The Gerontology program at American River College offers continuing education 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 is co-host for the Alzheimer’s Aid Society annual conference. This leadership has enriched its offerings and enhanced the career value of an ARC gerontology degree or certificate.

Gerontology Degrees/Certificates (Core Requirements)

Core Requirements for Degree or Certificate ................................................................. 30 Units

- BUS 310 Business Communications (3) ......................................................... 3
- ENGWR 103 Practical Communication (3) ......................................................... 3
- ENGWR 300 College Composition (3) ................................................................. 3
- GERON 300 Sociology of Aging (3) ................................................................. 3
- SOC 335 Sociology of Aging (3) ................................................................. 3
- GERON 302 Psychology of Aging: Adult Development and Aging (3) .... 3
- PSYC 374 Psychology of Aging: Adult Development and Aging (3) .... 3
- GERON 311 Social Services Designee: Legal Issues and End-of-Life Decisions ................................................................. 1
- Ger 330 Communicating with and Validating Older Adults (3) .......... 3
- PSYC 378 Communicating with and Validating Older Adults (3) .... 3
- GERON 334 Reminiscence Therapy (3) ................................................................. 3
- PSYC 379 Reminiscence Therapy (3) ................................................................. 3
- GERON 335 Wellness for Older Adults ................................................................. 3
- GERON 340 Nutrition for Healthy Aging (3) ......................................................... 3
- NUTRI 324 Nutrition for Healthy Aging (3) ......................................................... 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 Practices in Gerontology ................................................................. 3

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

GERON 498 Work Experience in Gerontology (1 - 4)

A.A. Gerontology Degree and Certificate concentrations:

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

Certificates of Completion offered by the department:

- Activity Coordinator
- Leadership in Assisted Living Communities
- Dementia Care
- Elder Care
- Ethnicity & Aging
- Program Assistant
- RCFE Administrator
- Social Service Designee

Gerontology: Business Degree

The Gerontology: Business 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. The focus is 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 ................................................................. 39 Units

Core Requirements ........................................................................................................ 30

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

- ACCT 101 Fundamentals of College Accounting (3)
- or ACCT 301 Financial Accounting (4)
Gerontology: Case Management/Social Services Degree

The Gerontology: Case Management/Social Services 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. The focus is 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 interactive 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 situations in working in 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 39 Units

Core Requirements .......................................................... 30
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)

Gerontology: Environmental Design Degree

The Gerontology: Environmental Design 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. The focus is 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 interactive 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 39 Units

Core Requirements .......................................................... 30
And a minimum of 9 units from the following: ................... 9
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)

Gerontology: Health Care Degree

The Gerontology: Health Care 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. The focus is 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 interactions 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: Health Care Degree Requirements 39 Units

Core Requirements ................................................................. 30

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

- AH 110 Medical Language for Health-Care Providers (3)
- BIOL 102 Introduction to Concepts of Human Anatomy and Physiology (4)
- or BIOL 115 Basic Anatomy and Physiology (3)
- GERON 304 Ethical Issues and Client’s Rights (3)
- or HSER 310 Ethical Issues and Client’s Rights (3)
- NURSE 101 Home Health Aide (2)
- NURSE 100 Nurse Assistant (6)
- PET 312 Theory and Techniques of Adapted Physical Education (3)
- PET 313 Laboratory in Adapted Physical Education (1 - 2)
- PSYC 390 Psychology of Death and Dying (3)

Prerequisite required for NURSE 101.

Gerontology: Recreation Degree

The Gerontology: Recreation 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. The focus is 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 interactions 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

Gerontology: Social Policy/Advocacy Degree

The Gerontology: Social Policy/Advocacy 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. The focus is 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 39 Units

Core Requirements .......................................................... 30
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 39 Units

Core Requirements .......................................................... 30
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: Associate in Arts (A.A.) Degree (in the chosen concentration) 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

The Gerontology: Business 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. The focus is 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 social policy and advocacy situations

Gerontology: Business Certificate 39 Units

Core Requirements .......................................................... 30
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 Modern Management (3)
or MGMT 362 Techniques of Management (3)
MGMT 304 Introduction to Management Functions (3)

Gerontology: Case Management/Social Services Certificate

The Gerontology: Case Management/Social Services 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. The focus is 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:
• 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

Gerontology: Case Management/Social Services Certificate 39 Units

Core Requirements .......................................................... 30
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 Modern Management (3)
or MGMT 362 Techniques of Management (3)
MGMT 304 Introduction to Management Functions (3)
Gerontology: Case Management/Social Services Certificate 39 Units
Core Requirements .................................................................30
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)
HSER 340 Introductions to Chemical Dependency (3)
or PSYC 400 Introduction to Chemical Dependency (3)
PSYC 390 Psychology of Death and Dying (3)

Gerontology: Environmental Design Certificate
The Gerontology: Environmental Design 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. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing design services to seniors.

