1
GERON 330	3
GERON 334	3
GERON 340/NUTRI 324	3
GERON 360	.5
GERON 362	.5
GERON 366	.5
GERON 368	.5
GERON 498	6
BUS 310, ENGWR 103, or ENGWR 300	3
PSYC 300	3

Requirements for Certificate: 39 units

Core requirements 30

Plus 9 units from one of the following concentrations:

Business, Environmental Design, Health Care, Case Management
/Social Services, Recreation, Social Policy/Advocacy.

Recommended General Education Electives

ANTH 300, 301; ENGWR 300; HSER 300; MGMT 360; PHIL 310; PSYC 370

General Education Graduation Requirements:

Students must also complete the general education graduation requirements for an A.A. degree. See general education requirements.

Business Concentration Certificate

Preparation for entry-level business positions with private industry, government and nonprofit agencies providing goods and services to senior adults.

Certificate Requirements 39 units

9 units from concentration and Gerontology core requirements of 30 units

Gerontology

Choose 9 units from the following courses:

	Units
ACCT 101 or ACCT 301	3-4
BUS 105 or BUS 110	3
BUS 320/Economics 320	3
BUS 330	3
BUS 340	3
HSER 310/GERON 304	3
MGMT 300 or MGMT 362	3
MGMT 304	3
PSYC 390	3

Case Management/Social Services Concentration Certificate

Preparation for entry-level positions with private industry, government and nonprofit agencies providing social services to senior adults.

Certificate Requirements **39 units**

9 units from concentration and Gerontology core requirements of 30 units

Choose 9 units from the following courses:

	Units
GERON 3310	2
GERON 312	1
HSER 300	3
HSER 310/GERON 304	3
HSER 330/PSYC 365	3
HSER 340/PSYC 400	3
PSYC 390	3

Environmental Design Concentration Certificate

Preparation for entry-level and paraprofessional positions with private industry, government and nonprofit agencies providing design services to senior adults.

Certificate Requirements **39 units**

9 units from concentration and Gerontology core requirements of 30 units

Choose 9 units from the following courses:

	Units
ART 320	3
IDES 300	3
IDES 330	3
IDES 334	3

Health Care concentration Certificate

Preparation for entry-level position with private industry, government and nonprofit agencies providing health services for senior adults.

Certificate Requirements **39 units**

9 units from concentration and Gerontology core requirements of 30 units

Choose 9 units from the following courses:

	Units
AH 110	3
BIOL 100	3
GERON 350/NURSE 360	3
HSER 310 /GERON 304	3
HSER 340 /PSYC 400	3
NURSE 100	4.5
NURSE 101*	1.5
PET 312	3
PET 313	1-2
PSYC 390	3

*Prerequisite(s) required

Recreation concentration Certificate

Preparation for entry-level position with private industry, government and nonprofit agencies providing recreational services for senior adults.

Certificate Requirements **39 units**

9 units from concentration and Gerontology core requirements of 30 units

Choose 9 units from the following courses:

	Units
Activity Coordinator	
GERON 430, 432, 434, 436, 438, 440, 442, 444, 446, 448, 450, 452, 454	6.5
PET 312	3
PET 313	1-2

Social Policy/Advocacy Concentration Certificate

Preparation for entry-level positions with private industry, government and nonprofit agencies and organizations involved in analyzing, influencing, implementing, and/or advocating for social policy affecting senior adults.

9 units from either Human Services or Public Administration. All 9 units must be from one group.

Certificate Requirements **39 units**

9 units from Concentration and Gerontology Core Requirements of 30 units

Human Services

	Units
HSER 300	3
HSER 310/GERON 304	3
HSER 330/PSYC 365	3
SPEECH 301	3

Public Administration

HSER 310/ GERON 304	3
MGMT 362	3
POLS 301	3
SPEECH 301	3

Activity Coordinator Certificate of Completion (6.5 units)

Activity Coordinator Program meets State of California, Title 22 requirements for certificate for Activity Coordinator:

Completion of GERON 430, 432, 434, 436, 438, 440, 442, 444, 446, 448, 450, 452, 454

Social Service Designee Certificate of Completion (4 units)

Completion of GERON 310, 311, 312. Recommend completion of Activity Coordinator Certificate.

In-Home Support Service Worker Certificate of Completion (9 units)

Completion of MATH 12; ENGRD 18; GERON 100, 102, 103.

Program Assistant Certificate of Completion (2 units)

Completion of GERON 320.

GERON 100 Basic Health Skills for In-Home Supportive Services Worker .5 Units

Formerly: GERON 51A

Prerequisite: None

Corequisite: MATH 12 and ENGRD 18.

