

Associate in Science Degree  
Certificate of Achievement

Department of Family and Consumer Science  
Division of Behavioral and Social Science  
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## Gerontology

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Certificate of Achievement

### Program Information

The Gerontology Program will prepare students to manage the health, psychological, and social needs of the elderly population. The need for specialization in gerontology is clearly shown in population trends and documented in literature citing the lack of adequately prepared geriatric caregivers.

### Transfer Information

Students who are planning to continue specialization in gerontology by transferring to a four-year college should consult the Requirements for Transfer Institutions section of this catalog. Consultation with an SCC counselor is advised.

### Career Opportunities

Career Opportunities may be found as Care/Case Aide Registry Coordinator, Volunteer Services, Elder Care Provider, Program Aide or Assistant, Geriatric Aide, Home Care Specialist, Home Health Aide, Intergenerational Care Provider, and Professional Caregiver.

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

- demonstrate skill, ease, confidence, rapport, and listening skills when communicating with the elderly at different cognitive levels.
- evaluate and discuss similarities and differences surrounding diverse aging populations as they relate to life expectancy, mortality, mobility, family, work, retirement, mental health, death, lifestyles, sexuality, and use of services.
- discuss the impact of language and other cultural factors that influence drug education, drug use, and treatment options with the elderly.
- evaluate common methods of care for the dying including hospitals, skilled nursing facilities, and hospice care.
- recognize and identify risk of caregiver stress in cases of Alzheimer's and other dementia.
- identify and evaluate elder abuse causes, preventions strategies, and resources.
- identify strategies for meeting the challenges of aging within a sociocultural framework.
- recognize and evaluate demographic, socioeconomic, legal, and physiologic aspects of aging.
- develop practical workplace skills and knowledge needed for employment.
- transfer skills, units, and experience to a gerontology major at a four year institution.

### Required Program

### Units

[ PSYC 374 Psychology of Aging: Adult Development and Aging (3) .....	3
or GERON 302 Psychology of Aging: Adult Development and Aging (3) ]	
or FCS 332 Psychology of Aging: Adult Development and Aging (3) ]	
or [ FCS 324 Human Development: A Life Span (3)	
or PSYC 370 Human Development: A Life Span (3) ]	
GERON 300 Sociology of Aging (3) .....	3
or SOC 335 Sociology of Aging (3)	
or FCS 330 Sociology of Aging (3)	
PSYC 390 Psychology of Death and Dying.....	3
PSYC 392 Loss and Grief.....	2
NUTRI 300 Nutrition (3).....	3
or NUTRI 480 Nutrition Honors (3)	
or FCS 340 Nutrition (3)	
or FCS 480 Nutrition Honors (3)	
GERON 330 Communicating with and Validating Older Adults...	3
GERON 334 Reminiscence Therapy.....	3
A minimum of 3 units from the following:.....	3
GERON 498 Work Experience in Gerontology (1 - 4)	
A minimum of 3 units from the following:.....	3
GERON 360 Ethnic Diversity and Aging (0.5)	
GERON 364 Medical World of Elderly: Pharmacology (0.5)	
GERON 366 Coping with Death and Related Bereavement (0.5)	
GERON 372 Alzheimer's Workshop (0.5)	
GERON 376 Aging and Family Dynamics (0.5)	
GERON 378 Body Mechanics and Safety (0.5)	
GERON 380 Nutrition and Aging (0.5)	
GERON 389 Treatment of the Geriatric Patient (0.5)	
GERON 404 Sexuality and Aging (0.5)	
GERON 396 End-Stage Life Care (0.5)	
GERON 382 Stress Management: New Approaches (0.5)	
GERON 386 Strategies for Caregivers: Effectively Caring for the Elderly in the Community (0.5)	
GERON 368 Mental Health and Aging (0.5)	
GERON 370 Topics in Gerontology: Elder Abuse (0.5)	
GERON 388 Interpersonal Relationships (0.5)	
GERON 403 Legal Issues for the Elderly (0.5)	
<b>Total Units Required</b>	<b>26</b>

### Suggested Electives

FCS 320 or SOC 310; FCS 326 or SOC 341; PSYC 300 or 480; SOC 300 or 480, SOC 301

### Associate in Science (A.S.) Degree

The Associate in Science degree may be obtained by completion of the required program with grades of "C" or better, plus general education requirements, plus sufficient electives to meet a 60-unit total. See SCC graduation requirements.

