



NOTE:

This document is specific to the
2002-2004 printed catalog.


**BACHELOR OF SCIENCE
MINOR**

PROGRAM DESCRIPTION

Gerontology is the study of the human aging process and the challenges encountered by aging individuals in contemporary society.

The demographic changes in the United States have been well documented. Projections indicate that by the year 2000, 13 percent of the population will be 65 years of age and over; the percentage will increase to 25 percent by 2040.

In California, the projections indicate a dramatic increase in the older adult population by the year 2020. With 1986 as the baseline, increases are estimated at 133 percent for the 85+ group and 109 percent for the 65-85 group. In Sacramento in 1990, the 60+ population was 160,000 and is projected to increase to 300,000 by 2015.

Local, regional and national surveys document the need for educating and training professionals in gerontology to plan, organize and deliver services to older persons.

The commitment of California State University, Sacramento to gerontology is a response to the demographic imperative.

FACULTY

Cheryl Osborne, *Director*

Joe Anderson, Emanuel Gale, *Social Work*; Heather Kinsey, Carol Stensrud, *Recreation and Leisure Studies*; Carol Mayer, *Speech Pathology and Audiology*; Minako Maykovich, *Sociology*; Cheryl Osborne, *Nursing*; Sam Rios, *Ethnic Studies*; Melinda Seid, Maureen Smith, *Kinesiology and Health Science*

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FEATURES

The focus of the curriculum is upon Bio/psycho/social aspects of aging, social policy, services and research in aging, and practice, administration and program skills in aging.

Gerontology program goals are:

- To provide an integrated interdisciplinary program of courses and field experiences that lead to a Bachelor of Science degree with a Major, Minor or Certificate in Gerontology.
- To prepare individuals for careers in varied gerontological practice areas based upon demographic projections of need for personnel in planning, administering, coordinating and delivering older adult services.
- To prepare gerontological practitioners who are aware of the effects of social policy on aging individuals and families.
- To facilitate students' progression from community colleges to the University when acquiring a BS degree in gerontology.
- To offer individuals currently working in the community opportunities to learn advanced skills and acquire professional training in gerontology.
- To enhance and strengthen the relationships between the Gerontology Program and Sacramento area agencies and institutions planning or delivering services for older persons.
- To enhance the interest and commitment of faculty and the University and provide a vehicle for interdisciplinary study and research in the field of gerontology.
- To provide academic preparation for graduate study in Gerontology or other related fields.

CAREER POSSIBILITIES

Counselor • Adult Protective Services • Assessment/Intake Case Worker • California Department of Aging • Case Manager • Consultant • Department of Health Services • Department of Social Services-Older Adult Educator • Guardian/Conservator Staff • Information and Referral Specialist • Legal Aid Assistant • Ombudsman/Advocate • Program Activities Director • Program Specialist • Senior Community Outreach • Geriatric Social Worker • Geriatric Clinical Nurse • Rehabilitation/Job Training Agencies • Senior Retirement/Adult Day Care Centers • Area Agencies on Aging

DEGREE REQUIREMENTS • BS

Units required for Major: 48

Minimum total units required for BS: 120

Courses in parentheses are prerequisites.

A. Required Core Courses (18 units)

- (3) GERO 101 Services for the Aging
- (3) GERO 102 Social Policy & Aging
- (3) GERO 103 Gerontology Practice
- (3) GERO 195A Field Experience
- (3) GERO 195B Field Experience
- (3) Research Elective (See advisor)
Select 3 units from the following:
 - NURS 150 Research in Nursing (NURS 136, NURS 137, NURS 138, NURS 139, or instructor permission. May be taken concurrently with either NURS 143, NURS 144, or NURS 155, NURS 156) **AND**
 - NURS 195 Field Study (Instructor permission) **OR**
 - SOC 102A Research Methods in Sociology (SOC 101 or equivalent) **OR**
 - SWRK 111 Introduction to Research Methods and Program Evaluation (SWRK 110)

B. Required Interdisciplinary Core (21 units)

- (3) BIO 120 Biology of Aging (BIO 010 or BIO 020)
- (3) ETHN 133 Crosscultural Aging in America
- (3) FACS 147 Financial and Legal Aspects of Aging (FACS 141 or instructor permission)
- (3) NURS 163 Holistic Approach to Aging (Passing score on the WPE)
- (3) PSYC 151 Psychological Aspects of Death and Dying
- (3) RLS 124 Therapeutic Recreation and Gerontology
- (3) SWRK 151 Health Services and Systems

C. Electives (9 units)

- (9) Select 9 units from the following; not more than 6 units in any one of the following areas:

1. Applied Service/Administration

- EDC 296R Counseling the Older Adult
- GERO 199 Special Problems
- HLSC 116 Public Health Administration
- KINS 136 Sport and Aging
- OBE 150 The Management of Contemporary Organizations

