

Gerontology

| American River College

Gerontology refers to the biopsychosocial study of people as they change physically and develop mentally and socially from middle age through later life, as well as the stages and aspects of earlier life that influence the aging process in the second half of life.

Who are gerontologists and what do they do?

Gerontologists may hold a program certificate, associate of arts, bachelors, masters, or doctorate in Gerontology or a related degree focused on the older population and aging. We work to improve the quality of life and promote the well-being of older adults within our families, communities, and societies through research, education, and use of specialized knowledge and experience. We work in a broad array of entry-level to executive positions directly with older adults or behind the scenes in both clinical and non-clinical settings.

Careers in the Aging Network

Graduates of Gerontology programs become employed in the Aging Network, a system of state and local government agencies, non-profit organizations, institutions, and contractors that provide information services, employment and legal services, activity and recreation programs, health education and health promotion programs, and care and support services for older adults. Employment in the Aging Network is driven by the Older Americans Act and Population Aging.

The Older Americans Act

The Older Americans Act of 1965 is a federal initiative that mandates and funds programs intended to help older adults live a full life within their communities for as long as possible and to support older adults living in long term care and health care settings when living in their community is no longer possible. This means there are employment opportunities working directly with older adults or behind the scenes, managing care or cases, working in homes or state agencies, organizations and the private sector for years to come.

Population Aging and Long-Term Job Security

Americans in the US are living longer and having fewer children, which means the percentage of people over age 65 is going up. This change in the general population is called population aging and the trend means a career in the field of aging will provide long-term job security for years to come. By the year 2060, the number of older Americans will more than double, from 48 million in 2015 to 98 million in 2060. Population aging is creating a demand for workers with a gerontology education and due to a shortage of gerontology programs nationwide, demand for gerontologist with all levels of degrees will continue to outpace graduation rates.

About the ARC Gerontology Programs, Certificates, and Courses

ARC has gained a reputation as a leader in gerontology studies. The Gerontology Associate of Arts has earned two national distinctions. In August of 2018, the AA program earned national accreditation from AGECE, the Accreditation for Gerontology Education Council. Our program has also been a long-standing Program of Merit (POM) recognized by the Association for Gerontology in Higher Education. National Accreditation and POM enhance the career value of an ARC Gerontology AA. We also offer a Gerontology Certificate of Achievement for people who do not want or need to complete the general education requirements of a full degree.

The ARC Gerontology department is a local leader in career education. We offer three certificate courses that lead directly to employment. The Activity Leader and Social Services Designee certificates are listed on the Degrees/Certificates tab and the RCFE Administrator Training is listed on the Course tab. The Gerontology department supports local professionals and paraprofessionals by offering continuing education units (CEU) for some courses and department certificates for skills in high demand. Email gerontology@arc.losrios.edu (<mailto:gerontology@arc.losrios.edu>) for a current list of CEU courses.

DIVISION DEAN [Dr. Steven Boyd \(/about-us/faculty-and-staff-directory/steven-boyd\)](/about-us/faculty-and-staff-directory/steven-boyd)

 [Behavioral & Social Sciences Division Office \(/academics/arc-bss-division-office\)](/academics/arc-bss-division-office)

DEPARTMENT CHAIR [Laurinda Reynolds \(/about-us/faculty-and-staff-directory/laurinda-reynolds\)](/about-us/faculty-and-staff-directory/laurinda-reynolds)

 (916) 484-8512

 gerontology@arc.losrios.edu
(<mailto:gerontology@arc.losrios.edu>)

Associate Degrees

A.A. in Gerontology: Business

This 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. It focuses 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.

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
Gerontology Core Requirements:		
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	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 360	Ethnic Diversity and Aging	0.5
GERON 362	Biology of Aging	0.5
GERON 366	Coping with Death and Related Bereavement	0.5
GERON 368	Mental Health and Aging	0.5
GERON 490	Aging Policy and Practice	3
HSER 340	Introduction to Chemical Dependency (3)	3
or PSYC 400	Introduction to Chemical Dependency (3)	
A minimum of 3 units from the following:		3
GERON 498	Work Experience in Gerontology (1 - 4)	
Business Concentration Requirements:		
A minimum of 9 units from the following:		9
ACCT 301	Financial Accounting (4)	
or ACCT 101	Fundamentals of College Accounting (3)	
BUS 110	Business Economics (3)	
or BUS 105	Business Mathematics (3)	
ECON 320	Concepts in Personal Finance (3)	
or BUS 320	Concepts in Personal Finance (3)	
BUS 330	Managing Diversity in the Workplace (3)	
BUS 340	Business Law (3)	
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)	

COURSE CODE	COURSE TITLE	UNITS
or MGMT 300	Introduction to Leadership in Action (3)	
MGMT 304	Principles of Management (3)	
Total Units:		36

The Gerontology: Business Associate in Arts (A.A.) degree 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.

Student Learning Outcomes

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

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- evaluate the biological, psychological, and social aging changes in terms of optimal aging and the impact of lifestyle choices
- analyze legal and ethical issues relating to aging and end-of-life decisions
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- examine the physiological effects of chemical dependency and substance abuse on the elderly population
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources
- survey services for seniors available within a community and define eligibility requirements
- apply knowledge of gerontology to real-life business situations

Career Information

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

A.A. in Gerontology: Case Management/Social Services

This 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. It focuses 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.

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
Gerontology Core Requirements:		
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	Communicating with and Validating Older Adults	3

COURSE CODE	COURSE TITLE	UNITS
GERON 334	Reminiscence Therapy (3)	3
or PSYC 379	Reminiscence Therapy (3)	
GERON 335	Wellness for Older Adults	3
GERON 360	Ethnic Diversity and Aging	0.5
GERON 362	Biology of Aging	0.5
GERON 366	Coping with Death and Related Bereavement	0.5
GERON 368	Mental Health and Aging	0.5
GERON 490	Aging Policy and Practice	3
HSER 340	Introduction to Chemical Dependency (3)	3
or PSYC 400	Introduction to Chemical Dependency (3)	
A minimum of 3 units from the following:		3
GERON 498	Work Experience in Gerontology (1 - 4)	
Case Management/Social Services Concentration Requirements:		
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)	
GERON 304	Ethical Issues and Client's Rights (3)	
or HSER 310	Ethical Issues and Client's Rights (3)	
PSYC 365	Issues of Diverse Populations (3)	
or HSER 330	Issues of Diverse Populations (3)	
PSYC 390	Psychology of Death and Dying (3)	
Total Units:		36

The Gerontology: Case Management/Social Services Associate in Arts (A.A.) degree 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.

Student Learning Outcomes

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

- assess social and cultural attitudes on aging and how they impact social policy regarding senior population
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- analyze legal and ethical issues relating to aging and end-of-life decisions
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- examine the physiological effects of chemical dependency and substance abuse on the elderly population
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources
- survey services for seniors available within a community and define eligibility requirements

- apply knowledge of gerontology to real-life case management and social services situations

Career Information

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

A.A. in Gerontology: Environmental Design

This 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. It focuses 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.

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
Gerontology Core Requirements:		
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	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 360	Ethnic Diversity and Aging	0.5
GERON 362	Biology of Aging	0.5
GERON 366	Coping with Death and Related Bereavement	0.5
GERON 368	Mental Health and Aging	0.5
GERON 490	Aging Policy and Practice	3
HSER 340	Introduction to Chemical Dependency (3)	3
or PSYC 400	Introduction to Chemical Dependency (3)	
A minimum of 3 units from the following:		3
GERON 498	Work Experience in Gerontology (1 - 4)	
Environmental Design Concentration Requirements:		
A minimum of 9 units from the following:		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)	
Total Units:		36

¹Prerequisite is required for IDES 334

The Gerontology: Environmental Design Associate in Arts (A.A.) degree 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.

