

# 2024-2025 Unofficial Catalog Preview

## Gerontology

### Overview

The Gerontology program at Sacramento City College will provide students with an overview of the biological, physiological, psychological, and sociological factors involved in aging. Students will be able to apply this knowledge within a variety of careers to better serve and care for our aging population. Students who are planning to continue their study in gerontology by transferring to a four-year college should consult the “Requirements for Transfer Institutions” section of this catalog. Consultation with a Sacramento City College counselor is also advised.

### Degrees and Certificates Offered

- A.S. in Gerontology
- Gerontology Level 2 (Intermediate) Certificate
- Gerontology Certificate
- Gerontology Level 1 (Beginning) Certificate

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## Associate Degree

### A.S. in Gerontology

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

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

**Catalog Date:** August 1, 2024

### Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
GERON 300	Sociology of Aging (3)	3
or SOC 335	Sociology of Aging (3)	
GERON 301	The Biology and Physiology of Aging	3
GERON 302	Psychology of Aging: Adult Development and Aging (3)	3
or PSYC 374	Psychology of Aging: Adult Development and Aging (3)	
or EDUC 300	Human Development: A Life Span (3)	
or PSYC 370	Human Development: A Life Span (3)	
NUTRI 300	Nutrition (3)	3
or NUTRI 480	Nutrition Honors (3)	
PSYC 390	Psychology of Death and Dying	3
A minimum of 3 units from the following:		3 <sup>1</sup>

COURSE CODE	COURSE TITLE	UNITS
WEXP 498	Work Experience in (Subject) (0.5 - 4)	
Total Units:		18

<sup>1</sup>The work experience placement must be working with elders in some capacity.

The Gerontology Associate in Science (A.S.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See SCC graduation requirements.

## Student Learning Outcomes

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

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

## Career Information

As our population ages, almost every industry is serving the growing population of older adults. Research has demonstrated that, regardless of career path, having training in gerontology is beneficial for those seeking employment. Some possible career opportunities may include but are not limited to: Care/Case Aide, Registry Coordinator, Volunteer Services, Elder Care Provider, Program Aide or Assistant, Geriatric Aide or Assistant, Home Care Specialist, Home Health Aide, Intergenerational Care Provider, and Professional Caregiver.

# Certificates of Achievement

## Gerontology Level 2 (Intermediate) Certificate

This "Gerontology Level 2 (Intermediate)" certificate builds upon the level 1 certificate and encourages the student to continue on to the full Gerontology Certificate of Achievement and/or Associate's Degree in Gerontology. This certificate includes the 6 units from level 1 (Gerontology 300 + Gerontology 498) plus a Psychology of Aging (3 units) and a Death and Dying course (3 units) for a total of 12 units. This level 2 certificate will deepen the student's knowledge and understanding of Gerontology and allow them to display their knowledge and experience when applying for jobs.

Catalog Date: August 1, 2024

## 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)	
PSYC 390	Psychology of Death and Dying	3
WEXP 498	Work Experience in (Subject)	0.5 -4 <sup>1</sup>
Total Units:		9.5 - 13

<sup>1</sup>The work experience placement must be working with elders in some capacity.

## Student Learning Outcomes

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

- evaluate thanatology as an interdisciplinary subject with psychological, spiritual, philosophical social, cultural, and historical aspects of death and dying.
- analyze the values of different cohorts and how those values impact the aging experience.
- compile a diversity of resources, local and otherwise, available to support successful aging.
- explain normal age related changes and how they are influenced by lifestyle.

## Career Information

Labor market analysis has revealed that jobs/careers working with elders are increasing rapidly and that we, at the California community colleges, need to be notifying students of these trends so they can fill future positions. In addition, we learned that experience in Gerontology is valued in most every career path. For example, gymnasiums, hiring personal trainers, are now seeking to hire individuals who have a desire to work with elders. Some specific careers include: Advocate, Caseworker, Community Coordinator, Family Support Worker, Home Based Assistant, Program Specialist, Outreach Specialist, Social Services Assistant, Social Work Associate, and Human Service Assistant.

# Gerontology Certificate

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

Students who are planning to continue their studies in gerontology by transferring to a four-year college should consult the "requirements for transfer institutions" section of this catalog. Consultation with a Sacramento City College counselor is also advised.

Catalog Date: August 1, 2024

## Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
GERON 300	Sociology of Aging (3)	3
or SOC 335	Sociology of Aging (3)	
GERON 301	The Biology and Physiology of Aging	3
GERON 302	Psychology of Aging: Adult Development and Aging (3)	3
or PSYC 374	Psychology of Aging: Adult Development and Aging (3)	
or EDUC 300	Human Development: A Life Span (3)	
or PSYC 370	Human Development: A Life Span (3)	
NUTRI 300	Nutrition (3)	3
or NUTRI 480	Nutrition Honors (3)	
PSYC 390	Psychology of Death and Dying	3
A minimum of 3 units from the following:		3 <sup>1</sup>
WEXP 498	Work Experience in (Subject) (0.5 - 4)	
Total Units:		18

<sup>1</sup>The work experience placement must be working with elders in some capacity.

