

A.A. Gerontology Degree and Certificate concentrations:

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

Area: Behavioral & Social Sciences

Dean: Carol Pottorff (Interim)

Phone: (916) 484-8283

Counseling: (916) 484-8572

Certificates: Activity Coordinator
Program Assistant
Social Service Designee

The Gerontology program at American River College 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 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
or ENGWR 103 Practical Communication (3)	
or ENGWR 300 College Composition (3)	
GERON 300 Sociology of Aging (3)	3
or SOC 335 Sociology of Aging (3)	
GERON 302 Psychology of Aging: Adult Development and Aging (3)	3
or PSYC 374 Psychology of Aging: Adult Development and Aging (3)	
GERON 311 Social Services Designee: Legal Issues and End-of-Life Decisions	1
GERON 330 Techniques for Communicating with and Validating Older Adults	3
GERON 334 Reminiscence Therapy (3)	3
or PSYC 379 Reminiscence Therapy (3)	
GERON 335 Wellness for Older Adults	3
GERON 340 Nutrition for Healthy Aging (3)	3
or NUTRI 324 Nutrition for Healthy Aging (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
And a minimum of 6 units from the following:	6
GERON 490 Practices in Gerontology (3)	

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.

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)	
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 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.

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)
HSER 340	Introduction to Chemical Dependency (3)
or PSYC 400	Introduction to Chemical Dependency (3)
PSYC 390	Psychology of Death and Dying (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.

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
<i>And a minimum of 9 units from the following:</i>	9 ¹
ART 320	Design: Fundamentals (3)
IDES 300	Fundamentals of Interior Design (3)
IDES 330	Beginning Interior Design Studio (3)
IDES 334	Interior Environment and Space Planning (3)

¹Prerequisite is required for IDES 334

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.

Career Opportunities

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

Gerontology: Health Care Degree Requirements 39 units

Core Requirements	30
<i>And a minimum of 9 units from the following:</i>	9 ¹
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)
GERON 350	Physical Therapy Aide (3)
or NURSE 360	Physical Therapy Aide (3)
NURSE 100	Nurse Assistant (5.5)
NURSE 101	Home Health Aide (2)
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)

¹Prerequisite 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.

Career Opportunities

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

Gerontology: Recreation Degree Requirements 39 units

Core Requirements	30
<i>And a minimum of 9 units from the following:</i>	9
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)
PET 312	Theory and Techniques of Adapted Physical Education (3)
PET 313	Laboratory in Adapted Physical Education (1 - 2)
RECR 300	Introduction to Recreation and Leisure Services (3)
RECR 310	Outdoor Recreation (3)
RECR 320	Recreation Activity Leadership (3)

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.

Career Opportunities

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

Gerontology: Social Policy/Advocacy Degree Requirements 39 units

Core Requirements	30
<i>And a minimum of 9 units from the following:</i>	9
HSER 310	Ethical Issues and Client's Rights (3)
or GERON 304	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)

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.

Career Opportunities

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

Gerontology: Business Certificate 39 units

Core Requirements	30
<i>And a minimum of 9 units from the following:</i>	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.

Career Opportunities

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

Gerontology: Case Management/Social Services Certificate 39 units

Core Requirements	30
<i>And a minimum of 9 units from the following:</i>	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 Introduction 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 senior adults.

Career Opportunities

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

Gerontology: Environmental Design Certificate 39 units

Core Requirements	30
<i>And a minimum of 9 units from the following:</i>	9 ¹
ART 320 Design: Fundamentals (3)	
IDES 300 Fundamentals of Interior Design (3)	
IDES 330 Beginning Interior Design Studio (3)	
IDES 334 Interior Environment and Space Planning (3)	
¹ Prerequisite required for IDES 334	

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.

Career Opportunities

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

Gerontology: Health Care Certificate 39 units

Core Requirements	30
<i>And a minimum of 9 units from the following:</i>	9 ¹
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)	
GERON 350 Physical Therapy Aide (3)	
or NURSE 360 Physical Therapy Aide (3)	
NURSE 100 Nurse Assistant (5.5)	
NURSE 101 Home Health Aide (2)	
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)	
¹ Prerequisite required for NURSE 101.	

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.

Career Opportunities

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

Gerontology: Recreation Certificate 39 units

Core Requirements	30
<i>And a minimum of 9 units from the following:</i>	9
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)	
PET 312 Theory and Techniques of Adapted Physical Education (3)	
PET 313 Laboratory in Adapted Physical Education (1 - 2)	
RECR 310 Outdoor Recreation (3)	
RECR 320 Recreation Activity Leadership (3)	
RECR 300 Introduction to Recreation and Leisure Services (3)	

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.

Career Opportunities

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

Gerontology: Social Policy/Advocacy Certificate 39 units

Core Requirements	30 units
<i>And a minimum of 9 units from the following:</i>	9
HSER 310 Ethical Issues and Client's Rights (3)	
or GERON 304 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)	

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.

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 ¹
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

Social Service Designee Certificate

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

Career Opportunities

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

Requirements for Certificate 4.5 units

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

GERON 300 Sociology of Aging 3 Units

Same As: SOC 335.

Prerequisite: None

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

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course examines the aged and aging process with emphasis on social factors affecting and affected by an aging population. It includes an analysis of demographics, history of aging in America, social conditions, resources and support systems, employment, retirement, social class/cultural differences. Not open to students who have completed Sociology 335. AA/AS area 3E; CSU area E1

GERON 302 Psychology of Aging: Adult Development and Aging 3 Units

Prerequisite: None

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

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course covers the physical, psychological, and social aspects of the aging process including the interactions between the elderly and the rest of society. Topics include an analysis of stereotypes, social bonds, environmental factors, sexuality, physical health, mental health, death, and bereavement. Not open to students who have completed Psychology 374. AA/AS area 3C; CSU area E1.

