

**Degree:**

A.S. – Gerontology

**Certificate of Achievement:**

Gerontology

**Division of Behavioral and Social Science**

Dean – To be Announced

Rodda Hall North 226

916-558-2401

**Gerontology**

**Associate in Science Degree**

**Certificate of Achievement**

**Program Information**

The Gerontology program at Sacramento City College will provide students with an overview of the biological, physiological, psychological and sociological factors involved in aging. Students will be able to apply this knowledge within a variety of careers to better serve and care for our aging population.

Students who are planning to continue their study in gerontology by transferring to a four-year college should consult the, "Requirements for Transfer Institutions" section of this catalog. Consultation with an Sacramento City College counselor is also advised.

**Career Opportunities**

As our population ages, most every industry is serving the growing population of older adults. Research has demonstrated that, regardless of career path, having training in gerontology is beneficial for those seeking employment. Some possible career opportunities may include but are not limited to: elder care, program aide or assistant, geriatric aide, home care specialist, home health aide, inter-generational care provider, and professional caregiver.

**Gainful Employment**

For more information about program costs, graduation rates, median debt of program graduates, and other important information regarding gainful employment, please visit: <http://www.losrios.edu/gainful-emp-info/gedt.php?major=051137C01>

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

- analyze methods to improve the quality of life for elderly people by connecting individuals to needed resources.
- define the biological and physiological processes of aging.
- explain the psychological aspects of aging.
- explain the sociological aspects of aging.
- evaluate problems involving diverse perspectives and propose solutions.

**Required Program**

**Units**

GERON 301 The Biology and Physiology of Aging.....	3
GERON 302 Psychology of Aging: Adult Development and.....	3
Aging (3)	
or PSYC 374 Psychology of Aging: Adult Development	
and Aging (3)	
GERON 300 Sociology of Aging (3).....	3
or SOC 335 Sociology of Aging (3)	
NUTRI 300 Nutrition (3) .....	3
or NUTRI 480 Nutrition Honors (3)	
PSYC 390 Psychology of Death and Dying.....	3
A minimum of 3 units from the following:.....	3
WEXP 498 Work Experience in (Subject) (1 – 4)	
or GERON 498 Work Experience in Gerontology (1 – 4)	
<b>Total Units Required</b>	<b>18</b>

**Suggested Electives**

COMM 361, FCS 320 or SOC 310; PHIL 310, PSYC 300; SOC 300, SOC 301, SOC 321

**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: SOC 335*

*Prerequisite: None.*

*Advisory: ENGRD 110 and ENGWR 101 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. The course 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 GERON 300 or SOC 335.)

**GERON 301 The Biology and Physiology of Aging**

**3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(b)*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course will be a broad examination of the biological principles that cause aging and age-related disease. Concepts covered in this course include: how the rate of biological aging is measured, what mechanisms underlie cellular aging, genetic pathways that affect longevity in various organisms, and consideration of the implications of modulating the rate of aging and longevity. This course is intended for undergraduate students in a variety of majors.

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

Same As: PSYC 374

Prerequisite: None.

Advisory: ENGRD 110 and ENGWR 101, 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 D9 ; IGETC Area 4I

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course examines the physical, psychological, social, and emotional aspects of the aging process including the interactions between the elderly and the rest of society. Topics include an analysis of stereotypes, social connections, environmental influences, sexuality, physical health, mental health, death, and bereavement. Credit may be earned for either PSYC 374 or GERON 302, but not both.

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

Prerequisite: None.

Advisory: ENGWR 101 and ENGRD 110 with grades of "C" or better.

Course Transferable to CSU

Hours: 54 hours LEC

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

**GERON 334 Reminiscence Therapy 3 Units**

Prerequisite: None.

Advisory: ENGWR 101 and ENGRD 110 with grades of "C" or better.

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 Units**

Prerequisite: None.

Advisory: ENGWR 101 and ENGRD 110 with grades of "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 Units**

Prerequisite: None.

Advisory: ENGWR 101 or ENGRD 110 with grades of "C" or better.

