

# GERONTOLOGY (GERO)

**GERO 21. First Year Seminar: Becoming an Educated Person. 3 Units**  
**General Education Area/Graduation Requirement:** Understanding Personal Development (E)  
**Term Typically Offered:** Fall, Spring

Introduction to the nature and possible meanings of higher education, and the functions and resources of the University. Designed to help students develop and exercise fundamental academic success strategies and to improve their basic learning skills. Provide students with the opportunity to interact with fellow students and the seminar leader and to build a community of academic and personal support, as well as explore gerontological concepts needed to respond to demographic changes in today's world.

**GERO 100. Aging Issues in Contemporary America. 3 Units**  
**General Education Area/Graduation Requirement:** GE AREA D  
**Term Typically Offered:** Fall, Spring, Summer

Introduction to the field of Gerontology and how the discipline addresses society's aging needs. An examination of current issues in gerontology using a life span perspective focusing on older adults' needs/concerns along life's continuum in various environments. Major topics include implications of the demographic imperative, common aging changes/conditions, myths and stereotypes, 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.

**GERO 101. Older Adult Services and Strategies. 3 Units**  
**Term Typically Offered:** Fall, Spring

Exploration and analysis of the older adult service continuum within the context of changing diverse societal needs, service availability and accessibility, current public policy, and administrative and management issues facing care providers. A multidisciplinary examination of the spectrum of services and programs targeted for older adults and their families. Includes information and referral processes and agencies, recreational and social options, housing alternatives, in-home, residential and skilled care options, including health care eligibility criteria, funding sources, and adult protective services.

**GERO 102. Social Policy for an Aging Society. 3 Units**  
**Term Typically Offered:** Fall, Spring

Explores context and process for policy making by national and California state governments including ethical dimensions. Applications are developed from students' and instructor's areas of interest including K-12 and higher education, land-use policy, and aging issues such as elder advocacy, Social Security, and Medicare/Medicaid. Provides background and skills for entry level positions in public or non-profit organizations. Cross Listed: PPA 100; only one may be counted for credit.

**GERO 103. Applied Care Management in Gerontological Practice. 3 Units**  
**Term Typically Offered:** Fall, Spring

Students will analyze issues, services, methods, and interventions related to practice for older adult care, their families, and caregivers. Outcomes include understanding the of unique characteristics/needs of older adults, systems approach to working with older adults, issues affecting service delivery (diversity, gender, ethics, special health, mental health needs), basic practice skills for effective service delivery to older adults and families/caregivers, attitudes and roles when working with older adults, and the business practices of geriatric care management.

**GERO 121. Strategies for Optimal Aging. 3 Units**  
**Term Typically Offered:** Fall, Spring

This course is an in-depth, interdisciplinary, and holistic exploration of health promotion and adaptation paradigms that facilitate optimal and productive longevity. Hardiness and self-efficacy theories along with expectations and experiences enhancing quality of life are explored. Interactions among such variables as activity, diet, exercise, work/leisure, attitudes/beliefs, humor, living environments, spirituality, and social networks are investigated within the contexts of gender, economic, and cultural perspectives.  
 Cross listed: GERO 221

**GERO 122. Interprofessional Approaches to Health Care in Older Adults. 3 Units**  
**Term Typically Offered:** Fall, Spring

Offers in-depth study/analysis of prevalent pathophysiological-based diseases and psychological disorders commonly experienced by older adults and frail elder populations. Disease/disorder causes and the effects of chronic illness on individuals' activities of daily living, sexuality, relationships, and coping abilities with changing lifestyles are examined using a life course framework and evidenced-based research. Assessment tools, lab value changes, medication needs, complications/disabilities, traditional/alternative treatments and ethical issues rising from meeting needs are investigated along with implications for caregivers. Paired Course: GERO 222

**GERO 123. Research on Aging & the Life Course. 3 Units**  
**General Education Area/Graduation Requirement:** Upper Division Further Studies in Area B5  
**Term Typically Offered:** Fall, Spring

Analysis, evaluation, and application of existent gerontological research. Hands-on practice carrying out aging-related research projects, including defining the research question, selecting data collection tools, collecting and analyzing quantitative and qualitative data, and presenting results in narrative and visual formats. Special emphasis on connecting gerontological theory, research, and interdisciplinary practice, accommodating participants with sensory, physical, or cognitive limitations, and ethical issues.

**GERO 124. Perspectives on Death and Dying. 3 Units**

**Prerequisite(s):** Student's academic level must be Junior of higher to enroll in this class.

**Term Typically Offered:** Fall, Spring

Examination of the beliefs, attitudes, and behaviors associated with death and dying. Topics covered include children's and adult's concepts of dying and death; causes and types of death; self-destructive behavior; grief and mourning in the dying person and their survivors; physicians' aid in dying and other legal and ethical issues; and cross-cultural and historical perspectives on death.