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

Gerontology: Health Care Certificate
The Gerontology: Health Care 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. The focus is 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

Gerontology: Recreation Certificate
The Gerontology: Recreation 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. The focus is 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, case, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate interventional 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

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**Gerontology: Recreation Certificate**

<table>
<thead>
<tr>
<th>Core Requirements</th>
<th>39 Units</th>
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And a minimum of 9 units from the following: ........................................... 30

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>GERON 430</td>
<td>Introduction to Activity Coordinator (0.5)</td>
</tr>
<tr>
<td>GERON 432</td>
<td>Interviewing and Counseling Techniques with Elderly (0.5)</td>
</tr>
<tr>
<td>GERON 434</td>
<td>Hearing and Speech - Age Changes (0.5)</td>
</tr>
<tr>
<td>GERON 436</td>
<td>Documentation: State and Federal Regulations Part I (0.5)</td>
</tr>
<tr>
<td>GERON 438</td>
<td>Documentation: State and Federal Regulations Part II (0.5)</td>
</tr>
<tr>
<td>GERON 440</td>
<td>Etiology of Illness in Later Life (0.5)</td>
</tr>
<tr>
<td>GERON 442</td>
<td>Social and Psychological Forces of Aging (0.5)</td>
</tr>
<tr>
<td>GERON 444</td>
<td>Dementia: Behaviors and Activity (0.5)</td>
</tr>
<tr>
<td>GERON 446</td>
<td>Effective Leadership Skills (0.5)</td>
</tr>
<tr>
<td>GERON 448</td>
<td>Community Agencies and Resources (0.5)</td>
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<tr>
<td>GERON 450</td>
<td>Needs-Based Programming (0.5)</td>
</tr>
<tr>
<td>GERON 452</td>
<td>Creating an Activity Program (0.5)</td>
</tr>
<tr>
<td>GERON 454</td>
<td>Directed Fieldwork Experience (0.5)</td>
</tr>
<tr>
<td>PET 302</td>
<td>Introduction to Physical Education (3)</td>
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<tr>
<td>PET 312</td>
<td>Theory and Techniques of Adapted Physical Education (3)</td>
</tr>
<tr>
<td>PET 405</td>
<td>Special Populations (1)</td>
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<tr>
<td>PET 408</td>
<td>Administration of Fitness Programs (2)</td>
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</tbody>
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**Gerontology: Social Policy/Advocacy Certificate**

The Gerontology: Social Policy/Advocacy 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. The focus is on preparation for entry-level positions with private industry, government and non-profit agencies providing input to social policy and advocacy for senior adults.

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**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, case, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- Evaluate cognitive levels of seniors and utilize appropriate interventional 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

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**Gerontology: Advocacy Concentration Certificate**

<table>
<thead>
<tr>
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<td>Ethical Issues and Client’s Rights (3)</td>
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<td>POLS 304</td>
<td>Introduction to Government: California (3)</td>
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<td>SPEECH 301</td>
<td>Public Speaking (3)</td>
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**Gerontology: Social Policy Concentration Certificate**

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<td>POLS 301</td>
<td>Introduction to Government: United States (3)</td>
</tr>
<tr>
<td>HSER 330</td>
<td>Issues of Diverse Populations (3)</td>
</tr>
<tr>
<td>or PSYC 365</td>
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<tr>
<td>SPEECH 301</td>
<td>Public Speaking (3)</td>
</tr>
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</table>

**Certificates of Completion Offered by the Department**

**Activity Coordinator Certificate**

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

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

- Articulate the role and responsibilities of the activity coordinator 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 Coordinator in long-term care, assisted living, and retirement facilities

Requirements for Certificate 6.5 Units

GERON 430 Introduction to Activity Coordinator 0.5
GERON 432 Interviewing and Counseling Techniques with Elderly 0.5
GERON 434 Hearing and Speech - Age Changes 0.5
GERON 436 Documentation: State and Federal Regulations Part I 0.5
GERON 438 Documentation: State and Federal Regulations Part II 0.5
GERON 440 Etiology of Illness in Later Life 0.5
GERON 442 Social and Psychological Forces of Aging 0.5
GERON 444 Dementia: Behaviors and Activity 0.5
GERON 446 Effective Leadership Skills 0.5
GERON 448 Community Agencies and Resources 0.5
GERON 450 Needs-Based Programming 0.5
GERON 452 Creating an Activity Program 0.5
GERON 454 Directed Fieldwork Experience 0.5

Leadership in Assisted Living Communities Certificate

The Leadership in Assisted Living Communities provides a comprehensive overview of leadership, team building, and communication in assisted living communities.

