



GERONTOLOGY

**BACHELOR OF SCIENCE
MINOR
CERTIFICATE**

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

Emanuel Gale, *Director*

Deanna Balantac, *Nursing*; Doris Beard, *Human Environmental Sciences*; Heather Kinsey, *Recreation and Leisure Studies*; Miriam LeGare, *Psychology*; Carol Mayer, *Speech Pathology and Audiology*; Minako Maykovich, *Sociology*; Cheryl Osborne, *Nursing*; George Rich, *Anthropology*; Sam Rios, *Ethnic Studies*; Melinda Seid, *Health and Physical Education*; M. Smith, *Health and Physical Education*; Carol Stensrud, *Recreation and Leisure Studies*;

Gerontology Office, TRR-3, 278-7163

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.

The objectives of the Gerontology major are to:

- Train BS students at CSU, Sacramento for careers in gerontology.
- Offer an integrated, multi-disciplinary program of courses and field experiences for gerontology students committed to professional practice.
- Enable students enrolled in gerontology at the community colleges to acquire a BS in their chosen field.
- Offer personnel currently working in the field the opportunity to advance skills and acquire professional training.
- Enhance the interest and commitment of faculty and the University and provide a vehicle for multi-disciplinary study and research in the field of gerontology.
- Develop and strengthen the relationships between the gerontology program and Sacramento area agencies and institutions delivering or coordinating services for older persons.
- Educate and train a cadre of professional personnel, based upon demographic projections of need for personnel in planning, administering, coordinating and delivering services.
- Provide academic preparation for graduate study.

CAREER POSSIBILITIES

Staff/Counselor • Adult Protective Services • Assessment/Intake • Case Manager • Guardian/Conservator Staff • Information and Referral Specialist • Legal Aid Assistant • Ombudsman/Advocate • Program Activities Worker • Program Specialist • Senior Community Outreach

MAJOR REQUIREMENTS • BS

Total units required for BS: 124

Total units required for Major: 48

Courses in parentheses are prerequisites.

A. Required Core Courses (18 units)

- (3) GERO 100 Social Policy & Aging
- (3) GERO 101 Services for the Aging
- (3) GERO 103 Gerontology Practice
- (3) GERO 195A Field Experience
- (3) GERO 195B Field Experience
- (3) Research Elective (See advisor)

B. Required Multi-Disciplinary Courses (18 units)

- (3) BIO 120 Biology of Aging (BIO 10 or 20)
- (3) ETHN 133 Crosscultural Aging in America
- (3) HUES 147 Legal & Financial Aspects of Aging
- (3) HUES 159 Adulthood & Aging in Human Development (HUES 52, CHDV 30, PSYC 148, SWRK 125A, or EDTE 142)
- (3) NURS 163 Holistic Approach to Aging (Passing score on WPE)
- (3) SWRK 140A Social Work Practice

C. Electives (12 units)

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

1. Service

- HUES 119 Nutrition & Aging (HUES 10 or 159)
- PE 136 Sport & Aging
- RLS 124 Recreation & Gerontology

2. Liberal Arts

- ANTH 172 Anthropology & Aging
- HS 150 Aging & Health
- HUES 158A Aging & the Family
- PSYC 119 The Aging Brain (PSYC 1 and 101)
- PSYC 150 Psychological Aspects of Aging (PSYC 1 or 5)
- PSYC 151 Psychological Aspects of Death
- SOC 146 Sociology of Aging

3. Administration/Management

- HS 116 Public Health Administration
- NURS 143 Leadership & Management in Nursing Practice (NURS 136, 137, 138, or 139)
- OBE 150 Management of Contemporary Organizations

4. Other

- GERO 199 Special Problems (requires advanced approval of coordinator)

Note: Additional optional courses which are recommended to support the Gerontology major are BIO 20, HUES 50, NURS 10, PSYC 5, SOC 1, STAT 1, GERO 1.

MINOR REQUIREMENTS

Total units required for Minor: 24

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.

B. Required Upper Division Courses (24 units):

- (3) GERO 100 Social Policy & Aging
- (3) GERO 101 Services for the Aging
- (3) GERO 103 Gerontology Practice
- (3) GERO 195A Field Experience
- (3) BIO 120 Biology of Aging (BIO 20)
- (3) ETHN 133 Crosscultural Aging in America
- (3) HUES 159 Adulthood & Aging in Human Development (HUES 50, 51, 150 or permission of instructor)
- (3) NURS 163 Holistic Approach to Aging

CERTIFICATE REQUIREMENTS

Certificate requirements are the same as for the minor.

LOWER DIVISION COURSES

1. Issues of Aging in America. A survey of issues in gerontology including demographics, normal aging, myths and stereotypes, changing role of the family, disabilities, socio-economic and multicultural aspects, ethics, basic social issues and policies arising from the graying of America and potential intergenerational conflict as a result of competition for resources. 3 units.

UPPER DIVISION COURSES

100. Social Policy and Aging. Examines an historical overview of significant public policies including Social Security, Supplemental Security Income, Medicare, Medicaid, the Older Americans Act and ethical issues. Included is an examination of macroeconomics of aging, the significance of women, the rights of the elderly and advocacy, the legislative process, policy analysis and the politics of aging. 3 units.

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.

103. Gerontology Practice. Designed to acquaint the student with various issues, services, methods and interventions as they relate to practice with older adults. The objectives of the course 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.

195A-B. Field Experience. Supervised fieldwork in a community agency planning for or delivering services to older persons. Includes a field seminar. 3 units each.

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