Course Not Transferable UC or CSU

Hours: 9 hours LEC

This course will prepare the student to provide non-medical personal services to frail adults and adults with disabilities. Topics include basic skin care, alternative methods of acquiring nutrition, bowel and bladder management, respiratory devices and their care, self-administered medications and the concept of comfort care during the end stages of life.

GERON 101 Aspects of Aging - Methods and Techniques of Mobility .5 Units

Formerly: GERON 51B

Prerequisite: None

Corequisite: MATH 12 and ENGRD 18.

Course Not Transferable UC or CSU

Hours: 9 hours LEC

This course emphasizes the physical, social and psychological losses and common problem of the aging population. It also examines elder abuse, the need for confidentiality and methods and techniques to increase mobility.

GERON 102 Managing a Household - Shopping for Foods 1 Unit

Formerly: GERON 51C

Prerequisite: None

Corequisite: MATH 12 and ENGRD 18.

Course Not Transferable UC or CSU

Hours: 18 hours LEC

This course provides the basic skills necessary for managing a client's home, including: client/household manager relationship, skills for providing food, specialized menus, laundry and shopping.

GERON 103 Directed Field Work - In-Home Supportive Services Worker 1 Unit

Formerly: GERON 51D

Prerequisite: GERON 100, 101, 102.

Course Not Transferable UC or CSU

Hours: 54 hours LAB

This course is a comprehensive, on-site experience as an in-home supportive services worker. The student will perform on-site under the supervision of the instructor.

GERON 300 Sociology of Aging (Same as Sociology 335) 3 Units

Formerly: GERON 22

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320,

ESLW 320 or placement through assessment process.

Course Transferable to 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, social class/cultural differences. Not open to students who have completed Sociology 22. AA/AS area E2; CSU area E1

GERON 302 Psychology of Aging: Adult Development and Aging (Same as Psychology 374) 3 Units

Formerly: GERON 26

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320,

ESLW 320 or placement through assessment process.

Course Transferable to 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. Not open to students who have completed Psychology 26. AA/AS area C2; CSU area E1.

GERON 304 Ethical Issues and Client's Rights (Same as Human Services 310) 3 Units

Formerly: GERON 15

Prerequisite: None

Corequisite: HSER 300 or 320.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 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. Not open to students who have completed Human Services 15.

GERON 310 Social Service Designee: Role and Responsibility 2 Units

Formerly: GERON 30

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 36 hours LEC

This course covers the role of social services designee in long-term care. The focus is on family, patient adjustment, dementia, and documentation.

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

Formerly: GERON 31

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 18 hours LEC

This course covers legal issues involved with long-term care. The focus is on probate, wills, trusts, power of attorney, conservatorship, consent, and right-to-die issues.

GERON 312 Social Services Designee: Fieldwork 1 Unit

Formerly: GERON 32

Prerequisite: GERON 310, 311.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC; 27 hours LAB

This course provides supervised fieldwork in the role of social services designee in long-term care facility.

GERON 320 Program Assistant 2 Units

Formerly: GERON 33

Prerequisite: None

Course Transferable to CSU

Hours: 36 hours LEC

This course provides the training necessary to become a program assistant in adult day care, adult day health care and residential care. Topics include organization and populations of adult day care, personal care, services, communication, responsibilities, ethics, safety, and dementia. Certificate will be issued upon successful completion of course.

GERON 330 Techniques for Communicating with and Validating Older Adults 3 Units

Formerly: GERON 41

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

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. AA/AS area E2

GERON 334 Reminiscence Therapy 3 Units

Formerly: GERON 42

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

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. AA/AS area E2

GERON 335 Wellness for Older Adults 3 Units

Formerly: GERON 40

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course will explore positive lifestyle choices in later 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 (Same as Nutrition and Foods 324) 3 Units

Formerly: GERON 43

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116, or ESLR 320 and ESLW 320, or placement through the assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is an introduction to nutritional concerns as they apply to the elderly, their implications in the aging process and the environmental, economic, and cultural factors affecting the nutritional status. Not open to students who have completed NUTRI 324.

GERON 350 Physical Therapy Aide (Same as Nursing 360) 3 Units

Formerly: GERON 45

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is designed to prepare students in the responsibilities of Physical Therapy Aides and to provide a general introduction to the physical therapy field. Basic skills of range of motion exercise, positioning, transfers, and ambulation with assistive devices are covered through lecture and hands-on experiences. This course presents basic anatomy, terminology, and medical issues associated with the field of physical therapy.