**Certificate of Achievement**

The Certificate of Achievement may be obtained by completion of the required program with grades of "C" or better.

## Gerontology (GERON)

### **GERON 300 Sociology of Aging 3 Units**

Same As: FCS 330 and SOC 335

Prerequisite: None

Advisory: ENGRD 110 and ENGWR 100 or ESLR 340 and ESLW 340 and ESL 114; and FCS 324; and LIBR 318 with grades of "C" or better.

General Education: AA/AS Area V(b); AA/AS Area III(b); CSU Area D0; CSU Area E1; IGETC Area 4J

Course Transferable to UC/CSU

Hours: 54 hours LEC

In this course students will examine the 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, and cultural differences. Students will be encouraged to reflect on their status in the sociology of aging process. (Credit awarded for FCS 330 or GERON 300 or SOC 335.)

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

Same As: FCS 332 and PSYC 374

Prerequisite: None

Advisory: (ENGRD 110 and ENGWR 100), OR (ESLR 340 and ESLW 340 and ESL 114), and FCS 324/PSYC 370, and LIBR 318 with grades of "C" or better

General Education: AA/AS Area III(b); CSU Area D9; CSU Area E1; IGETC Area 4I

Course Transferable to UC/CSU

Hours: 54 hours LEC

Students will explore the description and explanation of the evolution of adult behavior over the life span. Topics include theoretical as well as practical approaches to understanding aging in terms of physical, cognitive, and socio-emotional development such as: the study of the nature and changes of capabilities, skills, feelings, emotions, and social behavior with age, aging stereotypes, social bonds, environmental factors, sexuality, physical health, mental health, death, and bereavement. (Credit for FCS 332 or PSYC 374 or GERON 302.)

### **GERON 330 Communicating with and Validating Older Adults 3 Units**

Prerequisite: None

Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.

Course Transferable to CSU

Hours: 54 hours LEC

This course introduces the basic theory, techniques, and experiences for communication, validation and stimulation with the elderly at different cognitive levels.

### **GERON 334 Reminiscence Therapy 3 Units**

Prerequisite: None

Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.

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.

### **GERON 360 Ethnic Diversity and Aging .5 Unit**

Prerequisite: None

Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.

Course Transferable to CSU

Hours: 9 hours LEC

This course is an overview of ethnicity as a factor in the aging process. Emphasis will be placed on how values, beliefs, and culture must be considered in the design and delivery of service. This course is graded Pass/No Pass.

### **GERON 364 Medical World of Elderly: Pharmacology .5 Unit**

Prerequisite: None

Advisory: ENGWR 100 or ENGRD 110 with a grade "C" or better.

Course Transferable to CSU

Hours: 9 hours LEC

This course examines possible causes and effects of alcohol abuse and polypharmacy on the health and overall quality of life in older adults. This course is graded Pass/No Pass.

### **GERON 366 Coping with Death and Related Bereavement .5 Unit**

Prerequisite: None

Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.

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, right-to-die issues, and the theoretical stages of death and bereavement. This course is graded Pass/No Pass.

### **GERON 368 Mental Health and Aging .5 Unit**

Prerequisite: None

Advisory: ENGWR 100 or ENGRD 110 with a grade "C" or better.

Course Transferable to CSU

Hours: 9 hours LEC

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

**GERON 370 Topics in Gerontology: Elder Abuse .5 Unit**

*Prerequisite: None*

*Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.*

*Course Transferable to CSU*

*Hours: 9 hours LEC*

This course is an overview of elder abuse, focusing on occurrence, prevention strategies, and resources. This course is graded Pass/No Pass only.

**GERON 372 Alzheimer's Workshop .5 Unit**

*Prerequisite: None*

*Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.*

*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. This course is graded Pass/No Pass.

**GERON 376 Aging and Family Dynamics .5 Unit**

*Prerequisite: None*

*Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.*

*Course Transferable to CSU*

*Hours: 9 hours LEC*

This course is an overview of how the aging process affects individuals, families, and relationships. The focus is on changing roles and relationship strategies for negotiating these transitions and helping families resolve aging issues. This course is graded Pass/No Pass.