Career Opportunities

Supervisory positions in assisted living communities.

Requirements for Certificate 1.5 units

Geron 1001 Professionalism and Ethics in Assisted Living Communities 0.5
Geron 1002 Leadership and Team Building in Assisted Living Communities 0.5
Geron 1007 Communication for Supervision in Assisted Living Communities 0.5

Dementia Care Certificate

The Dementia Care Certificate provides a comprehensive overview of dementias, behavior management, and communication.

Career Opportunities

Direct care and supervision of dementia patients, in-service for caregivers.

Requirements for Certificate 2 units

Geron 444 Dementia: Behaviors and Activity 0.5
Geron 1009 Dementia: Behavior Management 0.5
Geron 1053 Alzheimer’s Disease and Other Dementias 0.5
Geron 1008 Validation: Theory and Practice 0.5

Ethnicity and Aging Certificate

The Ethnicity and Aging Certificate provides a comprehensive overview of how ethnicity affects the aging experience.

Career Opportunities

Direct care and supervision of seniors from diverse backgrounds, in-service for caregivers.

Requirements for Certificate 2 units

Geron 360 Ethnic Diversity and Aging 0.5
Geron 1011 Aging Experience in Asian Families 0.5
Geron 1064 Aging Experience in Hispanic Families 0.5
Geron 1066 Aging Experience in African-American Families 0.5

Elder Care Certificate

The Elder Care Certificate provides a comprehensive overview of the caregiving experience.

Career Opportunities

Direct care and supervision of seniors, in-service for caregivers.

Requirements for Certificate 2 units

Geron 1021 Elder Abuse 0.5
Geron 1031 Stress Management: New Approaches 0.5
Geron 1037 Strategies for Caregivers 0.5
Geron 1008 Validation: Theory and Practice 0.5

Program Assistant Certificate

The Program Assistant Certificate provides a comprehensive overview of the role and duties of a program assistant in adult day care, adult day health care and residential care.

Student Learning Outcomes

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

- Articulate organization and population of adult day care, adult day health care and residential care facilities
- Compare duties and responsibilities of program assistants in adult day care, adult day health care and residential care
- Assess dementia care and communication in adult day care, adult day health care and residential care
**GERON 311 Social Services Designee: Legal Issues and End-of-Life Decisions**

Hours: 18 hours LEC
Course Transferable to UC/CSU
General Education: AA/AS Area III(b); CSU Area E1

This course covers legal issues involved with long-term care. The focus is on probate, wills, trusts, power of attorney, conservatorship, 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 302 Psychology of Aging: Adult Development and Aging**

Hours: 45 hours LEC
Course Transferable to UC/CSU

This course covers the psychological, social, and health aspects of the aging process. Topics include an analysis of stereotypes, social conditions, resources and support systems, employment, retirement, social class/cultural differences. Not open to students who have completed PSYC 374.

**GERON 304 Ethical Issues and Client's Rights**

Hours: 54 hours LEC
Course Transferable to UC/CSU
General Education: AA/AS Area III(b); CSU Area E1

This course is a comprehensive exploration of the basic ethical issues involving clients and their rights. 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**

Hours: 45 hours LEC
Course Transferable to UC/CSU

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**

Hours: 18 hours LEC
Course Transferable to UC/CSU

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
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
Course Transferable to CSU
Hours: 54 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 320  Program Assistant  2 Units
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  Communicating with and Validating Older Adults  3 Units
Same As: PSYC 378
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.
General Education: AA/AS Area III(b)
Enrollment Limitation: Current tuberculosis clearance
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. This class is held off campus in a long-term care setting. For internet modality, supervision by an activity professional in a long-term care setting is required. It is not open to students who have completed PSYC 378.

GERON 334  Reminiscence Therapy  3 Units
Same As: PSYC 379
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.
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. Off-campus supervision by an activity professional in a long-term care setting is required for internet modality. It is not open to students who have completed PSYC 379.