GERON 304 Ethical Issues and Client's Rights 3 Units

Same As: HSER 310.

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 310.

GERON 310 Social Service Designee: Role and Responsibility 2.5 Units

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 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: 45 hours LEC

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

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

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 Communicating with and Validating Older Adults 3 Units

Same As: PSYC 378.

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 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 introduces the basic theory, techniques, and experiences for communication with, validation of, and stimulation of the elderly at different cognitive levels. Not open to student who have completed Psychology 378. AA/AS area E2

GERON 334 Reminiscence Therapy 3 Units

Same As: PSYC 379.

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. Not open to students who have completed Psychology 379. AA/AS area E2

GERON 335 Wellness for Older Adults 3 Units

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 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.

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 3 Units

Same As: NURSE 360.

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 Ethnic Diversity and Aging .5 Units

Prerequisite: None

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

Prerequisite: None

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

Prerequisite: None

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

Prerequisite: None

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

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. Credit/No Credit only.

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. Credit/No Credit only.

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. Credit/No Credit only.

GERON 417 Understanding Licensed Residential Care .5 Units

Prerequisite: None

Course Transferable to CSU

Hours: 9 hours LEC

This course is an introduction to the philosophy, mission, and operations of residential care. Regulations, rights, and responsibilities of licensees are discussed. Credit/No credit only.

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. Credit/No Credit only.

GERON 430 Introduction to Activity Coordination .5 Units

Prerequisite: None

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

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 will include roles and responsibility, program planning, utilizing volunteers, budget, and working as a team. Credit/No Credit only.

GERON 432 Interviewing and Counseling Techniques with Elderly .5 Units

Prerequisite: None

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

Prerequisite: None

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

Prerequisite: None

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

Prerequisite: None

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

Prerequisite: None

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

Prerequisite: None

Corequisite: GERON 438.

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

Prerequisite: None

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

Prerequisite: None

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 Resource .5 Units

Prerequisite: None

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

Prerequisite: None

Corequisite: GERON 442.

Advisory: ENGWR 102 or ENGWR 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 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

Prerequisite: None

Corequisite: GERON 448.

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of $\geq C_2$ or better; OR ESLR 320 and ESLW 320 with a grade of $\geq C_2$ 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: None

Corequisite: GERON 448.

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

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. Credit/No Credit only.

GERON 490 Practices in Gerontology 3 Units

Prerequisite: None

Corequisite: GERON 300 or 302.

Course Transferable to CSU

Hours: 18 hours LEC; 108 hours LAB

This course provides advanced study and supervised field experience in public and/or private agencies, businesses or organizations providing services to seniors and senior programs. Students apply concepts, values and skills acquired in other core courses to the process of working with the senior population. Students also develop a resource file of senior services and define areas of interest for employment in senior services. Different cases are discussed each semester. This course may be taken two times for credit.

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; 60-225 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.

GERON 1000 Home Adaptations for Safety and Independence .5 Units

Prerequisite: None

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 1003 Intergenerational Family Dynamics .5 Units

Prerequisite: None

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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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 1010 Understanding Licensed Residential Care .5 Units

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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.

GERON 1015 Diabetes and Aging .5 Units

Prerequisite: None
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

Prerequisite: None
Hours: 9 hours LEC

This course examines certain aspects of the aging experience and how 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.

GERON 1017 Heart Health and Aging .5 Units

Prerequisite: None
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.

GERON 1018 Social Security—Past, Present, and Future .5 Units

Prerequisite: None
Hours: 9 hours LEC

This course examines the Social Security, Medicare, and Supplemental Security Income (SSI) programs from before their inception 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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
Hours: 9 hours LEC

This course covers aspects of Gerontology which relate to marketing one-self 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

Prerequisite: None
Hours: 9 hours LEC

Course Description: 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 are covered. Credit/No Credit only.

GERON 1026 Health of Older Women .5 Units

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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 psycho-analytical. Credit/No credit only.

GERON 1042 Life Review and Reminiscence .5 Units

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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

Prerequisite: None
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.

GERON 1049 Economics of Aging .5 Units

Prerequisite: None
Hours: 9 hours LEC

This course provides an overview of the economics of retirement including Social Security, pensions, Medicare, and MediCal. It also covers economic problems and proposed solutions, fiduciary abuses and fraud. Credit/No credit only.

GERON 1050 Alcohol and the Elderly .5 Units

Prerequisite: None
Hours: 9 hours LEC

This course explains how alcohol affects seniors in both independent and assisted living environments and explores treatment options for seniors. Credit/No Credit only.

GERON 1052 Professionalism and Ethics in Gerontology .5 Units

Prerequisite: None
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 as well as professional conduct and listening skills. Credit/No Credit only.

GERON 1053 Alzheimer's Disease and Other Dementia .5 Units

Prerequisite: None
Hours: 9 hours LEC

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

GERON 1055 Motivating Older Adults to Stay Active .5 Units

Prerequisite: None
Hours: 9 hours LEC

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

GERON 1056 Suicide and the Elderly .5 Units

Prerequisite: None
Hours: 9 hours LEC

This course examines the risk of suicide among older adults including factors of loss, depression, religiosity, and poverty. Suicide prevention programs are also explored. Credit/No Credit only.

GERON 1057 Generational Interdependency .5 Units

Prerequisite: None
Hours: 9 hours LEC

This course explores the changing relationships among generations. Topics include intergenerational programming and community building, aging policy and its effects on society, and community program development. Credit/No Credit only.

GERON 1058 Aging of the Brain .5 Units

Prerequisite: None
Hours: 9 hours LEC

This course explores how the human brain works and how it ages. Emphasis is 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. Credit/No Credit only.