Student Learning Outcomes

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

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- analyze legal and ethical issues relating to aging and end-of-life decisions
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- examine the physiological effects of chemical dependency and substance abuse on the elderly population
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources
- survey services for seniors available within a community and define eligibility requirements
- apply knowledge of gerontology and environmental design to real-life situations in working in environmental design situations

Career Information

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

A.A. in Gerontology: Health Care

This 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. It focuses 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.

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
Gerontology Core Requirements:		
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	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 360	Ethnic Diversity and Aging	0.5
GERON 362	Biology of Aging	0.5
GERON 366	Coping with Death and Related Bereavement	0.5

COURSE CODE	COURSE TITLE	UNITS
GERON 368	Mental Health and Aging	0.5
GERON 490	Aging Policy and Practice	3
HSER 340	Introduction to Chemical Dependency (3)	3
or PSYC 400	Introduction to Chemical Dependency (3)	
A minimum of 3 units from the following:		3
GERON 498	Work Experience in Gerontology (1 - 4)	
Health Care Concentration Requirements:		
A minimum of 9 units from the following:		9 ¹
AH 110	Medical Language for Health-Care Providers (3)	
BIOL 102	Essentials of Human Anatomy and Physiology (4)	
HSER 310	Ethical Issues and Client's Rights (3)	
or GERON 304	Ethical Issues and Client's Rights (3)	
NURSE 100	Nurse Assistant (7)	
NURSE 101	Home Health Aide (2)	
PSYC 390	Psychology of Death and Dying (3)	
SLPA 300	Introduction to Communication Disorders (3)	
Total Units:		36

¹Prerequisite required for NURSE 101.

The Gerontology: Health Care Associate in Arts (A.A.) degree 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.

Student Learning Outcomes

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

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- analyze legal and ethical issues relating to aging and end-of-life decisions
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- examine the physiological effects of chemical dependency and substance abuse on the elderly population
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources
- survey services for seniors available within a community and define eligibility requirements
- apply knowledge of gerontology to real-life health care situations

Career Information

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

A.A. in Gerontology: Recreation

This 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. It focuses 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.

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
Gerontology Core Requirements:		
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	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 360	Ethnic Diversity and Aging	0.5
GERON 362	Biology of Aging	0.5
GERON 366	Coping with Death and Related Bereavement	0.5
GERON 368	Mental Health and Aging	0.5
GERON 490	Aging Policy and Practice	3
HSER 340	Introduction to Chemical Dependency (3)	3
or PSYC 400	Introduction to Chemical Dependency (3)	
A minimum of 3 units from the following:		3
GERON 498	Work Experience in Gerontology (1 - 4)	
Recreation Concentration Requirements:		
A minimum of 9 units from the following:		9
GERON 430	Activity Leader (6.5)	
KINES 300	Introduction to Kinesiology (3)	
KINES 405	Effects of Exercise on Special Populations (2)	
KINES 408	Administration of Fitness Programs (2)	
Total Units:		36

The Gerontology: Recreation Associate in Arts (A.A.) degree 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.

Student Learning Outcomes

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

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population

- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- analyze legal and ethical issues relating to aging and end-of-life decisions
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- examine the physiological effects of chemical dependency and substance abuse on the elderly population
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources
- survey services for seniors available within a community and define eligibility requirements
- apply knowledge of gerontology to real-life recreation situations

Career Information

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

A.A. in Gerontology: Social Policy/Advocacy

This 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. It focuses 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.

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
Gerontology Core Requirements:		
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	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 360	Ethnic Diversity and Aging	0.5
GERON 362	Biology of Aging	0.5
GERON 366	Coping with Death and Related Bereavement	0.5
GERON 368	Mental Health and Aging	0.5
GERON 490	Aging Policy and Practice	3
HSER 340	Introduction to Chemical Dependency (3)	3
or PSYC 400	Introduction to Chemical Dependency (3)	
A minimum of 3 units from the following:		3

COURSE CODE	COURSE TITLE	UNITS
GERON 498	Work Experience in Gerontology (1 - 4)	
Subtotal Units:		27

Advocacy Concentration

COURSE CODE	COURSE TITLE	UNITS
A minimum of 9 units from the following:		9
GERON 304	Ethical Issues and Client's Rights (3)	
or HSER 310	Ethical Issues and Client's Rights (3)	
MGMT 362	Techniques of Management (3)	
POLS 304	Introduction to Government: California (3)	
SPEECH 301	Public Speaking (3)	
Advocacy Concentration Units:		9
Total Units:		36

Social Policy Concentration

COURSE CODE	COURSE TITLE	UNITS
A minimum of 9 units from the following:		9
GERON 304	Ethical Issues and Client's Rights (3)	
or HSER 310	Ethical Issues and Client's Rights (3)	
PSYC 365	Issues of Diverse Populations (3)	
or HSER 330	Issues of Diverse Populations (3)	
POLS 301	Introduction to Government: United States (3)	
SPEECH 301	Public Speaking (3)	
Social Policy Concentration Units:		9
Total Units:		36

The Gerontology: Social Policy/Advocacy Associate in Arts (A.A.) degree 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.

Student Learning Outcomes

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

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- analyze legal and ethical issues relating to aging and end-of-life decisions
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels

- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- examine the physiological effects of chemical dependency and substance abuse on the elderly population
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources
- survey services for seniors available within a community and define eligibility requirements
- apply knowledge of gerontology to real-life social policy/advocacy situations

Career Information

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

Certificates of Achievement

Gerontology: Business Certificate

This 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. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing goods and services to senior adults.

Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
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	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 360	Ethnic Diversity and Aging	0.5
GERON 362	Biology of Aging	0.5
GERON 366	Coping with Death and Related Bereavement	0.5
GERON 368	Mental Health and Aging	0.5
GERON 490	Aging Policy and Practice	3
HSER 340	Introduction to Chemical Dependency (3)	3
or PSYC 400	Introduction to Chemical Dependency (3)	
A minimum of 3 units from the following:		3
GERON 498	Work Experience in Gerontology (1 - 4)	
A minimum of 9 units from the following:		9
ACCT 301	Financial Accounting (4)	
or ACCT 101	Fundamentals of College Accounting (3)	

COURSE CODE	COURSE TITLE	UNITS
BUS 110	Business Economics (3)	
or BUS 105	Business Mathematics (3)	
ECON 320	Concepts in Personal Finance (3)	
or BUS 320	Concepts in Personal Finance (3)	
BUS 330	Managing Diversity in the Workplace (3)	
BUS 340	Business Law (3)	
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)	
or MGMT 300	Introduction to Leadership in Action (3)	
MGMT 304	Principles of Management (3)	
Total Units:		36

Student Learning Outcomes

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

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- analyze legal and ethical issues relating to aging and end-of-life decisions
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- examine the physiological effects of chemical dependency and substance abuse on the elderly population
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources
- survey services for seniors available within a community and define eligibility requirements
- apply knowledge of gerontology to real-life business situations

Gainful Employment

The US Department of Education requires colleges to disclose a variety of information for any program that is eligible for financial aid that "prepares students for gainful employment in a recognized occupation." The following link provides Gainful Employment Disclosure information for this certificate program:

[Gainful Employment Information for Gerontology: Business Certificate of Achievement \(https://web.losrios.edu/gainful-emp-info/arc/30478/30478.htm\)](https://web.losrios.edu/gainful-emp-info/arc/30478/30478.htm)

Career Information

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

Gerontology: Case Management/Social Services Certificate

This 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. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing case management and/or social services to senior adults.

Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
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	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 360	Ethnic Diversity and Aging	0.5
GERON 362	Biology of Aging	0.5
GERON 366	Coping with Death and Related Bereavement	0.5
GERON 368	Mental Health and Aging	0.5
GERON 490	Aging Policy and Practice	3
HSER 340	Introduction to Chemical Dependency (3)	3
or PSYC 400	Introduction to Chemical Dependency (3)	
A minimum of 3 units from the following:		3
GERON 498	Work Experience in Gerontology (1 - 4)	
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)	
GERON 304	Ethical Issues and Client's Rights (3)	
or HSER 310	Ethical Issues and Client's Rights (3)	
PSYC 365	Issues of Diverse Populations (3)	
or HSER 330	Issues of Diverse Populations (3)	
PSYC 390	Psychology of Death and Dying (3)	
Total Units:		36

Student Learning Outcomes

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

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- analyze legal and ethical issues relating to aging and end-of-life decisions
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication

- examine the physiological effects of chemical dependency and substance abuse on the elderly population
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources
- survey services for seniors available within a community and define eligibility requirements
- apply knowledge of gerontology to real-life case management and social services situations

Gainful Employment

The US Department of Education requires colleges to disclose a variety of information for any program that is eligible for financial aid that "prepares students for gainful employment in a recognized occupation." The following link provides Gainful Employment Disclosure information for this certificate program:

[Gainful Employment Information for Gerontology: Case Management/Social Services Certificate of Achievement \(https://web.losrios.edu/gainful-emp-info/arc/30468/30468.htm\)](https://web.losrios.edu/gainful-emp-info/arc/30468/30468.htm)

Career Information

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

Gerontology: Environmental Design Certificate

This 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. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing design services to senior adults.

Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
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	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 360	Ethnic Diversity and Aging	0.5
GERON 362	Biology of Aging	0.5
GERON 366	Coping with Death and Related Bereavement	0.5
GERON 368	Mental Health and Aging	0.5
GERON 490	Aging Policy and Practice	3
HSER 340	Introduction to Chemical Dependency (3)	3
or PSYC 400	Introduction to Chemical Dependency (3)	
A minimum of 3 units from the following:		3
GERON 498	Work Experience in Gerontology (1 - 4)	

COURSE CODE COURSE TITLE		UNITS
A minimum of 9 units from the following:		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)	
Total Units:		36

¹Prerequisite required for IDES 334

Student Learning Outcomes

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

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- analyze legal and ethical issues relating to aging and end-of-life decisions
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- examine the physiological effects of chemical dependency and substance abuse on the elderly population
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources
- survey services for seniors available within a community and define eligibility requirements
- apply knowledge of gerontology and environmental design to real-life design situations

Gainful Employment

The US Department of Education requires colleges to disclose a variety of information for any program that is eligible for financial aid that "prepares students for gainful employment in a recognized occupation." The following link provides Gainful Employment Disclosure information for this certificate program:

[Gainful Employment Information for Gerontology: Environmental Design Certificate of Achievement \(https://web.losrios.edu/gainful-emp-info/arc/30471/30471.htm\)](https://web.losrios.edu/gainful-emp-info/arc/30471/30471.htm)

Career Information

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

Gerontology: Health Care Certificate

This 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. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing health services to senior adults.

Certificate Requirements

COURSE CODE COURSE TITLE		UNITS
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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	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 360	Ethnic Diversity and Aging	0.5
GERON 362	Biology of Aging	0.5
GERON 366	Coping with Death and Related Bereavement	0.5
GERON 368	Mental Health and Aging	0.5
GERON 490	Aging Policy and Practice	3
HSER 340	Introduction to Chemical Dependency (3)	3
or PSYC 400	Introduction to Chemical Dependency (3)	
A minimum of 3 units from the following:		3
GERON 498	Work Experience in Gerontology (1 - 4)	
A minimum of 9 units from the following:		9 ¹
AH 110	Medical Language for Health-Care Providers (3)	
BIOL 102	Essentials of Human Anatomy and Physiology (4)	
HSER 310	Ethical Issues and Client's Rights (3)	
or GERON 304	Ethical Issues and Client's Rights (3)	
NURSE 100	Nurse Assistant (7)	
NURSE 101	Home Health Aide (2)	
PSYC 390	Psychology of Death and Dying (3)	
SLPA 300	Introduction to Communication Disorders (3)	
Total Units:		36

¹Prerequisite required for NURSE 101

Student Learning Outcomes

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

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- analyze legal and ethical issues relating to aging and end-of-life decisions
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- examine the physiological effects of chemical dependency and substance abuse on the elderly population

- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources
- survey services for seniors available within a community and define eligibility requirements
- apply knowledge of gerontology to real-life health care situations

Gainful Employment

The US Department of Education requires colleges to disclose a variety of information for any program that is eligible for financial aid that "prepares students for gainful employment in a recognized occupation." The following link provides Gainful Employment Disclosure information for this certificate program:

[Gainful Employment Information for Gerontology: Health Care Certificate of Achievement \(https://web.losrios.edu/gainful-emp-info/arc/30473/30473.htm\)](https://web.losrios.edu/gainful-emp-info/arc/30473/30473.htm)

Career Information

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

Gerontology: Recreation Certificate

This 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. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing recreational services to senior adults.

Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
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	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 360	Ethnic Diversity and Aging	0.5
GERON 362	Biology of Aging	0.5
GERON 366	Coping with Death and Related Bereavement	0.5
GERON 368	Mental Health and Aging	0.5
GERON 490	Aging Policy and Practice	3
HSER 340	Introduction to Chemical Dependency (3)	3
or PSYC 400	Introduction to Chemical Dependency (3)	
A minimum of 3 units from the following:		3
GERON 498	Work Experience in Gerontology (1 - 4)	
A minimum of 9 units from the following:		9
GERON 430	Activity Leader (6.5)	

COURSE CODE	COURSE TITLE	UNITS
KINES 300	Introduction to Kinesiology (3)	
KINES 405	Effects of Exercise on Special Populations (2)	
KINES 408	Administration of Fitness Programs (2)	
Total Units:		36

Student Learning Outcomes

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

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- analyze legal and ethical issues relating to aging and end-of-life decisions
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- examine the physiological effects of chemical dependency and substance abuse on the elderly population
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources
- survey services for seniors available within a community and define eligibility requirements
- apply knowledge of gerontology to real-life recreation situations

Gainful Employment

The US Department of Education requires colleges to disclose a variety of information for any program that is eligible for financial aid that "prepares students for gainful employment in a recognized occupation." The following link provides Gainful Employment Disclosure information for this certificate program:

[Gainful Employment Information for Gerontology: Recreation Certificate of Achievement \(https://web.losrios.edu/gainful-emp-info/arc/30475/30475.htm\)](https://web.losrios.edu/gainful-emp-info/arc/30475/30475.htm)

Career Information

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

Gerontology: Social Policy/Advocacy Certificate

This 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. It focuses on preparation for entry-level positions with private industry, government, and non-profit agencies providing input to social policy and advocacy for senior adults.

Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
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)	

COURSE CODE	COURSE TITLE	UNITS
GERON 311	Social Services Designee: Legal Issues and End-of-Life Decisions	1
GERON 330	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 360	Ethnic Diversity and Aging	0.5
GERON 362	Biology of Aging	0.5
GERON 366	Coping with Death and Related Bereavement	0.5
GERON 368	Mental Health and Aging	0.5
GERON 490	Aging Policy and Practice	3
HSER 340	Introduction to Chemical Dependency (3)	3
or PSYC 400	Introduction to Chemical Dependency (3)	
A minimum of 3 units from the following:		3
GERON 498	Work Experience in Gerontology (1 - 4)	
Subtotal Units:		27

Advocacy Concentration

COURSE CODE	COURSE TITLE	UNITS
A minimum of 9 units from the following:		9
GERON 304	Ethical Issues and Client's Rights (3)	
or HSER 310	Ethical Issues and Client's Rights (3)	
MGMT 362	Techniques of Management (3)	
POLS 304	Introduction to Government: California (3)	
SPEECH 301	Public Speaking (3)	
Advocacy Concentration Units:		9
Total Units:		36

Social Policy Concentration

COURSE CODE	COURSE TITLE	UNITS
A minimum of 9 units from the following:		9
GERON 304	Ethical Issues and Client's Rights (3)	
or HSER 310	Ethical Issues and Client's Rights (3)	
PSYC 365	Issues of Diverse Populations (3)	
or HSER 330	Issues of Diverse Populations (3)	
POLS 301	Introduction to Government: United States (3)	
SPEECH 301	Public Speaking (3)	

COURSE CODE	COURSE TITLE	UNITS
Social Policy Concentration Units:		9
Total Units:		36

Student Learning Outcomes

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

- assess social and cultural attitudes on aging and how they impact social policy regarding the senior population
- evaluate the biological, psychological and social aging changes in terms of optimal aging and the impact of lifestyle choices
- analyze legal and ethical issues relating to aging and end-of-life decisions
- demonstrate skill, ease, confidence, rapport, and listening skills when interacting with seniors at different cognitive levels
- evaluate cognitive levels of seniors and utilize appropriate interactional activities and techniques for communication
- examine the physiological effects of chemical dependency and substance abuse on the elderly population
- evaluate care for the dying in different environments
- assess common mental health issues of aging and evaluate interventions and resources
- survey services for seniors available within a community and define eligibility requirements
- apply knowledge of gerontology to real-life social policy and advocacy situations

Gainful Employment

The US Department of Education requires colleges to disclose a variety of information for any program that is eligible for financial aid that "prepares students for gainful employment in a recognized occupation." The following link provides Gainful Employment Disclosure information for this certificate program:

[Gainful Employment Information for Gerontology: Social Policy/Advocacy Certificate of Achievement \(https://web.losrios.edu/gainful-emp-info/arc/30479/30479.htm\)](https://web.losrios.edu/gainful-emp-info/arc/30479/30479.htm)

Career Information

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

Certificates

Activity Leader Certificate

This certificate provides a comprehensive overview of the role and duties of an activity leader in a long-term care facility. It meets State of California, Title 22 (Department of Social Service) requirements for activity leader certification.

Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
GERON 430	Activity Leader	6.5
Total Units:		6.5

Student Learning Outcomes

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

- articulate the role and responsibilities of the activity leader in a long-term care facility
- demonstrate effective communication skills in interviewing long-term care residents
- analyze normal and disease process changes in hearing and speech and develop strategies for effective communication
- generate required documentation to comply with State and Federal regulations
- create activities which meet physical and emotional needs of residents in long-term care
- assess effects of institutionalization and possible impact on mental health and family relationships
- identify types of dementia and appropriate communication and behavior management strategies
- demonstrate effective problem solving, motivation, and communication skills involved in leadership of an activity program
- compare and contrast community services available and their relevancy to an activity program
- develop appropriate activities and monthly activity calendar to meet the needs of individual residents in long-term care

Career Information

Activity leader in long-term care, assisted living, and retirement facilities.

Dementia Care Certificate

This certificate provides a comprehensive overview of dementias, behavior management, and communication. It expands the knowledge of students to enter the workforce where they will be dealing with seniors diagnosed with a form of dementia.

Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
GERON 204	Alzheimer's Disease and Other Dementias	0.5
GERON 205	Validation: Theory and Practice	0.5
GERON 206	Dementia: Behavior Management	0.5
GERON 271	Dementia: Behaviors and Activity	0.5
Total Units:		2

Student Learning Outcomes

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

- differentiate between reversible and irreversible dementias
- develop strategies for care for those with dementia
- create a safe environment for those with dementia
- evaluate a specific problem to decide if the problem is the patient's or the caregiver's
- assess specific dementia behavior problems and select appropriate responses
- demonstrate appropriate responses to dementia behaviors
- analyze various types of dementia and their characteristics

- identify communication strategies for enhanced understanding by the dementia patient
- identify principles of behavior management
- define caregiver issues
- assess elements of communication that relate to Validation theory
- analyze the theory behind Validation and describe the benefits of using Validation techniques
- demonstrate Validation techniques
- analyze dementia stages and select appropriate Validation techniques

Career Information

Direct care of dementia patients. Supervision and inservice for dementia patients' caregivers

Elder Care Certificate

This Certificate provides a comprehensive overview of the caregiving experience. It expands the knowledge of students to enter the workforce where they will be dealing with seniors and their caregivers.

Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
GERON 205	Validation: Theory and Practice	0.5
GERON 207	Elder Abuse	0.5
GERON 208	Stress Management: New Approaches	0.5
GERON 209	Strategies for Caregivers: Effectively Caring for the Elderly in the Community	0.5
Total Units:		2

Student Learning Outcomes

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

- design caregiving strategies based on the elders' needs and available resources
- explain the concept of "Caring for the Caregiver"
- describe effective procedures for caring for elderly people with memory impairments
- analyze role reversal and sources of guilt within families
- define what constitutes elder abuse, including different types of abuse
- assess causes of elder abuse
- evaluate prevention approaches and resources to intervene before abuse occurs
- identify elder abuse reporting steps and forms
- evaluate the different causes of stress in caregiving situations
- analyze aspects of belief systems which enhance stress in caregiving
- apply new talking and listening skills for reducing stress in self and others

- assess elements of communication that relate to Validation theory
- analyze theory of Validation
- demonstrate Validation techniques
- analyze dementia stages and select appropriate Validation techniques

Career Information

Direct care of seniors. Supervision and inservice for caregivers

Ethnicity and Aging Certificate

This Certificate provides a comprehensive overview of how ethnicity affects the aging experience. It expands the knowledge of students to enter the workforce where they will be dealing with seniors from different cultures and ethnic groups.

Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
GERON 210	Aging Experience in Asian Families	0.5
GERON 211	Aging Experience in Hispanic Families	0.5
GERON 212	Aging Experience in African-American Families	0.5
GERON 360	Ethnic Diversity and Aging	0.5
Total Units:		2

Student Learning Outcomes

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

- synthesize and discuss the importance of cultural sensitivity as it relates to working with older people
- evaluate and discuss differences among ethnic groups in life expectancy, mortality, mobility, family dynamics, work/retirements, mental health, views on death, and use of senior services
- define and discuss ways of overcoming barriers to understanding and using senior services
- evaluate the impact of culture and society on the aging process
- compare and contrast values and beliefs of Asian, Hispanic, African-American cultures and the dominant Western culture
- develop strategies for assessing and assisting aging Asians, Hispanics, and African-Americans and their families
- describe historical events or institutions that have influenced African-American elderly
- describe the economic, educational, and social groups found among the African-American elderly
- discuss the health conditions found most frequently among the Asian, Hispanic, and African-American elderly

Career Information

Direct care of seniors from diverse backgrounds. Supervision and inservice for caregivers.

Leadership in Assisted Living Communities Certificate

This certificate provides a comprehensive overview of leadership, communication, and professionalism and ethics required for effective leadership and supervision in assisted living communities.

Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
GERON 201	Leadership and Team Building in Long-term Care Facilities	0.5
GERON 202	Professionalism and Ethics in Long-term Care	0.5
GERON 203	Communication for Supervision in Long-term Care	0.5
Total Units:		1.5

Student Learning Outcomes

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

- analyze three categories of leadership
- compare and apply four facets of problem solving in regards to long-term care facilities
- analyze the essential elements in team building and being a part of the team in long-term care facilities
- identify and exhibit effective communication techniques
- demonstrate effective motivational practices
- differentiate between ethics and morals as related to working with seniors
- evaluate professional conduct in long-term care facilities
- demonstrate listening skills when working with the elderly
- describe the parameters of confidentiality
- describe professional boundaries
- analyze patterns of communication
- demonstrate validation of feelings and viewpoints
- evaluate adaptive behaviors in long-term care settings
- compare different types of staff support systems

Career Information

Administrative positions in long-term care communities, such as staff coordinator, marketing specialist, resident coordinator, facility administrator.

Senior Fitness Certificate

This program prepares students for employment as a fitness leader for seniors and equips them with the knowledge and hands-on experience necessary to begin a career in the growing field of fitness for older adults.

Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
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FITNS 351	Exercise, Balance and Mobility	1
GERON 205	Validation: Theory and Practice	0.5
GERON 230	Motivating Older Adults to Stay Active	0.5
GERON 302	Psychology of Aging: Adult Development and Aging (3)	3
or PSYC 374	Psychology of Aging: Adult Development and Aging (3)	
GERON 378	Body Mechanics and Safety	0.5
GERON 380	Nutrition and Aging	0.5
HEED 310	Community CPR and Adult AED	1
KINES 403	Fitness and Exercise Assessment	2
KINES 405	Effects of Exercise on Special Populations	2
KINES 406	Techniques of Strength Training Instruction	2
KINES 407	Techniques of Group Fitness Instruction	2
A minimum of 1 unit from the following:		1 ¹
WEXP 498	Work Experience in (Subject) (1 - 4)	
Total Units:		16

¹One unit of work experience is required in one of the following environments: recreation center, senior center, senior community, assisted living facility, or another site for seniors.

Student Learning Outcomes

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

- recommend beneficial exercises for seniors and individuals with disabilities or medical conditions.
- behave responsibly at work, exhibiting initiative and self-management in situations where it is needed.
- create an individualized fitness plan to promote functional independence throughout the remainder of life.
- analyze how nutrition plays a part in overall health and aging.
- compare and contrast different self and group motivational techniques for staying active.
- identify and respond to life-threatening conditions (including breathing emergencies, cardiac emergencies, and severe bleeding).
- evaluate physical activities relative to risk factors.
- design and lead a group exercise activity, and provide modifications and variations to exercises when necessary.
- identify basic principles of body mechanics and posture.
- design an individualized exercise prescription program that includes muscular strength and muscular endurance development.
- explain the normal aging changes and analyze how lifestyle choices influence the aging process.
- demonstrate Validation techniques.

Career Information

The senior fitness certificate program is ideal for anyone desiring an entry-level position as a fitness leader for seniors in a recreation center, senior center, senior community, assisted living facility, or another site for seniors.

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.

Certificate Requirements

COURSE CODE	COURSE TITLE	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
Total Units:		4.5

Student Learning Outcomes

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

- Articulate the role and responsibilities of the social services designee in a long-term care facility
- Analyze normal age changes and their impact on residents
- Incorporate resident rights and responsibilities into daily practice
- Apply Omnibus Budget Reconciliation Act (OBRA)/Title 22 (State of California Department of Social Services) regulations to work environment
- Evaluate legal and ethical issues relating to powers of attorney, long-term care financing, and end-of-life decisions
- Evaluate long-term care facility environments
- Interview and assess long-term care residents to assure needs are being met

Career Information

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

Gerontology (GERON)

GERON 201 Leadership and Team Building in Long-term Care Facilities

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.

Cookies Disclaimer

This course is an overview of the fundamentals of leadership, focusing on team building, communication, motivation, and problem solving in long-term care facilities. The American River College website uses cookies to enhance user experience and analyze site usage. By continuing to use this site, you are giving us consent to do this. Review our [Privacy Policy \(/about-us/our-values/privacy-policy\)](#) to learn more.

Student Learning Outcomes

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

- analyze three categories of leadership
- compare and apply four facets of problem solving in regards to long-term care facilities
- analyze the essential elements in team building and being a part of the team in long-term care facilities
- identify and exhibit effective communication techniques

- demonstrate effective motivational practices

GERON 202 Professionalism and Ethics in Long-term Care

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.

This course explores professionalism and ethical conduct for those working with seniors in long-term care facilities. Topics include ethics, morals, professional conduct, confidentiality, boundaries, and listening skills. Pass/No Pass only.

Student Learning Outcomes

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

- differentiate between ethics and morals as related to working with seniors.
- evaluate professional conduct in long-term care facilities.
- demonstrate listening skills.
- describe the parameters of confidentiality.
- describe professional boundaries.

GERON 203 Communication for Supervision in Long-term Care

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.

This course explores effective communication skills for supervisors in long-term care facilities. Topics include emotions, validation of staff and residents, adaptive behavior, and staff support systems. Pass/No Pass only.

Student Learning Outcomes

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

- demonstrate the art of listening
- analyze patterns of communication
- demonstrate validation of feelings and viewpoints
- evaluate adaptive behaviors in long-term care settings
- compare different types of staff support systems

GERON 204 Alzheimer's Disease and Other Dementias

Units:	0.5
Hours:	9 hours LEC

Prerequisite:	None.
Transferable:	CSU

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. Pass/No Pass only.

Student Learning Outcomes

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

- differentiate between reversible and irreversible dementias
- develop strategies for care for those with dementia
- create a safe environment for those with dementia
- evaluate appropriate Validation techniques for communicating with those with dementia

GERON 205 Validation: Theory and Practice

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.

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. Pass/No Pass only.

Student Learning Outcomes

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

- assess elements of communication that relate to Validation theory
- analyze theory of Validation
- demonstrate Validation techniques
- analyze dementia stages and select appropriate Validation techniques

GERON 206 Dementia: Behavior Management

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.

This course explores the many facets of behavior management as they apply to those diagnosed with a form of dementia. Topics include defining the problem, determining whose problem it is, problem-solving principles, environmental triggers, caregiver response, and techniques (such as timing, validation, noise regulation) for specific problem behaviors. Pass/No Pass only.

Student Learning Outcomes

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

- evaluate a specific problem to decide if the problem is the patient's or the caregiver's
- assess specific dementia behavior problems and select appropriate responses

- demonstrate appropriate responses to dementia behaviors

GERON 207 Elder Abuse

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.

This course is an overview of elder abuse. It focuses on occurrence, prevention strategies, and resources to prevent elder abuse. Pass/No Pass only.

Student Learning Outcomes

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

- define what constitutes elder abuse, including different types of abuse
- assess causes of elder abuse
- evaluate prevention approaches and resources to intervene before abuse occurs
- identify elder abuse reporting steps and forms

GERON 208 Stress Management: New Approaches

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.

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. Pass/No Pass only.

Student Learning Outcomes

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

- evaluate the different causes of stress in caregiving situations
- analyze aspects of belief systems which enhance stress in caregiving
- apply new talking and listening skills for reducing stress in self and others

GERON 209 Strategies for Caregivers: Effectively Caring for the Elderly in the Community

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.

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. Pass/No Pass only.

Student Learning Outcomes

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

- design caregiving strategies based on the elders' needs and available resources
- explain the concept of "Caring for the Caregiver"
- describe effective procedures for caring for elderly people with memory impairments
- analyze role reversal and sources of guilt within families

GERON 210 Aging Experience in Asian Families

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.