GERON 335  Wellness for Older Adults  3 Units
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 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: 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 an introduction to nutritional concerns as they apply to the elderly, their implications in the aging process, and the environmental, economic and culture factors affecting nutritional status. 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 as a factor in the aging process. Emphasis is on values, beliefs and culture, and their impact on the design and delivery of senior services. Credit/No Credit 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. It focuses on chronic and acute illnesses, normal aging changes, sexuality, nutrition, and strategies for good health. Credit/No Credit only.

GERON 366  Coping with Death and Related Bereavement  .5 Units
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 ways in which our Western society treats the subject of death. Topics include right-to-die issues and the theoretical stages of death and bereavement. Credit/No Credit 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. Credit/No Credit only.

GERON 372  Alzheimer’s Workshop  .5 Units
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. Credit/No Credit only.

GERON 378  Body Mechanics and Safety  .5 Units
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. Credit/No Credit only.
GERON 380 Nutrition and Aging .5 Units
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. Credit/No Credit only.

GERON 430 Introduction to Activity Coordinator .5 Units
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: 9 hours LEC
This course introduces the role and responsibilities of an Activity Coordinator in long-term care facilities. Topics include program planning, utilizing volunteers, budgeting, and working as a team. Credit/No Credit only.

GERON 432 Interviewing and Counseling Techniques with Elderly .5 Units
Advisory: ENGWR 102 or 103, and ENGRD 116 OR ESLR 320 and ESLW 320.
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. Credit/No Credit only.

GERON 434 Hearing and Speech - Age Changes .5 Units
Corequisite: GERON 432.
Advisory: ENGWR 102 or 103, and ENGRD 116 OR ESLR 320 and ESLW 320.
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. Credit/No Credit only.

GERON 436 Documentation: State and Federal Regulations Part I .5 Units
Corequisite: GERON 434.
Advisory: ENGWR 102 or 103, and ENGRD 116 OR ESLR 320 and ESLW 320.
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. Credit/No Credit only.

GERON 438 Documentation: State and Federal Regulations Part II .5 Units
Corequisite: GERON 440.
Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320 and ESLW 320.
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. Credit/No Credit only.

GERON 440 Etiology of Illness in Later Life .5 Units
Corequisite: GERON 436.
Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320 and ESLW 320.
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. Credit/No Credit only.

GERON 442 Social and Psychological Forces of Aging .5 Units
Corequisite: GERON 444.
Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320 AND ESLW 320.
Course Transferable to CSU
Hours: 9 hours LEC
This course is 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. Credit/No Credit only.

GERON 444 Dementia: Behaviors and Activity .5 Units
Corequisite: GERON 442.
Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320 AND ESLW 320.
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. Credit/No Credit only.

GERON 446 Effective Leadership Skills .5 Units
Corequisite: GERON 444.
Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320 AND ESLW 320.
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. Credit/No Credit only.

GERON 448 Community Agencies and Resources .5 Units
Corequisite: GERON 450.
Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320 AND ESLW 320.
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. Credit/No Credit only.
GERON 450  Needs-Based Programming .5 Units
Corequisite: GERON 442.
Advisory: 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: 9 hours LEC
This course is an overview of the importance of needs-based activity planning and its impact on the individual in long-term care. The focus is on developing a specific activity designed to meet a specific patient’s needs. Credit/No Credit only.

GERON 452  Creating an Activity Program .5 Units
Corequisite: GERON 448.
Advisory: 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: 9 hours LEC
This course is an overview of the development of an activity program for seniors in long-term care facilities. Focus is on developing programs to meet the needs of those with differing physical and cognitive abilities, different genders, and different cultural backgrounds. Credit/No Credit only.

GERON 454  Directed Fieldwork Experience .5 Units
Prerequisite: GERON 430, 432, 434, 436, 438, 440, 442, 444, 446, 448, 450, and 452
Advisory: 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: 9 hours LEC
This course is an opportunity to explore the activity coordinator role in a long-term care facility and apply knowledge gained to long-term care experience in area of activities. Pass/No Pass only.

GERON 490  Aging Policy and Practice 3 Units
Corequisite: GERON 302 and WEXP 498
Course Transferable to CSU
Hours: 54 hours LEC
This course provides an overview of social policy as it relates to aging issues and the funding path from the federal government to the senior consumer. It provides an introduction to local agencies, businesses, and organizations providing services to seniors and senior programs. It also explores different career fields in aging to assist students in defining their personal areas of interest.

GERON 498  Work Experience in Gerontology 1-4 Units
Advisory: ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Enrollment Limitation: Students must be in a paid or unpaid internship, volunteer position or job related to gerontology. Students are advised to consult with the Gerontology Department faculty to review specific certificate and degree work experience requirements.
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 required forms which document the student's progress and hours spent at the work site; and developing workplace skills and competencies. Appropriate level learning objectives are established by the student and the employer.