2. General Focus

- FACS 119 Nutrition and Aging (FACS 010, FACS 159 or instructor permission)
- FACS 159 Adulthood and Aging in Human Development (A human development course or instructor permission)
- HLSC 150 Aging and Health
- PSYC 119 The Aging Brain (PSYC 001, PSYC 008, PSYC 101)
- PSYC 150 Psychological Aspects of Aging (PSYC 001 or PSYC 005)
- SOC 102B Research Methods Laboratory (SOC 101 or equivalent; SOC 102A)

Notes:

- Satisfactory completion of the program (major or minor) requires a grade of "C" or better in all major and multidisciplinary core/elective courses.
- Additional optional courses which are recommended to support the Gerontology major are GERO 100, BIO 020, CHDV 030, FACS 050, FACS 141, NURS 010, PSYC 005, SOC 001, STAT 001.
- Major core courses have the potential of offering a one unit Service Learning option for each of the three theory courses. These units could be combined and serve as one elective (GERO 199) if there is an approved written plan by the student and academic advisor.

MINOR REQUIREMENTS

Units required for Minor: 21

A. Required Lower Division Courses

There are no specific lower division course requirements. Students must complete at least 45 units of college or university work before becoming eligible to enroll in the program. Students are also encouraged to meet with the Program Director for advising *prior* to enrolling in any gerontology classes.

B. Required Upper Division Courses (21 units)

- (3) GERO 100 Issues of Aging in America
- (3) GERO 101 Services for the Aging
- (3) GERO 102 Social Policy and Aging
- (3) GERO 103 Gerontology Practice
- (3) GERO 195B Field Experience (GERO 101, GERO 102, and GERO 103 and instructor permission)
- (3) ETHN 133 Crosscultural Aging in America or other multicultural aging course
- (3) FACS 159 Adulthood and Aging in Human Development (a human development course or instructor permission) **OR**
- NURS 163 Holistic Approach to Aging (passing score on the WPE)

Note: Satisfactory completion of the Minor requires a grade of "C" or better in all courses.

UPPER DIVISION COURSES

GERO 100. Issues of Aging in America. An introduction to the field of gerontology and its social implications. An examination of current major issues in gerontology using a life span perspective focusing on older adults' needs/concerns along life's continuum in various environments. Topics include the demographic imperative, common aging changes/conditions, myths and stereotypes, the effects of health/illness on individual and family roles, basic social issues and policies arising from the graying of America, and media, cultural and gender influences. 3 units.

GERO 101. Services for the Aging. Review of services targeted for older adults including housing, leisure, health, protective, residential care and examines the continuum of services including: information and referral, recreational, social adjustments, in-home supportive services, home health, the range of rehabilitative and residential care facilities and administrative and management issues facing services for the elderly. 3 units.

GERO 102. Social Policy and Aging. Exploration of significant public policies related to aging, including Social Security, Supplemental Security Income, Medicare, Medicaid, and the Older Americans' Act, from both historic and current perspectives. Included is an examination of macroeconomics of aging, the significance of women, the rights of the elderly, advocacy, the legislative process, policy analysis, and the politics and the ethics of aging. 3 units.

GERO 103. Gerontology Practice. Designed to acquaint the student with various issues, services, methods and interventions as they relate to practice with older adults. Objectives are to understand: the unique characteristics and problems of older adults; the relationship of the systems approach to work with the elderly; basic practice skills needed for effective service delivery to the older adult and families/caregivers; special issues that affect delivery of services to this population such as diversity, ethics, special health and mental health needs; and the student's attitudes toward the elderly and special roles in working with this population. 3 units.

GERO 195A. Field Experience. Supervised internship experience in a community agency planning for or delivering professional services to older adults. This internship experience is part of two culminating courses for the major and focuses on application of the interdisciplinary nature of the discipline while affording students direct, hands on experiences. Includes a field seminar. Seminar discussions focus on the application of gerontological concepts derived from all gerontology courses and are applied to each student's specific Internship area. **Prerequisite:** GERO 101, GERO 102, GERO 103 and instructor permission. Graded Credit/No Credit. 3 units.

GERO 195B. Field Experience. Supervised internship experience in a community agency planning for or delivering professional services to older adults. This second internship experience builds on the first internship course and is the final culminating course for the major and focuses on application of the interdisciplinary nature of the discipline while affording students direct, hands on experiences. Includes a field seminar. Seminar discussions focus on the application of gerontological concepts derived from all gerontology courses and are applied to each student's specific Internship area. **Prerequisite:** GERO 101, GERO 102, GERO 103 and instructor permission. Graded Credit/No Credit. 3 units.

GERO 199. Special Problems. Requires advanced approval of coordinator. 1-3 units.