This course examines the aging experience characteristic to Asian families. The impact of culture, societal expectations and their effect on family roles, values and beliefs and how these affect caregiving on that aging experience are discussed. Focus is on strategies for dealing with stress and social support services for Asian families. Pass/No Pass only.

Student Learning Outcomes

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

- evaluate impact of culture and society on aging process
- compare and contrast values and beliefs of Asian cultures and the dominant Western culture
- develop strategies for assessing and assisting aging Asians and their families

GERON 211 Aging Experience in Hispanic Families

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.

This course examines the aging experience characteristics to Hispanics and the impact of culture, societal expectations, family roles, values, beliefs, and caregiving on that aging experience. Focus is on social support systems and strategies for assisting aging Hispanics and their families. Pass/No Pass only.

Student Learning Outcomes

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

- evaluate impact of culture and society on the aging process
- compare and contrast values and beliefs of Hispanic cultures and the dominant Western culture
- develop strategies for assessing and assisting aging Hispanics and their families

GERON 212 Aging Experience in African-American Families

Units:	0.5
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Hours:

9 hours LEC

Prerequisite:

None.

This course examines the economic, social, and health status of elderly African-Americans. It focuses on their unique relationship to the dominant American culture, their vulnerability to specific diseases, and their history with the health care system. It also covers family structures in the African-American community and their implications for family relationships and caregiving. Pass/No Pass only.

Student Learning Outcomes

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

- describe historical events or institutions that have influenced African-American elderly
- describe the economic, educational, and social groups found among the African-American elderly
- discuss the health conditions found most frequently among the African-American elderly
- evaluate dietary patterns among African-American in terms of their implications for health and well being
- evaluate the types of household arrangements found most frequently among African-American elders
- develop strategies for assessing and assisting African-American elders and their families

GERON 213 Aging Experience in Native American Families

Units:

0.5

Hours:

9 hours LEC

Prerequisite:

None.

This course examines the economic, social, and health status of elderly Native Americans. It focuses on their unique relationship to the dominant American culture, being members of sovereign nations, and tribal and governmental institutions that impact their lives, family relationships, and caregiving. Pass/No Pass only

Student Learning Outcomes

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

- describe the "Sovereign Nation" status of America's tribes
- evaluate the social status of elders in traditional culture
- analyze a local Native American population in terms of its tribal affiliations and history
- evaluate dietary patterns among Native Americans in terms of their implications for health and well being
- describe the health care delivery system unique to Native Americans, such as the Indian Health Service and the services provided by tribal governments
- compare the long-term care arrangements most frequently found among local Native American elders with those used by the dominant culture
- develop strategies for assessing and assisting Native American elders and their families

GERON 220 RCFE Administrator Training

Units:

4.5

Hours:

81 hours LEC

Prerequisite:	None.
Transferable:	CSU

This course meets the educational requirements necessary to take for state licensure as an administrator of a residential care facility for the elderly (RCFE). Topics include philosophy, mission, and operations of a RCFE; regulations, rights and responsibilities of licensees; fingerprinting and criminal record clearances; psychosocial needs of residents; physical plant requirements; resident assessment, retention, and eviction; resident records and services; food service regulations; admission agreement; special diets; medications; abuse reporting; residents' rights; and community resources. Pass/No Pass only.

Student Learning Outcomes

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

- explain residential care and mission of licensing
- analyze the function of a RCFE facility license from three perspectives
- discuss the rights and responsibilities of a licensee
- explain the need and process for fingerprinting and criminal record clearance
- compare licensing requirements and deficiencies in a RCFE
- evaluate medical conditions and diseases associated with aging and relate to residents' requirements
- evaluate the need for waivers to cover residents with special needs
- evaluate a facility plan to meet California requirements for fire, safety, storage, and emergency preparedness
- evaluate a resident for functional capacities and appropriateness of RCFE placement
- document in-patient records, changes in condition, medication record, and physician orders
- evaluate menus and preparation of food to meet California requirements
- define regulatory requirements covering RCFE personal accommodations and services
- explain health conditions that are prohibited in a RCFE
- evaluate resident records for compliance with regulations
- evaluate RCFE menus for compliance with dietary regulations and special diets
- explain the regulations covering centrally stored resident medications
- assess under what conditions and by whom elder abuse must be reported
- compare advance directives and "do not resuscitate" orders
- describe the requirements for safeguarding resident resources in a RCFE
- compare community resources for applicability to RCFE residents

GERON 230 Motivating Older Adults to Stay Active

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.
Transferable:	CSU

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.

Student Learning Outcomes

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

- assess normal aging and effects of unhealthy lifestyle choices
- describe healthful lifestyle choices and their effects on aging
- evaluate factors in cognitive wellness as people age
- compare and contrast different self- and group-motivational techniques for staying active

GERON 271 Dementia: Behaviors and Activity

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.

This course is an overview of dementia and memory loss. Topics focus on types, characteristics, communications, behavior management, and caregiving of dementia patients. Pass/No Pass only.

Student Learning Outcomes

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

- analyze various types of dementia and their characteristics
- identify communication strategies for enhanced understanding by the dementia patient
- identify principles of behavior management
- define caregiver issues

GERON 280 Home Adaptations for Safety and Independence

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.

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. Pass/No Pass only.

Student Learning Outcomes

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

- assess the functional ability of a home resident
- evaluate safety issues within the home
- evaluate durable equipment to facilitate safety in the home

GERON 300 Sociology of Aging

Same As:	SOC 335
Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Advisory:	ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Transferable:	CSU; UC (UC credit limitation: GERON 300, 302, PSYC 374, & SOC 335 combined: maximum credit, one course)
General Education:	AA/AS Area III(b); CSU Area E1

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, and social class/cultural differences.

This course is not open to students who have completed SOC 335.

Student Learning Outcomes

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

- chart the demographic shift in America as it relates to older adults and evaluate the concept of generational equity
- explain at least five of the major implications and challenges of increased longevity as they relate to end-of-life issues, advocacy, adult abuse, filial responsibility, generational equity, and entitlements
- compare the major biological theories with the major social theories of aging
- explain the major social issues as related to aging in America and their possible solutions
- analyze the overall economic position of older Americans, including retirement plans, health care, job outlook, and entitlements
- calculate the cost of the average funeral and construct cost-saving measures

GERON 302 Psychology of Aging: Adult Development and Aging

Same As:	PSYC 374
Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340
Transferable:	CSU; UC (UC credit limitation: GERON 300, 302, PSYC 374, & SOC 335 combined: maximum credit, one course)
General Education:	AA/AS Area V(b); CSU Area D; CSU Area E1; IGETC Area 4

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. This course is not open to students who have completed PSYC 374.

Student Learning Outcomes

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

- identify and explain the differences between gerontology and geriatrics and explain the changing age demographics both in the United States and globally.
- describe at least four commonly held myths, stereotypes, or ageist attitudes regarding older adults and explain the impact these attitudes have on the image of aging.
- analyze and predict three ways race, gender, and ethnicity might influence the aging process.

- analyze the concepts of successful aging and optimal aging and recognize the differences between at least three normal and three abnormal age changes.
- describe at least three biological and three social theories used to predict how an individual might respond to the aging process or to old age.
- discuss and incorporate the concept of family and intimate relationships in later life and the importance of convoys or networks in the individual process of aging.
- explain at least three of the financial costs associated with aging.
- describe the concept of "aging in place" using at least three local and national resources, two entitlements, and three healthcare options.
- identify an elder who is aging optimally and describe at least three lifestyle choices, based on gerontological theory, that the student feels altered his/her aging process.

GERON 304 Ethical Issues and Client's Rights

Same As:	HSER 310
Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Corequisite:	HSER 300
Advisory:	ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.
Transferable:	CSU

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. This course is not open to students who have completed HSER 310.