During the semester, the student is required to attend a weekly orientation and 75 hours of related paid work experience, or 60 hours of unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. The weekly orientation is required for first time participants, returning participants are not required to attend the orientation but are required to meet with the instructor as needed to complete all program forms and assignments. Work Experience may be taken for a total of 16 units when there are new or expanded learning objectives.

GERON 1000  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. Credit/No Credit only.

GERON 1001  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 1003  Intergenerational Family Dynamics .5 Units
Hours: 9 hours LEC
This course focuses on changing dynamics in the family as members are confronted with their own developmental stages and issues related to the aging process. A family systems theory approach is used to examine and analyze communication patterns, areas of conflict and coping strategies in the family. Credit/No Credit only.

GERON 1004  Pharmacology and Aging .5 Units
Hours: 9 hours LEC
This course is an overview of drugs commonly prescribed for the elderly. It also examines how the aging process impacts medication effects, compliance, and adverse reactions. Drug therapy and interactions are also covered. Credit/No Credit only.

GERON 1006  Parkinson's Disease and Other Movement Disorders .5 Units
Hours: 9 hours LEC
This course explores the current knowledge of Parkinson's Disease and other movement disorders. Topics include medical treatments and coping mechanisms. Credit/No Credit only.

GERON 1008  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. Credit/No Credit only.

GERON 1009  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 for specific problem behaviors. Pass/No Pass only.
GERON 1010 Understanding Licensed Residential Care .5 Units
Hours: 9 hours LEC
This course is an introduction to residential care and the role of regulators. Topics include regulatory function and perspective, function of the California Community Care Licensing Division, and rights and responsibilities of licensees. Credit/No Credit only.

GERON 1011 Aging Experience in Asian Families .5 Units
Hours: 9 hours LEC
This course examines the aging experience unique to Asian families. The impact of culture, societal expectations and their effect on family roles, values and beliefs and how these affect care giving is discussed. Focus is on strategies for dealing with stress and social support services for Asian families. Credit/No Credit only.

GERON 1013 Protecting Your Back .5 Units
Hours: 9 hours LEC
This course examines proper spine care and body mechanics. Proper exercises to prevent or minimize back injuries are demonstrated. Credit/No Credit only.

GERON 1014 Aging and Long-term Care .5 Units
Hours: 9 hours LEC
This course provides a broad knowledge of gerontology and long-term care. It covers biological and psychosocial changes of age, dilemmas facing caregivers and care receivers, and decision making when an individual needs long-term care. Credit/No Credit only.

GERON 1015 Diabetes and Aging .5 Units
Hours: 9 hours LEC
This course examines the causes and risk factors associated with diabetes, focusing on how the aging body influences these risk factors and the course of the disease. Recommendations for lifestyle changes that can reduce risks and complications associated with diabetes are also presented. Credit/No Credit only.

GERON 1016 Issues in Gerontology as Seen through Film .5 Units
Hours: 9 hours LEC
This course examines certain aspects of the aging experience and how the media influences society's perception of age by viewing selected excerpts from films dealing with aging issues. Topics include developmental and cultural perspectives, relationships, sexuality, and life review. Credit/No Credit only.

GERON 1017 Heart Health and Aging .5 Units
Hours: 9 hours LEC
This course examines the causes and risk factors associated with cardiovascular disease, focusing on how the aging body influences these risk factors and the course of the heart disease and stroke. In addition, recommendations for lifestyle changes that can reduce risks and complications associated with cardiovascular disease are presented. Credit/No Credit only.

GERON 1018 Social Security--Past, Present, and Future .5 Units
Hours: 9 hours LEC
This course examines the Social Security, Medicare, and Supplemental Security Income (SSI) programs from before their inceptions through today's current controversies. Topics include population demographics and their impact on social programs and historical overviews of program development. Credit/No Credit only.

GERON 1020 Demographic Changes and the Effect on Caregiving .5 Units
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. Credit/No Credit only.

GERON 1021 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. Credit/No Credit only.

GERON 1022 Aging and Family Dynamics .5 Units
Hours: 9 hours LEC
This course is an overview of how the aging process affects not only individuals, but also families and relationships. The focus is on changing roles and the relationship strategies for negotiating these transitions to help families resolve aging issues. Credit/No Credit only.

