

GERONTOLOGY (GERO)

GERO C121 3 Units (54 lecture hours)

Introduction to Gerontology

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

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. UC credit limitations (see counselor).

GERO C122 3 Units (54 lecture hours)

Biology of Aging

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

This course will explore normal vs. 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.

GERO C131 3 Units (54 lecture hours)

Home Care

Advisory: BIOL C120 or SOC C120.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

Specifically targeted to students who are interested in understanding the non-medical in-home care industry and/or in operating a 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.

GERO C170 3 Units (54 lecture hours)

Psychology of Aging

Advisory: GERO C121 or PSYC C120.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

Investigates the lifespan of adults - career choices and changes, marriage, relationships, family issues, aging parents, and retirement. 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. UC credit limitations (see counselor).

GERO C190 0.5 Units (9 lecture hours)

Issues in Gerontology

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

A topical course covering current issues of concern to those in the field of gerontology. Topics vary each semester. Graded or Pass/No Pass option.

GERO C191 1 Unit (18 lecture hours)

Issues in Gerontology

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

A topical course covering current issues of concern to those in the field of gerontology. Topics vary each semester. Graded or Pass/No Pass option.

GERO C193 2 Units (36 lecture hours)

Issues in Gerontology

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

A topical course covering current issues of concern to those in the field of gerontology. Topics vary each semester. Graded or Pass/No Pass option.

GERO C195 3 Units (54 lecture hours)

Issues in Gerontology

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

A topical course covering current issues of concern to those in the field of gerontology. Topics vary each semester. Graded or Pass/No Pass option.

GERO C220 3 Units (54 lecture hours)

Professional Issues in Gerontology

Advisory: SOC C120.

Grading Mode: Standard Letter, Pass/No Pass

Formerly: GERO C120. Multidisciplinary course addresses current issues relevant to the older adult population and those working with this population. Biological, psychological, and sociological issues that affect the aged such as health, housing, legislation, education, safety, employment, and grief are covered. Professional issues such as ethics, job burnout, and dealing with loss are also discussed. Emphasis is placed on meeting these needs in the local area with an investigation of community resources. Graded or Pass/No Pass. Transfer Status: CSU.

GERO C223 3 Units (54 lecture hours)

Healthy Aging

Advisory: HLTH C100 OR SOC C120.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

Formerly HLTH C175. 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.

GERO C225 3 Units (54 lecture hours)

Nutrition and Aging

Advisory: FN C170 or SOC C120.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

Fundamentals of foods and nutrition and food topics related to the health and well-being of older adults. This course is identical to FN C225. Graded or Pass/No Pass option.

GERO C230 **3 Units (54 lecture hours)**

Care of Frail Elderly

Advisory: BIOL C120 or SOC C120.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

Formerly GERO 130. Specifically targeted for students interested in working in the field of aging as an aide in adult daycare assisted living or residential care facilities, for homemaker agencies, or as caregivers for family members. Provides in-depth practical information on how to work with elderly clients who are frail due to advanced age or dementia. Graded or Pass/No Pass option.

GERO 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 C140. 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.

GERO C273 **3 Units (54 lecture hours)**

Careers in Gerontology - A Field Practicum

Prerequisite(s): Be employed or volunteer in the field of Gerontology 40 hours during the semester.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

A focus on career options in the field of gerontology. Bridges the gap between educational theory and on-the-job practices through a placement in the field of gerontology. Graded or Pass/No Pass option.