Student Learning Outcomes

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

- evaluate the state and federal laws most often violated in human services delivery
- analyze existing California Professional Codes of Ethics
- describe the application of clients' rights in human services agencies and institutions
- describe appropriate professional behavior in human services agencies and institutions
- examine one's own values and attitudes as they apply to ethical decision making

GERON 310 Social Service Designee: Role and Responsibility

Units:	2.5
Hours:	45 hours LEC
Prerequisite:	None.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable:	CSU

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

Student Learning Outcomes

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

- evaluate the role of a social service designee
- explain Omnibus Budget Reconciliation Act (OBRA)/Title 22 regulations
- analyze normal aging changes and how these affect the resident
- identify resident rights and responsibilities

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

Units:	1
Hours:	18 hours LEC
Prerequisite:	None.
Advisory:	ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Transferable:	CSU

This course covers legal issues involved with long-term care. The focus is on probate, conservatorships, wills, trusts, power of attorney for financial management, and the California Advanced Health Care Directives, and right-to-die issues.

Student Learning Outcomes

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

- define and discuss probate, wills, trusts, powers of attorney, advanced health care directives, long-term care and the financing of long-term care
- define and discuss informed consent and conservatorships
- define and discuss right-to-die issues
- analyze ethical end-of-life decisions

GERON 312 Social Services Designee: Fieldwork

Units:	1
Hours:	18 hours LEC
Prerequisite:	GERON 310 and 311 with grades of "C" or better
Advisory:	ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Transferable:	CSU

This course provides an opportunity to explore the social services designee role in a long-term care facility and to apply knowledge gained to long-term care experience in the area of social services.

Student Learning Outcomes

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

- describe the role of a social services designee
- analyze and evaluate long-term care facility environments
- interview and assess residents in long-term care facilities

GERON 330 Communicating with and Validating Older Adults

Same As:	PSYC 378
Units:	3
Hours:	54 hours LEC
Prerequisite:	GERON 302 or PSYC 374 with a grade of "C" or better
Enrollment Limitation:	Current tuberculosis clearance
Advisory:	ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Transferable:	CSU
General Education:	AA/AS Area III(b)

This course introduces the basic theory, techniques, and experiences for communication with, validation of, and stimulation of the elderly at different cognitive levels in long-term care. After the first class session, this course is held off campus in a long-term care setting. Supervision by a professor in a long-term care setting is required. This course is not open to students who have completed PSYC 378.

Student Learning Outcomes

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

- evaluate basic communication needs of seniors and utilize appropriate level of validation theory and techniques
- demonstrate skill, ease, confidence, rapport, and listening skills when communicating with the elderly at different cognitive levels
- assemble and use a kit of materials to facilitate sensory stimulation, validation, and reminiscence therapies

GERON 334 Reminiscence Therapy

Same As:	PSYC 379
Units:	3
Hours:	54 hours LEC
Prerequisite:	GERON 302 or PSYC 374 with a grade of "C" or better
Enrollment Limitation:	Current tuberculosis clearance
Advisory:	ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Transferable:	CSU
General Education:	AA/AS Area III(b)

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. After the first class session, this course is held off campus in a long-term care setting. This course is not open to students who have completed PSYC 379.

Student Learning Outcomes

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

- analyze basic group counseling theories and apply to reminiscence techniques used with the elderly
- analyze the effects of reminiscence therapy on the aging process
- evaluate participants' cognitive levels and interests and choose the appropriate subject for reminiscence
- detect and respond to individual needs within the group
- demonstrate skill, ease, confidence, rapport, and listening skills in facilitating reminiscence groups
- explain the basic process of memory construction

- analyze the staff-development benefits from engaging in reminiscence with older adults
- demonstrate social inclusion using reminiscence therapy
- demonstrate techniques used to encourage reminiscence with people who have dementia and live in a facility
- examine his/her individual boundaries and explain why they are important to maintain in reminiscence groups

GERON 335 Wellness for Older Adults

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable:	CSU

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.

Student Learning Outcomes

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

- analyze exercise programs and their effect on aging
- assess individual diets and make adjustments to maximize health and optimal aging
- identify how stress management can improve health
- evaluate exercise programs to meet individual needs
- examine chronic conditions of aging in relation to stress

GERON 340 Nutrition for Healthy Aging

Same As:	NUTRI 324
Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable:	CSU

This course focuses on the nutrition of older adults. Topics include the effects of nutrition on health and well-being and the physiologic changes in aging, the effects of smell and taste on nutritional status, age-related changes in the gastrointestinal tract, risk factors for cardiovascular disease, and cancer and nutrition. This course is not open to students who have completed NUTRI 324.

Student Learning Outcomes

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

- explain the role of nutrition in the health and well-being of older adults.
- discuss strategies for the prevention of disease and chronic conditions in older adults.
- describe the physiological changes to the body that may occur as a result of the aging process.

- list and describe the major food-assistance programs for older adults.
- discuss the purpose and objectives of nutrition screening methods.
- outline the benefits, list the necessary components, and list the nutritional considerations of an exercise regimen for an older adult.
- illustrate how cultural values influence food choices made by older adults.
- discuss the nutrient needs of older adults as a result of physiological changes.

GERON 360 Ethnic Diversity and Aging

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.
Transferable:	CSU

This course is an overview of ethnicity and culture as factors in the aging process. It focuses on values, beliefs, and culture, and their impact on the design and delivery of senior services with an emphasis on health and residential care services. Pass/No Pass only.

Student Learning Outcomes

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

- synthesize and discuss the role of cultural sensitivity as it relates to working with older people
- evaluate and discuss differences among ethnic groups in terms of their beliefs about health, mental health, death, family obligations and the use of senior services
- define and discuss ways of overcoming barriers to understanding and using senior services

GERON 362 Biology of Aging

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.
Transferable:	CSU

This course is an overview of the biology of aging and health of the older adult. The focus is on chronic and acute illnesses, normal aging changes, sexuality, nutrition, and strategies for good health. Pass/No Pass only.

Student Learning Outcomes

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

- define normal and abnormal aging processes and their relationships to lifestyles
- evaluate health status and problems of older adults and relate them to lifestyles and environments
- evaluate health care strategies appropriate for older adults and community resources and programs to promote wellness

GERON 366 Coping with Death and Related Bereavement

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.
Transferable:	CSU

This course explores our societal/cultural and personal views of death, dying, and bereavement. Topics include the processes of dying and grieving from the perspectives of the patient, family, friends, and caregivers; the dynamics of loss, grief, and bereavement; and the needs of the bereaved. Pass/No Pass only.

Student Learning Outcomes

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

- identify several theories of dying as well as ego coping mechanisms
- analyze some of the common differences between dying in an institutional setting and dying with hospice care
- describe the range of healthy grief responses
- identify support needs and community resources for support
- assess personal feelings, attitudes, and values about dying and how they are influenced by society

GERON 368 Mental Health and Aging

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.
Transferable:	CSU

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. Pass/No Pass only.

Student Learning Outcomes

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

- apply the concept of mental health to the aging process
- describe common mental health issues of depression, dementia, substance abuse, intervention, and resources as they affect the aging population
- evaluate interventions and resources available to seniors

GERON 378 Body Mechanics and Safety

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.
Transferable:	CSU

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

Student Learning Outcomes

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

- describe the basic anatomy of the spine
- describe the diagnosis, detection, and treatment of back injuries
- identify basic principles of body mechanics and posture
- demonstrate proper transfer techniques
- cite three consequences of immobility and weight gain
- list three fall prevention strategies for the elderly
- demonstrate strengthening and stretching exercises for the back

GERON 380 Nutrition and Aging

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.
Transferable:	CSU

This course concentrates on the practical aspects of nutrition and aging. Cost-effective directions for meeting nutritional needs are included. Information regarding environmental factors implicated in the aging process is discussed. Pass/No Pass only.