GERON 360 Topics in Gerontology: Ethnic Diversity and Aging .5 Units

Formerly: GERON 46A

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of ethnicity as a factor in the aging process; emphasis will be on values, beliefs and culture, and their impact on the design and delivery of service.

GERON 362 Topics in Gerontology: Biology of Aging .5 Units

Formerly: GERON 46B

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of aging and health focusing on the health of the older adult, chronic and acute illnesses, normal aging changes, sexuality, nutrition, and strategies for good health.

GERON 364 Medical World of Elderly: Pharmacology .5 Units

Formerly: GERON 46C

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of drugs commonly prescribed for the elderly. The course examines how the aging process affects medication effects; changes, compliance, and adverse reactions; drug therapy, and interactions.

GERON 366 Coping with Death and Related Bereavement .5 Units

Formerly: GERON 46D

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an exploration of our societal and personal views of death, dying, and bereavement with the focus on the ways in which our Western society treats the subject of death, right-to-die issues, and the theoretical stages of death and bereavement.

GERON 368 Topics in Gerontology: Mental Health and Aging .5 Units

Formerly: GERON 46E

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an examination of mental health as it is impacted by the aging process, focusing on correlates of mental health, incidence of mental illness, depression, dementia, substance abuse, intervention, and resources.

GERON 370 Topics in Gerontology: Elder Abuse .5 Units

Formerly: GERON 46F

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of elder abuse, focusing on occurrence, prevention strategies, and resources.

GERON 372 Alzheimer's Workshop .5 Units

Formerly: GERON 46G

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of current information on all aspects of dementia and caregiving issues, focusing on research, legal issues, grief, resources, medication, behavior management and activities.

GERON 374 Legislation: Origin and Influence .5 Units

Formerly: GERON 46H

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of how the political process affects issues of aging and delivery of services, focusing on means of impact and influence and community resources.

GERON 376 Aging and Family Dynamics .5 Units

Formerly: GERON 46I

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of how the aging process affects not only individual but also families and relationships. The focus is on changing roles and relationship strategies for negotiating these transitions and helping families resolve aging issues.

GERON 378 Body Mechanics and Safety .5 Units

Formerly: GERON 46J

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of body mechanics emphasizing a problem-solving approach and focusing on basic methods and techniques of positioning, transfer, and ambulation, as well as personal safety, adaptive exercise and assistive devices.

GERON 380 Nutrition and Aging .5 Units

Formerly: GERON 46K

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

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 and food recipes will be included. Information regarding environmental factors implicated in the aging process will be discussed.

GERON 382 Stress Management: New Approaches .5 Units

Formerly: GERON 46L

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course examines stress from a communication perspective, how we talk and listen. The concepts of high risk messages will be introduced focusing on

how stress reactions affect behavior and morale in residential care facilities and other systems. Emphasis is on message translation and stress, overload, and spillover effects. Stress management skills will be demonstrated.

GERON 384 Contemporary Issues in Aging: Effects on Caregiving .5 Units

Formerly: GERON 46M

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course examines issues surrounding the current "Age Wave" in relationship to the historical views of the elderly, ageism, stereotypes and myths, and how these issues affect caregiving. The implications that an aging society has on health care delivery including acute, sub-acute, and community based services are discussed.

GERON 386 Strategies for Caregivers: Effectively Caring for the Elderly in the Community .5 Units

Formerly: GERON 46N

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course covers effective strategies for providing effective care for the elderly and how it is complicated by dementia, role reversal, and guilt which interferes with family relationships and affects residential caregivers. Common sense strategies for caregiving that not only meet the needs of the elderly but also lessen the caregiving burden will be explained.

GERON 388 Interpersonal Relationships .5 Units

Formerly: GERON 46O

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course covers listening, communication skills, understanding emotions, family involvement, and adaptive behavior in long-term care settings. Demonstrations with role play will provide practical experience to enhance understanding.

GERON 390 Exploring the Field of Gerontology .5 Units

Formerly: GERON 46P

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course covers aspects of gerontology which relate to marketing oneself and developing a business as a provider of services to the elderly. Topics include: diversity of field, resumes, interviews, marketing, and future projections.

GERON 392 The Gerontologist .5 Units

Formerly: GERON 46Q

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course will examine the field of gerontology. Topics include role/responsibility of the gerontologist and the educational process required to become a gerontologist. Employment and future projections will be covered.

GERON 394 Health of Older Women .5 Units

Formerly: GERON 46R

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course analyzes the uniqueness of older women's health needs. Topics will focus on gender differences, activities of daily living, caregiver role, economics, self-care, and long-term care.

