

## Gerontology

## GERON

## Degree:

A.S. – Gerontology

## Certificate of Achievement:

Gerontology

## Division of Behavioral and Social Science

Kasey Gardner, Dean

Rodda Hall North, room 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 a Sacramento City College counselor is also advised.

## Career Opportunities

As our population ages, almost 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:

- 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, prevention 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.

## Required Program

## Units

GERON 300 Sociology of Aging (3).....	3
or SOC 335 Sociology of Aging (3)	
GERON 301 The Biology and Physiology 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)	
or FCS 324 Human Development: A Life Span (3)	
or PSYC 370 Human Development: A Life Span (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
GERON 498 Work Experience in Gerontology (1 – 4)	

## Total Units Required

18

## 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 effected 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 provides 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 ; 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 494 Topics in Gerontology .5-4 Units**

*Prerequisite: None.*

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

*Course Transferable to 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 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 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 regularly 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.