GERON 1023 Interpersonal Relationships .5 Units
Hours: 9 hours LEC
This course covers listening and communication skills. The focus is on understanding emotions, family involvement, and adaptive behavior in long-term care settings. Demonstrations with role play provides practical experience to enhance understanding. Credit/No Credit only.

GERON 1024 Exploring the Field of Gerontology .5 Units
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 the field of Gerontology, resumes, interviews, marketing, and future projections. Credit/No Credit only.

GERON 1025 The Gerontologist .5 Units
Hours: 9 hours LEC
This course examines the field of Gerontology. Topics include the role/responsibilities of the Gerontologist and the educational process required to become a Gerontologist. Current and future employment opportunities are covered. Credit/No Credit only.

GERON 1026 Health of Older Women .5 Units
Hours: 9 hours LEC
This course analyzes the uniqueness of older women's health needs. Topics focus on gender differences, activities of daily living, caregiver role, economics, self-care, and long-term care. Credit/No Credit only.

GERON 1027 HIV/AIDS and the Elderly .5 Units
Hours: 9 hours LEC
This course examines HIV/AIDS as a disease process and its effect on the aging population. Topics include transmission, universal precautions, treatment options, and psychosocial issues. Credit/No Credit only.

GERON 1028 Men as Caregivers .5 Units
Hours: 9 hours LEC
This course is an overview of specific issues of men as caregivers. Topics include changing roles, research, future projections, and resources relating to men as caregivers. Credit/No Credit only.

GERON 1029 End-Stage Life Care .5 Units
Hours: 9 hours LEC
This course focuses on effective strategies for assisting the dying patient and his/her family. Topics include concepts of sub-acute care, physician-assisted suicide, euthanasia, and the effect of these issues on the elderly population. Credit/No Credit only.
**GERON 1030 Legislation: Origin and Influence** .5 Units  
*Hours: 9 hours LEC*

This course is an overview of how the political process affects issues of aging and delivery of services. It focuses on means of impact on the legislative process and the influence of this process on community resources for older adults. Credit/No Credit only.

**GERON 1031 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. Credit/No Credit only.

**GERON 1032 Illness in Later Life** .5 Units  
*Hours: 9 hours LEC*

This course examines chronic diseases associated with age. Topics covered are osteoarthritis, hypertension, diabetes, coronary artery disease, and stroke. In addition, the prevention and management of chronic illness through lifestyle choices are covered. Credit/No Credit only.

**GERON 1033 Spirituality, Religion and the Elderly** .5 Units  
*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 are 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 is also discussed. Credit/No Credit only.

**GERON 1034 Sexuality and Aging** .5 Units  
*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. Topics include sexuality, menopause, impotence, sexually transmitted diseases, heterosexuality, and homosexuality of the older population. Credit/No Credit only.

**GERON 1035 Special Need Seniors: Mentally Ill and Homeless** .5 Units  
*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. Credit/No Credit only.

**GERON 1036 Right-to-Die Movements and Issues** .5 Units  
*Hours: 9 hours LEC*

This course examines both the right-to-die and right-to-life movements as they address the elderly and the dying. Topics include assisted suicide, advance directives, hospice, and palliative care. Credit/No Credit only.

**GERON 1037 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. Credit/No Credit only.

**GERON 1040 Emotional Health and Aging** .5 Units  
*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. Credit/No Credit only.

**GERON 1041 Psychological Treatment Modalities and Aging** .5 Units  
*Hours: 9 hours LEC*

This course explores different treatment modalities relevant to mental health and aging. Topics include the following therapies as they apply to seniors: grief, cognitive-behavioral, family-intergenerational, and psychoanalytical. Credit/No credit only.

**GERON 1042 Life Review and Reminiscence** .5 Units  
*Hours: 9 hours LEC*

This course explores the role and techniques of life review and reminiscence in older age and their therapeutic effects. Topics include history of storytelling, group process, facilitating groups, and the art of listening. Credit/No Credit only.

**GERON 1043 Caregiving** .5 Units  
*Hours: 9 hours LEC*

This course examines theories and research on caregiving. Topics include developmental stages of aging, managing and defining caregiver roles, palliative care, coping with stress and burnout, and community resources. Credit/No credit only.

**GERON 1044 Creativity and Aging** .5 Units  
*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. Credit/No Credit only.

**GERON 1045 Super Centenarians** .5 Units  
*Hours: 9 hours LEC*

This course examines the new phenomenon of large numbers of people living 100 or more years. Topics include the reasons for this increased longevity and its implications for society. Credit/No credit only.

