

# 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.

## Career Options

Possible career opportunities may include but are not limited to: elder care, program aide or assistant, geriatric aide, home-care specialist, home health aide, inter-generational care provider, and professional caregiver.

**Dean** [Dennis Lee \(/about-us/contact-us/faculty-and-staff-directory/dennis-lee\)](/about-us/contact-us/faculty-and-staff-directory/dennis-lee)  
**Department Chairs** [Nadine Kirkpatrick \(/about-us/contact-us/faculty-and-staff-directory/nadine-kirkpatrick\)](/about-us/contact-us/faculty-and-staff-directory/nadine-kirkpatrick)  
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## Associate Degree

### A.S. in Gerontology

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**Catalog Date:** June 1, 2020

### 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 FCS 324	Human Development: A Life Span (3)	
or PSYC 370	Human Development: A Life Span (3)	
NUTRI 300	Nutrition (3)	3
or NUTRI 480	Nutrition Honors (3)	
PSYC 390	Psychology of Death and Dying	3
<b>A minimum of 3 units from the following:</b>		3
GERON 498	Work Experience in Gerontology (1 - 4)	
<b>Total Units:</b>		<b>18</b>

*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 in cases of Alzheimer's and other dementia.
- identify and evaluate elder abuse causes, prevention strategies, and resources.
- identify strategies for meeting the challenges of aging within a sociocultural framework.
- recognize and evaluate demographic, socioeconomic, legal, and physiologic aspects of aging.

- develop practical workplace skills and knowledge needed for employment.

## 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: elder care, program aide or assistant, geriatric aide, home care specialist, home health aide, inter-generational care provider, and professional caregiver.

# Certificate of Achievement

## 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:** June 1, 2020

## Certificate Requirements

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or PSYC 374	Psychology of Aging: Adult Development and Aging (3)	
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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
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GERON 498	Work Experience in Gerontology (1 - 4)	
<b>Total Units:</b>		<b>18</b>

## Student Learning Outcomes

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

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- discuss the impact of language and other cultural factors that influence drug education, drug use, and treatment options with the elderly.
- evaluate common methods of care for the dying including hospitals, skilled nursing facilities, and hospice care.
- recognize and identify risk of caregiver stress in cases of Alzheimer's and other dementia.
- identify and evaluate elder abuse causes, prevention strategies, and resources.
- identify strategies for meeting the challenges of aging within a sociocultural framework.
- recognize and evaluate demographic, socioeconomic, legal, and physiologic aspects of aging.
- develop practical workplace skills and knowledge needed for employment.

## Career Information

Possible career opportunities for a student with an Associate's Degree in Gerontology may include: Care/Case Aide, Registry Coordinator, Volunteer Services, Elder Care Provider, Program Aide or Assistant, Geriatric Aide, Home Care Specialist, Home Health Aide, Intergenerational Care Provider, and Professional Caregiver.

# Gerontology (GERON) Courses

## GERON 300 Sociology of Aging

<b>Same As:</b>	SOC 335
<b>Units:</b>	3
<b>Hours:</b>	54 hours LEC
<b>Prerequisite:</b>	None.
<b>Advisory:</b>	ENGRD 110 and ENGWR 101 or ESLR 340 and ESLW 340 and ESL 114; and FCS 324; and LIBR 318 with grades of "C" or better.
<b>Transferable:</b>	CSU; UC
<b>General Education:</b>	AA/AS Area V(b); AA/AS Area III(b); CSU Area D0; CSU Area E1; IGETC Area 4J

**Catalog Date:** June 1, 2020

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

## Student Learning Outcomes

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

- describe the field of social gerontology and population trends in the U.S. and worldwide.
- identify historical and cross-cultural issues in aging.
- identify cognitive changes that occur as one ages, including personality and mental health.
- analyze the significance of love, intimacy, and sexuality in later life.
- contrast social theories of aging including social supports and intergenerational relationships.
- predict special needs in living arrangements as one ages.
- assess the significance of paid and nonpaid roles in later life.
- develop an awareness of social policies and issues that may have an impact on oneself (the student) as one grows through the process of aging.
- identify special concerns of ethnic minorities and older women.
- describe the process of dealing with death and bereavement- physically, cognitively, and emotionally.
- cite biological theories regarding physiological changes with age.