GERON 396 End-Stage Life Care .5 Units

Formerly: GERON 46S

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course includes effective strategies for assisting the dying patient and his/her family. Topics include concepts of sub-acute care, physician assisted suicide, euthanasia, and their effect in the elderly society.

GERON 398 HIV/AIDS and the Elderly .5 Units

Formerly: GERON 46T

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course examines HIV/AIDS as a disease process and its effect on the aging population. Topics will include: transmission, universal precautions, treatment options, and psychosocial issues.

GERON 400 Illness in Later Life .5 Units

Formerly: GERON 46U

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course examines chronic diseases associated with age including: osteoarthritis, hypertension, diabetes, coronary artery disease, and stroke. In addition, the impact of lifestyle, management, and prevention will be included.

GERON 402 Spirituality, Religion and the Elderly .5 Units

Formerly: GERON 46V

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course examines religion and belief systems practiced by the elderly population in the U.S. the differences between spirituality and religiosity will be discussed as well as how both are integrated and manifested in the lives of the elderly. Spirituality as a coping mechanism and source of strength and hope will be discussed.

GERON 404 Sexuality and Aging .5 Units

Formerly: GERON 46W

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course examines basic sexual anatomy and physiology of men and women with emphasis on the changes that occur with aging. Sexuality, menopause, impotence, sexually transmitted diseases, heterosexuality, and homosexuality of the older population will be explored.

GERON 406 Men as Caregivers .5 Units

Formerly: GERON 46X

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of specific issues of men as caregivers, including difficulties, changing roles, research, future projections, and resources.

GERON 408 Special Need Seniors: Mentally Ill and Homeless .5 Units

Formerly: GERON 46Y

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of the unique factors involved in caring for the mentally ill and the homeless senior population. Topics covered are types and stages of mental illness, social stereotypes, resources for the mentally ill, effects of homelessness on elders, acceptance of aged homeless, and resources for elderly homeless.

GERON 410 Emotional Health and Aging .5 Units

Formerly: GERON 36A

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of the factors involved in emotional health and aging. Topics include social support systems, having a purpose and role, goals, effects of stereotypes, the continuation of life skills, and the development of wisdom.

GERON 412 Life Review and Reminiscence .5 Units

Formerly: GERON 36B

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an exploration of the role and techniques of life review and reminiscence in older age and its therapeutic effects. Topics include history of storytelling, group process, facilitating groups, and the art of listening.

GERON 414 Creativity and Aging .5 Units

Formerly: GERON 36C

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course covers the diversity of creative expression and the changes which may come with age. Topics include differing definitions of creativity, nurturing life-long creativity, opening new creative paths, and creative exercises.

GERON 416 Fundamentals of Aging: Working with Older Adults .5 Units

Formerly: GERON 36D

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is designed for those who provide direct and indirect care and services for seniors. It focuses on population; physical, social and psychological changes; ethical choices; independence and dependency; and communication skills.

GERON 418 The Graying of America .5 Units

Formerly: GERON 36F

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course examines the increase in the aging population and its impact on long-term care. Topics include changes in population groups, life expectancy, family structure, and long-term care.

GERON 420 Alcohol and the Elderly .5 Units

Formerly: GERON 36G

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course will explain how alcohol affects seniors in independent and assisted living environments and explores treatment options for seniors.

GERON 421 Parkinson's Disease and Other Movement Disorders .5 Units

Formerly: GERON 36L

Prerequisite: None

Advisory: English 58 or 60, 78 or ESL 2R, 2W, or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course will explore current knowledge of Parkinson's and other movement disorders, medical treatments, and coping mechanisms.

GERON 422 Professionalism and Ethics in Gerontology .5 Units

Formerly: GERON 36H

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course explores professionalism and ethical conduct for those working with seniors in independent and long-term care environments. Topics include the difference between ethics and morals, professional conduct, and listening skills.

GERON 423 Alzheimer's Disease and Other Dementias .5 Units

Formerly: GERON 36M

Prerequisite: None

Advisory: English 58 or 60, 78 or ESL 2R, 2W, or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an introduction to dementia, including Alzheimer's Disease. Topics covered include types of dementia, patient care, environmental issues, and strategies for understanding and responding to associated behaviors.

GERON 424 Movement with Meaning .5 Units

Formerly: GERON 36I

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course will introduce the importance of movement for seniors and provide examples adapted to specific chronic conditions. Topics covered are Parkinson's, multiple sclerosis, osteoarthritis, osteoporosis, and Alzheimer's and other dementias.