**GERON 1046 Fundamentals of Aging: Working with Older Adults** .5 Units  
*Hours: 9 hours LEC*

This course is designed for those who provide direct and indirect care and services for seniors. It focuses on population changes; physical, social and psychological changes with age; ethical choices in working with seniors; independence and dependency; and communication skills. Credit/No Credit only.

**GERON 1048 The Graying of America** .5 Units  
*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. Credit/No Credit only.
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Notes</th>
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<tr>
<td>GERON 1049</td>
<td>Economics of Aging</td>
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<td>This course provides an overview of the</td>
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<td>fraud. Credit/No credit only.</td>
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<td>GERON 1050</td>
<td>Alcohol and the Elderly</td>
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<td>options for seniors. Credit/No Credit only.</td>
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<td>GERON 1051</td>
<td>Professionalism and Ethics in Gerontology</td>
<td>.5</td>
<td>This course explores professionalism and</td>
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<td>ethical conduct for those working with</td>
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<td>seniors in independent and long-term care</td>
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<td>environments. Topics include the difference</td>
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<td>between ethics and morals as well as</td>
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<td>professional conduct and listening skills.</td>
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<td>Credit/No Credit only.</td>
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<tr>
<td>GERON 1052</td>
<td>Alzheimer’s Disease and Other Dementias</td>
<td>.5</td>
<td>This course is an introduction to</td>
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<td></td>
<td>dementia, including Alzheimer's Disease.</td>
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<td>Topics include types of dementia, patient</td>
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<td>care, environmental issues, and strategies</td>
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<td>for understanding and responding to</td>
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<td>associated behaviors. Credit/No Credit only.</td>
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<td>GERON 1053</td>
<td>Motivating Older Adults to Stay Active</td>
<td>.5</td>
<td>This course focuses on how to motivate</td>
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<td>healthy older adults to stay independent,</td>
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<td>active, and mobile. Topics include</td>
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<td>wellness, aerobic fitness, nutrition,</td>
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<td>stress, self- and group-motivation</td>
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<td>techniques, and cognition as they affect</td>
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<td>seniors. Credit/No Credit only.</td>
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<td>GERON 1054</td>
<td>Suicide and the Elderly</td>
<td>.5</td>
<td>This course examines the risk of suicide</td>
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<td>among older adults including factors of</td>
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<td>loss, depression, religiosity, and poverty.</td>
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<td>Suicide prevention programs are also</td>
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<td>explored. Credit/No Credit only.</td>
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<td>GERON 1055</td>
<td>Generational Interdependency</td>
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<td>This course explores the changing</td>
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<td>relationships among generations. Topics</td>
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<td>include intergenerational programming and</td>
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<td>effects on society, and community</td>
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<td>program development. Credit/No Credit only.</td>
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<td>GERON 1056</td>
<td>Movement Matters</td>
<td>.5</td>
<td>This course introduces the importance of</td>
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<td>movement for seniors and provides</td>
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<td>conditions. Topics include movement</td>
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<td>Credit/No Credit only.</td>
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<td>GERON 1057</td>
<td>Aging Experience in Hispanic Families</td>
<td>.5</td>
<td>This course examines the economic, social,</td>
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<td>and health status of elderly Hispanic</td>
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<td>families. It focuses on their unique</td>
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<td>relationships and caregiving.</td>
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<td>GERON 1058</td>
<td>Gerontological Social Work</td>
<td>.5</td>
<td>This course provides an overview of the</td>
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<td>different housing options available</td>
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<td>for senior living. Public and private</td>
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<td>resources, financial issues, and</td>
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<td>misconceptions about senior housing are</td>
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<td>analyzed. Credit/No Credit only.</td>
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<td>GERON 1059</td>
<td>Case Management: Processes and Skills</td>
<td>.5</td>
<td>This course examines the skills and</td>
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<td>processes involved in geriatric case</td>
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<td>management. The process of creating and</td>
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<td>conducting a biological, psychological,</td>
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<td>and social assessment; developing a care</td>
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<td>plan; coordinating services; and managing</td>
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<td>a caseload are explored. Focus is on</td>
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<td>communication skills and tools needed to</td>
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<td>practice ethical geriatric case</td>
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<td>management in a variety of settings.</td>
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<td>GERON 1060</td>
<td>Housing Options and Aging</td>
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<td>This course is an overview of the</td>
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<td>different housing options available for</td>
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<td>GERON 1061</td>
<td>Alcohol and the Elderly</td>
<td>.5</td>
<td>This course explains how alcohol affects</td>
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<td>seniors in both independent and assisted</td>
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<td>living environments and explores treatment</td>
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<td>options for seniors. Credit/No Credit only.</td>
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<td>GERON 1062</td>
<td>Generational Interdependency</td>
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<td>This course explores the changing</td>
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<td>relationships among generations. Topics</td>
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<td>program development. Credit/No Credit only.</td>
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<td>GERON 1063</td>
<td>Movement Matters</td>
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<td>This course introduces the importance of</td>
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<td>Credit/No Credit only.</td>
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<td>GERON 1064</td>
<td>Aging Experience in Hispanic Families</td>
<td>.5</td>
<td>This course examines the economic, social,</td>
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<td>GERON 1065</td>
<td>Aging Experience in African-American Families</td>
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<td>This course is an overview of the roles</td>
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<td>and functions of the Case Manager in</td>
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<td>long-term care. Topics include the skills</td>
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<td>and education required to be a Case</td>
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<td>Manager and the career benefits, earnings,</td>
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<td>and advancement potential.</td>
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GERON 1067 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, tribal and governmental institutions that impact their lives, family relationships, and caregiving.