## 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:** June 1, 2020

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

## Student Learning Outcomes

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

- describe the basic concepts in the biology of aging.
- evaluate the tools and techniques available for measuring biological aging.
- describe cellular aging and how that differs from organismal aging.
- describe the factors that influence human longevity and which interventions impact lifespan.
- analyze the diseases of aging and their most common causes.
- discuss possibilities for the future of bio gerontology and aging.

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

**Same As:** PSYC 374  
**Units:** 3  
**Hours:** 54 hours LEC  
**Prerequisite:** None.  
**Advisory:** ENGRD 110 and ENGWR 101, OR ESLR 340 and ESLW 340, and ESL 114, and FCS 324/PSYC 370, and LIBR 318 with grades of "C" or better  
**Transferable:** CSU; UC  
**General Education:** AA/AS Area III(b); CSU Area D9; CSU Area E1; IGETC Area 4I  
**Catalog Date:** June 1, 2020

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.

## Student Learning Outcomes

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

- examine and discuss different theoretical perspectives used in explaining adult development and behavior.
- explain the normal aging changes and analyze how lifestyle choices influence the aging process.
- analyze and discuss how ethnic diversity influences the aging process.
- analyze the values of different cohorts and how those values impact the aging experience.
- analyze the financial costs of aging in terms of retirement planning, Social Security, pensions, and health care programs.
- compare alternative living environments in terms of appropriateness and affordability.
- compile a diversity of resources, local and otherwise, available to support successful aging.

## GERON 494 Topics in Gerontology

<b>Units:</b>	0.5 - 4
<b>Hours:</b>	9 - 72 hours LEC
<b>Prerequisite:</b>	None.
<b>Advisory:</b>	ENGR 101 and ENGRD 110 with a grade "C" or better.
<b>Transferable:</b>	CSU
<b>Catalog Date:</b>	June 1, 2020

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.

## Student Learning Outcomes

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

- discuss various concerns of aging and old age.
- identify issues related to quality of life in late adulthood.
- describe abilities and skills essential in elder care.

## GERON 495 Independent Studies in Gerontology

<b>Units:</b>	1 - 3
<b>Hours:</b>	54 - 162 hours LAB
<b>Prerequisite:</b>	None.
<b>Transferable:</b>	CSU
<b>Catalog Date:</b>	June 1, 2020

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.

## Student Learning Outcomes

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

- discuss and outline a proposal of study (that can be accomplished within a one semester term) with a supervising instructor qualified within the discipline.
- demonstrate competence in the skills essential to mastery of the major discipline of study that are necessary to accomplish the independent study.
- prepare a written and/or oral report summarizing the results achieved from the independent study.

## GERON 498 Work Experience in Gerontology

<b>Units:</b>	1 - 4
<b>Hours:</b>	18 hours LEC; 60 - 300 hours LAB
<b>Prerequisite:</b>	None.
<b>Transferable:</b>	CSU
<b>Catalog Date:</b>	June 1, 2020

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

## Student Learning Outcomes

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

- apply classroom study through application of a planned, supervised, on-the-job experience.
- develop practical workplace skills, acquire knowledge, and build confidence in the workplace.
- evaluate personal strengths and weaknesses in the workplace.

## GERON 499 Experimental Offering in Gerontology

<b>Units:</b>	0.5 - 4
<b>Prerequisite:</b>	None.
<b>Transferable:</b>	CSU
<b>Catalog Date:</b>	June 1, 2020

## People and Society

[\(/academics/meta-majors/people-and-society/\)](https://academics/meta-majors/people-and-society/)

This program is part of the People and Society meta major.