**GERON 378 Body Mechanics and Safety .5 Unit**

*Prerequisite: None*

*Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.*

*Course Transferable to CSU*

*Hours: 9 hours LEC*

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

**GERON 380 Nutrition and Aging .5 Unit**

*Prerequisite: None*

*Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.*

*Course Transferable to CSU*

*Hours: 9 hours LEC*

This course concentrates on the practical aspects of nutrition and aging. Information will be provided on choosing recipes that provide nutrient-dense meals in a cost-effective manner. In addition, the impact of nutrition on the aging process will be discussed. This course is graded Pass/No Pass.

**GERON 382 Stress Management: New Approaches .5 Unit**

*Prerequisite: None*

*Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.*

*Course Transferable to CSU*

*Hours: 9 hours LEC*

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

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

*Prerequisite: None*

*Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.*

*Course Transferable to CSU*

*Hours: 9 hours LEC*

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

**GERON 388 Interpersonal Relationships .5 Unit**

*Prerequisite: None*

*Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.*

*Course Transferable to CSU*

*Hours: 9 hours LEC*

This course covers listening, communication skills, understanding emotions, family involvement, and adaptive behavior in long-term care settings. Demonstrations with role play will provide practical experience to enhance understanding. This course graded Pass/No Pass only.

**GERON 389 Treatment of the Geriatric Patient .5 Unit**

*Prerequisite: None*

*Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.*

*Course Transferable to CSU*

*Hours: 9 hours LEC*

This course explores the demographic, socioeconomic, and physiologic aspects of aging as they relate to the treatment of the elderly. Other issues will include institutionalized and home care, community resources, and health care systems. This course graded Pass/No Pass.

**GERON 396 End-Stage Life Care .5 Unit**

*Prerequisite: None*

*Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.*

*Course Transferable to CSU*

*Hours: 9 hours LEC*

This course includes effective strategies for assisting the dying patient and his/her family. Topics include concepts of sub-acute care, physician-assisted suicide, euthanasia, and their effect on the elderly society. This course graded Pass/No Pass only.

**GERON 403 Legal Issues for the Elderly .5 Unit**

*Prerequisite: None*

*Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.*

*Course Transferable to CSU*

*Hours: 9 hours LEC*

This course is designed to examine current legal issues specific to older adults. It includes assets management and a survey of legal tools. This course is graded Pass/No Pass.

**GERON 404 Sexuality and Aging .5 Unit**

*Prerequisite: None*

*Advisory: Eligibility for ENGWR 100, ENGRD 310, or ENGRD 110.*

*Course Transferable to CSU*

*Hours: 9 hours LEC*

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

**GERON 494 Topics in Gerontology .5-4 Units**

*Prerequisite: None*

*Advisory: ENGWR 100 and ENGRD 110 with a grade "C" or better.*

*Course Transferable to UC/CSU; UC Transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted toward the minimum 60 units required for admissions.*

*Hours: 72 hours LEC*

Designed to examine current issues or specific topics relevant to the field of gerontology. The particular topics to be covered each semester will be determined by gerontology staff. This course graded Pass/No Pass and may be taken four times.

**GERON 495 Independent Studies in Gerontology 1-3 Units**

*Prerequisite: None*

*Course Transferable to UC/CSU; UC Transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted toward the minimum 60 units required for admissions.*

*Hours: 54 hours LEC*

See Independent Studies

**GERON 498 Work Experience in Gerontology 1-4 Units**

*Prerequisite: None*

*Course Transferable to CSU*

*Hours: 18 hours LEC; 300 hours LAB*

This course provides "hands-on" experience for students to explore their interests and capabilities in assessing and applying therapeutic interventions when working with the elderly. Students will be under the supervision of the instructor and a designated professional in the assigned facility.

**GERON 499 Experimental Offering in Gerontology .5-4 Units**

*Prerequisite: None*

*Course Transferable to UC/CSU; UC Transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted toward the minimum 60 units required for admissions.*

*Hours: 54 hours LEC; 36 hours LAB*

See Experimental Offering