## Student Learning Outcomes

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

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

## Career Information

As our population ages, almost every industry is serving the growing population of older adults. Research has demonstrated that, regardless of career path, having training in gerontology is beneficial for those seeking employment. Some possible career opportunities may include but are not limited to: Care/Case Aide, Registry Coordinator, Volunteer Services, Elder Care Provider, Program Aide or Assistant, Geriatric Aide or Assistant, Home Care Specialist, Home Health Aide, Intergenerational Care Provider, and Professional Caregiver.

# Certificate

## Gerontology Level 1 (Beginning) Certificate

This Gerontology Level 1 (Beginning) certificate is the first of a 3-level stackable certificate program which will encourage the student to continue on to the full Gerontology Certificate of Achievement and/or Associate's Degree in Gerontology. This certificate includes a Sociology of Aging course and 0.5-4.0 units of work experience in a setting where the student will gain experience working with elders. This certificate will help expose students to the rewards of serving the needs of elders and allow them to display this knowledge and experience when applying for jobs.

# Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
GERON 300	Sociology of Aging (3)	3
or SOC 335	Sociology of Aging (3)	
WEXP 498	Work Experience in (Subject)	0.5 -4 <sup>1</sup>
Total Units:		3.5 - 7

<sup>1</sup>The work experience placement must be working with elders in some capacity.

## Student Learning Outcomes

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

- describe the field of social gerontology and population trends in the U.S. and worldwide.
- analyze and interpret the diversity of social experiences for older adults using a sociological perspective, especially in relation to race, class, gender, age, sexual orientation, religion, and ethnicity.
- apply academic knowledge in Gerontology through the application of a structured, supervised, and on-the-job experience.

## Career Information

Labor market analysis has revealed that jobs/careers working with elders are increasing rapidly and that we, at the California community colleges, need to be notifying students of these trends so they can fill future positions. In addition, we learned that experience in Gerontology is valued in most every career path. For example, gymnasiums, hiring personal trainers, are now seeking to hire individuals who have a desire to work with elders. Some specific careers include the following: Advocate, Caseworker, Community Coordinator, Family Support Worker, Home Based Assistant, Program Specialist, Outreach Specialist, Social Services Assistant, Social Work Associate, and Human Service Assistant.

# Gerontology (GERON) Courses

## GERON 300 Sociology of Aging

Same As:	SOC 335
Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Advisory:	ENGWR 300 or ESLW 340; EDUC 300 or PSYC 370; and LIBR 318 with grades of "C" or better.
Transferable:	CSU; UC
General Education:	AA/AS Area V(b); AA/AS Area III(b); CSU Area D0; CSU Area E1; IGETC Area 4J
Catalog Date:	August 1, 2024

In this course students will examine the aging process with emphasis on social factors affecting and affected by an aging population. The course includes an analysis of demographics, history of aging in America, social conditions, resources and support systems, employment, retirement, social class, and cultural differences. Students will be encouraged to reflect on their status in the sociology of aging process. (Credit awarded for GERON 300 or SOC 335.)

## GERON 301 The Biology and Physiology of Aging

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(b); AA/AS Area IV
Catalog Date:	August 1, 2024

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

## GERON 302 Psychology of Aging: Adult Development and Aging

Same As:	PSYC 374
Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Advisory:	ENGWR 300 or ESLW 340; EDUC 300 or PSYC 370; and LIBR 318 with grades of "C" or better.
Transferable:	CSU; UC

General Education:

Catalog Date:

AA/AS Area III(b); CSU Area D9; CSU Area E1; IGETC Area 4I  
August 1, 2024

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

## GERON 494 Topics in Gerontology

Units:

Hours:

Prerequisite:

Transferable:

Catalog Date:

0.5 - 4  
9 - 72 hours LEC  
None.  
CSU  
August 1, 2024

This course is designed to examine current issues or specific topics relevant to the field of gerontology. The particular topics to be covered each semester will be determined by gerontology staff. This course may be taken one time. UC transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted towards the minimum 60 units required for admissions.

## GERON 495 Independent Studies in Gerontology

Units:

Hours:

Prerequisite:

Transferable:

Catalog Date:

1 - 3  
54 - 162 hours LAB  
None.  
CSU  
August 1, 2024

This course involves an individual student or small groups of students in study, research, or activities beyond the scope of regularly offered courses, pursuant to an agreement among college, faculty members, and students. Independent study offers students an opportunity to explore topics in gerontology that are beyond the scope of the courses we currently offer. UC transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted towards the minimum 60 units required for admissions.

## GERON 499 Experimental Offering in Gerontology

Units:

Prerequisite:

Transferable:

Catalog Date:

0.5 - 4  
None.  
CSU  
August 1, 2024

This is the experimental courses description.