Student Learning Outcomes

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

- analyze how nutrition plays a part in overall health and aging
- explain how cultural attitudes toward lifestyle, stress and environmental factors influence nutrition
- evaluate information in residential care, assisted living, and skilled nursing facilities to design meals that are cost effective and nutritionally sound
- name the sources and functions of the essential nutrients
- analyze the interactions between nutrition and medications
- evaluate the relationship between nutrition and chronic illness

GERON 430 Activity Leader

Units:	6.5
Hours:	117 hours LEC
Prerequisite:	None.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable:	CSU

This course covers the roles and responsibilities of an Activity Leader in long-term care facilities. Topics include interviewing and counseling techniques, hearing and speech changes, social and psychological forces of aging, effective leadership skills, dementia behaviors, etiology of illness, community agencies and resources, needs-based programming, documentation at state and federal levels, and creating an activity program.

Student Learning Outcomes

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

- evaluate the role of the Activity Leader as it relates to the needs of the resident
- compare and contrast two therapeutic outcomes of using reminiscence therapy
- develop strategies for effective communications with seniors with speech and/or hearing deficits
- complete the required Title XXII documentation
- prepare paperwork required for the Omnibus Budget Reconciliation Act (OBRA) compliance
- assess activities which meet physical and emotional needs of long-term care residents
- identify at least five symptoms of depression and evaluate appropriate intervention
- identify principles of behavior management when working with residents with dementia
- compare and illustrate how to apply four facets of problem solving in senior programs
- compare and contrast the variety of community services available for the aging population
- develop an appropriate activity to meet a specific need of a long-term care resident
- compare and contrast the development of activities for different cultural groups in long-term care
- analyze various aspects of activity coordination

GERON 490 Aging Policy and Practice

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable:	CSU

This course provides an overview of the social issues faced by Older Americans and the social policies and programs provided to address those issues, including the Older Americans Act, Social Security, Medicare, and the Elder Justice Act. It investigates how social policies and programs are put into practice by exploring career options in the agencies, businesses, and organizations that provide services and support to older adults living in California.

Student Learning Outcomes

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

- generate an Internet resource list with URLs and brief descriptions of the government websites for major programs and services for Older Americans.
- outline the flow of funding for services to Older Americans from its legislative origins to the local providers in the Aging Network, including local organizations/businesses.
- summarize theories of help-seeking behavior.
- differentiate between 1) Social Security and Entitlement Programs; 2) Medicare Options (Part A, B, etc.) and 3) Medicare and MediCal Benefits.
- identify social issues that impact cultural/ethnic subgroups of older adults.
- deconstruct social issues that impact cultural/ethnic subgroups of Older Americans.
- determine the relevance of federal and state Elder Justice regulations to real/hypothetical case studies of elder abuse, exploitation, and neglect.
- utilize a public resource provided to enrich/improve quality of life during aging.

- assess the obstacles Older Americans may have to overcome when accessing government programs and services during aging.
- reflect on policies that contribute to ageism and their impact on the previous, current, and future generations of your family.

GERON 495 Independent Studies in Gerontology

Units:	1 - 3
Hours:	54 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

GERON 498 Work Experience in Gerontology

Units:	1 - 4
Hours:	60 - 300 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Students must be in a paid or unpaid internship, volunteer position, or job related to gerontology with a cooperating site supervisor. Students are advised to consult with the Gerontology Department faculty to review specific certificate and degree work experience requirements.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable:	CSU
General Education:	AA/AS Area III(b)

This course provides students with opportunities to develop marketable skills in preparation for employment or advancement within the field of gerontology. It is designed for students interested in work experience and/or internships in transfer-level degree occupational programs. Course content includes understanding the application of education to the workforce, completion of Title 5 required forms which document the student's progress and hours spent at the work site, and developing workplace skills and competencies.

During the semester, the student is required to complete 75 hours of related paid work experience, or 60 hours of related unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. All students are required to attend the first class meeting, a mid-semester meeting, and a final meeting. Additionally, students who have not already successfully completed a Work Experience course will be required to attend weekly orientations while returning participants may meet individually with the instructor as needed. Students may take up to 16 units total across all Work Experience course offerings. This course may be taken up to four times when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.

Student Learning Outcomes

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

- demonstrate application of industry knowledge and theoretical concepts in the field of gerontology related to a transfer degree level career as written in the minimum three (3) learning objectives created by the student and his/her employer or work site supervisor at the start of the course
- make effective decisions, use workforce information, and manage his/her personal career plans.
- behave professionally, ethically, and legally at work, consistent with applicable laws, regulations, and organizational norms.
- behave responsibly at work, exhibiting initiative and self-management in situations where it is needed.

- apply effective leadership styles at work, with consideration to group dynamics, team and individual decision making, and workforce diversity.
- communicate in oral, written, and other formats, as needed, in a variety of contexts at work.
- locate, organize, evaluate, and reference information at work.
- demonstrate originality and inventiveness at work by combining ideas or information in new ways, making connections between seemingly unrelated ideas, and reshaping goals in ways that reveal new possibilities using critical and creative thinking skills such as logical reasoning, analytical thinking, and problem-solving.

GERON 1065 Movement Matters

Units:	0.5
Hours:	9 hours LEC
Prerequisite:	None.
Transferable:	CSU

This course introduces the importance of movement for seniors and provides examples adapted to specific chronic conditions. Topics include movement related to Parkinson's, multiple sclerosis, osteoarthritis, osteoporosis, and Alzheimer's and other dementias. Credit/No Credit only.

Student Learning Outcomes

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

- identify causes, signs, and symptoms of common chronic conditions of age
- explain the effects of various medications on movement
- evaluate different movement programs offered in long-term care facilities for appropriateness

Faculty

Karla Gustafson

Assistant Professor

Office: ARC Main, Davies Hall, D300
Email: GustafK@arc.losrios.edu
 (<mailto:GustafK@arc.losrios.edu>)

Phone: (916) 484-8512

Web: [Karla Gustafson's Profile Page \(/about-us/faculty-and-staff-directory/karla-gustafson\)](#)

Gina Hansen

Adjunct Faculty

Office: ARC Main
Email: HansenG@arc.losrios.edu
 (<mailto:HansenG@arc.losrios.edu>)

Phone: (916) 484-8141

Web: [Gina Hansen's Profile Page \(/about-us/faculty-and-staff-directory/gina-hansen\)](#)

Laurinda Reynolds

Assistant Professor

Office: ARC Main, Davies Hall, D361-B
Email: reynoll@arc.losrios.edu (<mailto:reynoll@arc.losrios.edu>)
Phone: (916) 484-8160
Web: [Laurinda Reynolds's Profile Page \(/about-us/faculty-and-staff-directory/laurinda-reynolds\)](#)

Mary Schleeter

Adjunct Faculty

Office: ARC Main
Email: schleem@arc.losrios.edu
 (<mailto:schleem@arc.losrios.edu>)

Web: [Mary Schleeter's Profile Page \(/about-us/faculty-and-staff-directory/mary-schleeter\)](#)

Jacquelyn Sneed

Adjunct Faculty

Office:	ARC Main
Email:	SneedJ@arc.losrios.edu (mailto:SneedJ@arc.losrios.edu)
Phone:	(916) 484-8512
Web:	Jacquelyn Sneed's Profile Page (/about-us/faculty-and-staff-directory/jacquelyn-sneed)

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