GERON 425 Motivating Older Adults to Stay Active .5 Units

Formerly: GERON 36J

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course focuses on how healthy older adults can stay independent, active, and mobile. Topics include wellness, aerobic fitness, nutrition, stress, and cognition.

GERON 426 Suicide and the Elderly .5 Units

Formerly: GERON 36K

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course will examine the risk of suicide among older adults including factors of loss, depression, religiosity, and poverty. Suicide prevention programs will be explored.

GERON 427 Generational Interdependency .5 Units

Formerly: GERON 36N

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course will explore the changing relationships among generations, intergenerational programming and community building, aging policy and its effects on society, and developing community programs.

GERON 428 Aging of the Brain .5 Units

Formerly: GERON 36O

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course will explore how the human brain works and how it ages. Emphasis will be on the difference between normal aging and pathology associated with age as well as strategies to maximize healthy functioning of the brain throughout the aging process.

GERON 430 Introduction to Activity Coordinator .5 Units

Formerly: GERON 47A

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is designed to introduce the role and responsibilities of an Activity Coordinator in long term care facilities. Topics will include roles and responsibility, program planning, utilizing volunteers, budget, and working as a team.

GERON 432 Interviewing and Counseling Techniques with Elderly .5 Units

Formerly: GERON 47J

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of basic counseling and interviewing techniques when working with older adults. The focus is on communication skills, interviewing techniques, and specific therapeutic approaches to working with impaired older persons.

GERON 434 Hearing and Speech - Age Changes .5 Units

Formerly: GERON 47B

Prerequisite: None

Corequisite: GERON 432.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of age-related changes in speech and hearing. The techniques for working with impaired older adults and development of positive communication with seniors will be emphasized.

GERON 436 Documentation: State and Federal Regulations Part I .5 Units

Formerly: GERON 47C

Prerequisite: None

Corequisite: GERON 434.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of Title 22 regulations and required documentation as it relates to activity coordinators. Topics include activity assessments, social histories, monthly updates, care plans, and quarterly reviews.

GERON 438 Documentation: State and Federal Regulations Part II .5 Units

Formerly: GERON 47D

Prerequisite: None

Corequisite: GERON 440.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of state and federal regulations governing activity coordinators in a health care facility and the necessary documentation required to comply with these regulations.

GERON 440 Etiology of Illness in Later Life .5 Units

Formerly: GERON 47F

Prerequisite: None

Corequisite: GERON 436.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of the etiology of major illnesses found in the aging population, focusing on indications and contraindications for activities.

GERON 442 Social and Psychological Forces of Aging .5 Units

Formerly: GERON 47H

Prerequisite: None

Corequisite: GERON 438.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course in an overview of basic psychological and social forces affecting an individual upon entering long-term care. Topics include depression, role loss, myths, and potential benefits and problems of working with families.

GERON 444 Dementia: Behaviors and Activity .5 Units

Formerly: GERON 47G

Prerequisite: None

Corequisite: GERON 442.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of dementia and memory loss. Topics will focus on types, characteristics, communications, behavior management, and caregiving of dementia patients.

GERON 446 Effective Leadership Skills .5 Units

Formerly: GERON 47I

Prerequisite: None

Corequisite: GERON 444.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of the fundamentals of leadership for the activity coordinator. Strategies for information processing, problem solving, and decision making will be included.

GERON 448 Community Agencies and Resources .5 Units

Formerly: GERON 47K

Prerequisite: None

Corequisite: GERON 450.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of community resources and how to use them within the health care facility.

GERON 450 Implementation of Activities .5 Units

Formerly: GERON 47L

Prerequisite: None

Corequisite: GERON 452.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of the aging process and the consequences of long-term care placement. The focus will be on developing a specific activity designed to meet patient's requirements.

GERON 452 Activities Development .5 Units

Formerly: GERON 47E

Prerequisite: None

Corequisite: GERON 446.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of the development of activities for seniors of differing physical and cognitive abilities, different genders, and different cultural backgrounds.

GERON 454 Directed Fieldwork Experience .5 Units

Formerly: GERON 47M

Prerequisite: None

Corequisite: GERON 448.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 3 hours LEC; 18 hours LAB

This course is an opportunity for the student to acquire practical experience working with an activity coordinator in a health care setting.

GERON 498 Work Experience in Gerontology 2-4 Units

Formerly: GERON 48

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 16 hours LEC; 225 hours LAB

This course provides supervised practical experience working with the elderly through placement in nursing facilities, day care, respite care, and community agencies. Placement is arranged by the instructor. May be taken more than once for credit for a maximum of six (6) units.