

# Gerontology

Gerontology is a multidisciplinary study of the human aging process. It examines the physiological, psychological, and social aspects of aging as well as how an aging population affects contemporary society.

Professionals work for community and human service organizations; retirement communities; federal, state, and local government agencies; educational and research institutions; and related organizations that work either directly or indirectly with aging adults.

## Academic and Career Pathway

Social and Behavioral Sciences (<https://www.miracosta.edu/academics/degree-and-certificate-programs/social-and-behavioral-sciences/>)

## Contact Information

**Chair:** Lisa Fast

**Dean:** Michael Fino

<https://www.miracosta.edu/academics/degree-and-certificate-programs/social-and-behavioral-sciences/gerontology/index.html>

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**Department:** Psychology

**Office:** Building OCT200,  
760.795.6871

## Associate Degree

### Associate in Arts Degree Gerontology

The Gerontology program offers lower-division preparation for students who plan on transferring to pursue a bachelor's degree in gerontology. Students planning to transfer and/or earn this associate degree may also need to complete additional requirements or electives required by the transfer institution, as many CSUs and UCs have unique admissions and preparation-for-the-major requirements. Students should meet with a MiraCosta College counselor to identify required courses and to develop a written plan for their targeted university.

### Graduation Requirements

- ▶ Complete a minimum of 60 degree-applicable units of credit (including major and general education courses).
- ▶ Complete all courses required in the major with a "C" or "P" or better.
- ▶ Complete a general education pattern of courses (see Associate Degrees (<http://catalog.miracosta.edu/degreecertificate/transferinfo/requirements/>)).
- ▶ Obtain a minimum GPA of 2.0.
- ▶ Complete a minimum of 12 units in residence at MiraCosta College.

## Program Student Learning Outcome

Upon completion of this program, the student will be able to evaluate the differing needs of the elderly based on age, health, sex, race, ethnicity, and class.

## Course Requirements

Required courses:		
GERO 101	Introduction to Aging	3
Part A: Elective Courses - Select a minimum of 6 units of the following courses.		6
COMM 215	Intercultural Communication	
GERO 130	Caregiving: Techniques for Working with the Frail Elderly	
GERO 250	Intergenerational Issues	
GERO 292	Internship Studies	
HEAL 101	Principles of Health	
NURS 160	Certified Nursing Assistant	
NUTR 125	Nutrition and Aging	
PSYC/SOC 145	Psychology/Sociology of the Family	
PSYC 170	Psychology of Aging: Adult Development and Aging	
Part B: Elective Courses - Select a minimum of 9 units from the following list, including any courses listed above not used for Part A.		9
BIO 110	Introductory Biology: Preparation for Pre-Health Professions (Lecture/Lab)	
or BIO 111 & 111L	Introductory Biology: Preparation for Pre-Health Professions (Lecture) and Introductory Biology: Preparation for Pre-Health Professions (Lab)	
BIO 220	Human Physiology	
COMM 207	Interpersonal Communication	
PSYC 101	General Psychology	
or PSYC 101H	General Psychology (Honors)	
PSYC/SOC 103	Social Psychology	
PSYC 104	Statistics for Behavioral Science	
or PSYC 104H	Statistics for Behavioral Science (Honors)	
<b>Total Units</b>		<b>18</b>

## Certificates

### Certificate of Proficiency

#### Optimal Aging and Older Adulthood

This program provides a multidisciplinary study of the theories and factors related to optimal aging and improved functioning in older adulthood. The certificate emphasizes optimal aging, starting with young adulthood and continuing through older adulthood, in recognition that cognitive, social, and biological factors influence a person's longevity, healthcare requirements, and quality of life.

## Program Student Learning Outcome

Upon completion of this program, the student will be able to address several factors (e.g., physical health, mental health, exercise, nutrition, the normal aging process, etc.) affecting optimal aging and older adulthood functioning.

## Course Requirements

Required courses:		
GERO 101	Introduction to Aging	3
Required Electives:		
Part A (Choose one course):		3
KINE 210	Exercise Programs for Special Populations	
NUTR 125	Nutrition and Aging	
PSYC 170	Psychology of Aging: Adult Development and Aging	
Part B (Select a minimum of 6 units from the following list, including any courses listed above not used in Part A):		6
HEAL 101	Principles of Health	
HEAL 222	Stress Management	
KINE 204	Techniques and Analysis of Fitness and Weight Training	
NUTR 100	Nutrition Today	
or NUTR 100H	Nutrition Today (Honors)	
<b>Total Units</b>		<b>12</b>

## Courses

### GERO 101: Introduction to Aging

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring

This course introduces the interdisciplinary field of gerontology and the study of aging, with an emphasis on biology/physiology, psychology, and sociology. It emphasizes the impact of increased life expectancy and aging on individuals, families, and health-care providers and systems. Topics include factors linked to gender, race, ethnicity, and cultural diversity as well as changes and challenges for social and public services, public policy, and the politics of aging. Gerontology is a growing field with practical applications in health care, fitness and wellness, social work, and social services.

### GERO 130: Caregiving: Techniques for Working with the Frail Elderly

Units: 3

Prerequisites: None

Acceptable for Credit: CSU

Lecture 3 hours.

Course Typically Offered: Spring odd years

This course provides practical and theoretical information on age-related physical and cognitive changes and how to work with the elderly who are frail due to advanced age and/or chronic illness. It explores cultural diversity and its affect on caregiving, health consequences of caregiving, and available community resources. This course is specifically designed for students interested in working in the field of aging or those who are caregivers for family members.

### GERO 250: Intergenerational Issues

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall

This course examines interpersonal relations between older adults and other age groups in the United States. It explores policies and related programs that impact intergenerational relationships and care-giving interactions. It highlights societal, cultural perspectives and issues and real-world outcomes.

### GERO 292: Internship Studies

Units: 0.5-14

Prerequisites: None

Corequisite: Complete 54 hours of work per unit, paid or unpaid.

Enrollment Limitation: Instructor, dept chair, and Career Center approval. Fourteen unit maximum in any combination of work experience education and/or internship studies per semester.

Acceptable for Credit: CSU

Course Typically Offered: Fall, Spring, and Summer

This course provides students the opportunity to apply the theories and techniques of their discipline in an internship position in a professional setting under the instruction of a faculty-mentor and site supervisor. It introduces students to aspects of the roles and responsibilities of professionals employed in the field of study. Topics include goal-setting, employability skills development, and examination of the world of work as it relates to the student's career plans. Students must develop new learning objectives and/or work/intern at a new site upon each enrollment.

### GERO 296: Topics in Gerontology

Units: 1-3

Prerequisites: None

Acceptable for Credit: CSU

Lecture 1 hour.

Lecture 2 hours.

Lecture 3 hours.

Course Typically Offered: To be arranged

This course gives students an opportunity to study topics in Gerontology that are not included in regular course offerings. Each Topics course is announced, described, and given its own title and 296 number designation in the class schedule.