

# AGING STUDIES (AGNG)

Formerly known as Gerontology (GERO)

## AGNG C120 3 Units (54 lecture hours)

### Introduction to Aging Studies

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Formerly known as GERO C121. A multidisciplinary overview of the biological, psychological, and sociological aspects of the aging process. This course is identical to SOC C120. Graded or Pass/No Pass option.

## AGNG C122 3 Units (54 lecture hours)

### Biology of Aging

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Formerly known as GERO C122. This course will explore normal versus abnormal changes in aging and the human ability to adapt. Each body system will be reviewed, focusing on how age changes relate to the development of disorders and diseases in later life. Methods of assisting older persons in adapting to acute and chronic illnesses and in health promotion and maintenance will be discussed. This course is identical to BIOL C120. Graded or Pass/No Pass option.

## AGNG C131 3 Units (54 lecture hours)

### Home Care

**Advisory:** BIOL C120 or SOC C120.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Formerly GERO C131. This course content is specifically targeted to students who are interested in understanding the non-medical in-home care industry and/or in operating an in-home care business. Provides in-depth information about the applicable California regulations that apply as well as the real-life challenges of operating an in-home care business. Graded or Pass/No Pass.

## AGNG C170 3 Units (54 lecture hours)

### Psychology of Aging

**Advisory:** AGNG C120 or SOC C120.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Formerly GERO C170. This course investigates the lifespan of adults - career choices and changes, marriage, relationships, family issues, aging parents, and retirement. Students will address opportunities and challenges for retirees and the elderly to explore the potential for longer, healthier lives. This course is identical to PSYC C170. Graded or Pass/No Pass option.

## AGNG C223 3 Units (54 lecture hours)

### Healthy Aging

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Formerly GERO C223. Physical and emotional aspects of healthful living in the later years. Emphasis on the health changes that occur during the aging process, ways of coping with these changes, and preventative measures to maximize good health. This course is identical to HLTH C223. Graded or Pass/No Pass option.

## AGNG C225 3 Units (54 lecture hours)

### Nutrition through the Lifecycle

**Advisory:** FN C170.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Formerly GERO C225. This course is the study of special nutritional needs, physiology and health concerns throughout the principle stages of the life cycle - pregnancy, lactation, infancy, childhood, adolescence, adulthood, older adulthood. This course is identical to FN C225. Graded or Pass/No Pass option.

## AGNG C240 3 Units (54 lecture hours)

### Aging in a Multicultural Society

**Advisory:** SOC C120.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Formerly GERO C240. A multicultural course that addresses how one's ethnic background impacts health care attitudes, the delivery of social services, caregiving expectations, and attitudes towards death and dying. Students completing this course will learn the importance of establishing culturally competent health care and social programs for ethnically diverse aging populations. Graded or Pass/No Pass option.