Cross listed: PSYC 151

**GERO 125. Moving Toward Equity in California Aging Policy and Practice. 3 Units**

**Term Typically Offered:** Fall, Spring, Summer

This course examines California's state programs, services, and funding streams that support low-income older adults and persons with disabilities. It is focused on addressing equity, parity, funding and access. Students will be introduced to California's innovative Master Plan for Aging. Through studying past shortfalls and new approaches, this course will inform a new and diverse workforce in order to serve historically underserved communities, including BIPOC, Latinx, API, and LGBTQ+.

**GERO 130. Gerontology Practicum. 3 Units**

**Prerequisite(s):** 24 Major units including GERO 101, GERO 102, GERO 103, GERO 121, GERO 122 and instructor permission.

**Term Typically Offered:** Fall, Spring

Supervised practicum experience in a community agency planning for or delivering professional services to older adults. This practicum 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 practicum area.

**Note:** This is a service learning course.

Credit/No Credit

**GERO 131. Gerontology Capstone Practicum. 3 Units**

**Prerequisite(s):** 36 Major units including GERO 101, GERO 102, GERO 103, GERO 121, GERO 122, GERO 130 and instructor permission.

**Term Typically Offered:** Fall, Spring

Supervised internship experience in a community agency planning for or delivering professional services to older adults. This capstone practicum experience builds on the first internship course and is the final culminating course for the major and focuses on advanced 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 gerontologic concepts derived from all gerontology courses and are applied to each student's specific Practicum area.

**Note:** This is a service learning course. Minors may take this course without taking GERO 130

Credit/No Credit

**GERO 199. Special Problems. 1 - 3 Units**

**Prerequisite(s):** Advanced approval of project goal and objectives by program director.

**Term Typically Offered:** Fall, Spring

Independent research, project, or directed reading.

**Note:** Open to students who are capable of independent work. A maximum of 3 units may count toward elective major requirements.

Credit/No Credit

**GERO 200. Adaptation To Age Related Changes, Illnesses and Caregiving. 3 Units**

**Term Typically Offered:** Fall, Spring

Exposure to and analysis of positive and negative functional consequences arising from age related changes and illnesses in elders. Content elucidates changes and their effects on elders' levels of wellness using interdisciplinary research and holistic, life course frameworks. Screening assessments, interventions, community resources and services, and ethical issues are addressed for each topic. Caregiving issues and solutions are explored within life span and problem solving frameworks.

**GERO 221. Strategies for Optimal Aging. 3 Units**

**Term Typically Offered:** Fall, Spring

This course is an in-depth, interdisciplinary, and holistic exploration of health promotion and adaptation paradigms that facilitate optimal and productive longevity. Hardiness and self-efficacy theories along with expectations and experiences enhancing quality of life are explored. Interactions among such variables as activity, diet, exercise, work/leisure, attitudes/beliefs, humor, living environments, spirituality, and social networks are investigated within the contexts of gender, economic, and cultural perspectives.

Cross listed: GERO 121

**GERO 222. Interprofessional Approaches to Health Care in Older Adults. 3 Units**

**Term Typically Offered:** Fall, Spring

This course examines prevalent health issues commonly experienced by older adults. The course utilizes an interprofessional evidence-based approach to address the impact of chronic illness and related issues on older adults, their families, and caregivers. The focus of this course is on health promotion and includes holistic therapies and ethical issues that arise in late-life care.

**GERO 225. Moving Toward Equity in California Aging Policy & Practice. 3 Units**

**Term Typically Offered:** Fall, Spring, Summer

This course examines California's programs, services, and funding streams that support low-income older adults and persons with disabilities. Students will be introduced to California's innovative Master Plan for Aging with its focus on equity, parity, and access. Using analytical, evaluative and leadership skills, students mentor GERO 125 students to address policy and program needs of vulnerable constituencies. This course will inform a new and diverse workforce prepared to engage underserved communities, including BIPOC, Latinx, API, and LGBTQ+.

**GERO 295. Internship/Project. 3 Units**

**Prerequisite(s):** GERO 200, GERO 221, GERO 222.

**Term Typically Offered:** Fall, Spring

Supervised fieldwork internship or project that is a culminating experience and applies learned gerontological theories and concepts in a community setting where planning, developing, or delivering services to older adults or their families occurs. Students choose an area of practice and negotiate their learning experiences or project with their faculty advisor and field supervisor. Advanced approval of project goal and objectives by program director are required.

Credit/No Credit

**GERO 299. Special Problems. 1 - 3 Units**

**Prerequisite(s):** Instructor permission.

**Term Typically Offered:** Fall, Spring

Independent research, project, or directed reading. Open to students who are capable of independent work. A maximum of 3 units may count toward elective major requirements. Advanced approval of project goal and objectives by program director.

Credit/No Credit