GERON 1080 Understanding Licensed Residential Care .5 Units
Hours: 9 hours LEC
This course is an introduction to the philosophy, mission, and operations of a residential care facility for the elderly (RCFE). Regulations, rights, and responsibilities of licensees are discussed. Pass/No Pass only.

GERON 1081 RCFE Licensing Regulations and Resident Services .5 Units
Hours: 9 hours LEC
This course covers Residential Care Facilities for the Elderly (RCFE) requirements and Community Care Licensing regulations. Topics include fingerprinting and criminal record clearances, licensing regulations, psychosocial needs of residents, and specialized services. Pass/No Pass only.

GERON 1082 RCFE Facility, Residents, Records, and Food Service .5 Units
Prerequisite: GERON 1081
Hours: 9 hours LEC
This course covers the requirements for the Residential Care Facility for the Elderly (RCFE) license. It includes physical plant requirements; resident assessment, retention, and eviction; resident records and services; and food service regulations. Pass/No Pass only.

GERON 1083 RCFE Residents and Services .5 Units
Prerequisite: GERON 1082
Hours: 9 hours LEC
This course covers residents and services in Residential Care Facilities for the Elderly (RCFE). It includes resident accommodations, assistance, individual assessment, admission agreement, special diets, and services required. Pass/No Pass only.

GERON 1084 RCFE Medications, Reporting, Rights, Resources .5 Units
Prerequisite: GERON 1083
Hours: 9 hours LEC
This course covers residents and services in Residential Care Facilities for the Elderly (RCFE). It includes requirements regarding resident medications, abuse reporting, residents' rights, theft and loss, and community resources. Pass/No Pass only.

GERON 1090 Independent Living Skills for the Physically/Neurologically Limited 3-5 Units
Enrollment Limitation: Physician certification of disability is required.
Hours: 54 hours LEC; 108 hours LAB
This course explores all aspects of independent living skills necessary for students with adult-acquired physical/neurological limitations to gain successful reintegration into the community and workforce. Topics include functional mobility/fitness, activities of daily living, speech/language, and computer proficiency. An assessment of needs and goals and a Student Education Contract (SEC) determines which aspects of the course are taken. Field trips may be required. This course may be taken four times for credit, for a maximum of 12 units, emphasizing different assessed needs. Pass/No Pass only.

GERON 1091 Applied Theories of Disabilities for the Physically/Neurologically Limited 1-4 Units
Corequisite: GERON 1090
Hours: 18-72 hours LEC
This course explores student/caregiver support systems to increase understanding and management of disabilities for students with adult-acquired physical/neurological limitations. Topics include self-esteem and using community resources to facilitate reintegration into the community and workforce. An assessment of needs and a Student Education Contract (SEC) determines which aspects of the course are taken. This course may be taken four times for credit, for a maximum of eight units, emphasizing different assessed needs. Pass/No Pass only.

GERON 1092 Orientation to the Community for the Physically Limited 1-4 Units
Corequisite: GERON 1091
Hours: 18-72 hours LEC; 54-216 hours LAB
This course provides experience for students with physical disabilities to explore educational, recreational, and vocational opportunities in the community. It includes an orientation session and field trips into the community. This course is designed for students with a physician's certification of adult-acquired disability. An assessment of needs and goals and a Student Education Contract (SEC) determines which aspects of course are taken. This course may be taken four times for credit, for a maximum of eight units, emphasizing different assessed needs. Pass/No Pass only.