Course Transferable to CSU

Hours: 9 hours LEC

In this course, students will examine possible causes and effects of polypharmacy and alcohol abuse 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 Units**

Prerequisite: None.

Advisory: ENGWR 101 and ENGRD 110 with grades of "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 Units**

Prerequisite: None.

Advisory: ENGWR 101 or ENGRD 110 with grades of "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 Units**

Prerequisite: None.

Advisory: ENGWR 101 and ENGRD 110 with grades of "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 Units**

Prerequisite: None.

Advisory: ENGWR 101 and ENGRD 110 with grades of "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 Units**

Prerequisite: None.

Advisory: ENGWR 101 and ENGRD 110 with grades of "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 Units**

Prerequisite: None.

Advisory: ENGWR 101 and ENGRD 110 with grades of "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 Units**

*Prerequisite:* None.

*Advisory:* ENGWR 101 and ENGRD 110 with grades of "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 Units**

*Prerequisite:* None.

*Advisory:* ENGWR 101 and ENGRD 110 with grades of "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 Units**

*Prerequisite:* None.

*Advisory:* ENGWR 101 and ENGRD 110 with grades of "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. This course will explore common sense strategies for caregiving that not only meet the needs of the elderly but also lessen the caregiving burden. This course is graded Pass/No Pass only.

**GERON 388 Interpersonal Relationships .5 Units**

*Prerequisite:* None.

*Advisory:* ENGWR 101 and ENGRD 110 with grades of "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 is graded Pass/No Pass only.

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

*Prerequisite:* None.

*Advisory:* ENGWR 101 and ENGRD 110 with grades of "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 Units**

*Prerequisite:* None.

*Advisory:* ENGWR 101 and ENGRD 110 with grades of "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 Units**

*Prerequisite:* None.

*Advisory:* ENGWR 101 and ENGRD 110 with grades of "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 asset management and a survey of legal tools. This course is graded Pass/No Pass.

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

*Prerequisite:* None.

*Advisory:* ENGWR 101 and ENGRD 110 with grades of "C" or better.

*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. This course graded Pass/No Pass.

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

*Prerequisite:* None.

*Advisory:* ENGWR 101 and ENGRD 110 with a grade "C" or better.

*Course Transferable to UC/CSU*

*Hours:* 72 hours LEC

This course is 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 is graded Pass/No Pass and may be taken one time. 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 towards the minimum 60 units required for admissions.

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

*Prerequisite:* None.

*Course Transferable to UC/CSU*

*Hours:* 162 hours LAB

This course involves an individual student or small groups of students in study, research, or activities beyond the scope of regular offered courses, pursuant to an agreement among college, faculty members, and students. Independent study offers students an opportunity to explore topics in gerontology that are beyond the scope of the courses we currently offer. 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 towards the minimum 60 units required for admissions.

**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. This work experience course is designed to provide students with effective job development skills that will assist them in obtaining and keeping an internship or a job in the student’s major area. Course content will include understanding the application of education to the workforce; the responsibilities of an internship (where applicable) or a job; completion of Title V Education Code papers (the student’s Application, Learning Objectives, Time sheet, and Evaluations), documentation of the student’s progress and hours spent at the workplace or internship site; and developing workplace (soft) skills relevant to the 21st century workplace. In addition, the student is required to fulfill 18 hours lecture and 75 hours of related, paid work experience or 60 hours of volunteer work experience for one unit; 75 or 60 hours of related work experience for each additional unit. The program allows the student to combine practical, paid or non-paid work experience with college training. The course may be taken up to four times when there is new or expanded learning on the job for up to 16 units. In addition, the student and the Work Experience instructor may tailor the course to meet the student’s specific professional needs by identifying 1-4 workshops, trainings, or conferences that the student may attend as part of the curriculum of the GERON 498 class. Only one Work Experience course may be taken per semester.

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

*Prerequisite: None*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC; 36 hours LAB*

See Experimental Offering. 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 towards the minimum 60 units required for admissions.