

# GERONTOLOGY

College of Health and Human Services

**Director:** Barbara White

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**Faculty Interest Group:** Cleothy Arellano, Lee Blecher, Kay Cerny, Young-Hee Cho, Maria Claver, Tom Crowe, Shelley Ericksen, Janet Fisher, Mohammed Forouzesh, Gail Frank, Robert Friis (emeritus), Agathi Glezakos, William Goeller, Sharon Guthrie, Judy Hails, Joellen Hartley, Carol Itatani, Hazel Jackson (emerita), Mary Jacob (emerita), K. J. James, Maridith Janssen, Barry Lavay, Marge Lichty, Tracey Mayfield, Olfat Mohamed, Marilyn Potts, Molly Ranney, Wendy Reiboldt, Pamela Roberts, Jan Schroeder, David Schult, Donna Schwab, Savitri Singh-Carlson, Lydia Sondhi, Kim-Phong Vu, Eileen Watson, Barbara White, Mary Wolfenbarger

## Career Possibilities

*General:* social services agencies; health care institutions; government agencies; retirement communities; educational and research settings; professional organizations; business and industry; religious organizations; the arts and sciences.  
*Direct Service:* developing programs; providing direct care; teaching in community settings; counseling; advising about estate planning, long-term care administration; advocating for older adults.

*Indirect Service:* analyzing issues related to older persons; planning, administering, and evaluating community-based and health related services; writing grants; teaching; advocating before legislative bodies; designing products; developing marketing strategies; consulting.

## Introduction

Gerontology is the scientific study of the processes and phenomena of aging. The Gerontology Program's mission is to improve the lives of middle aged and older individuals; provide training, consultation and other services; and conduct research.

The Gerontology Program is enhanced by the Gerontology Faculty Interest Group, the Center for Successful Aging and a chapter of Sigma Phi Omega, The National Academic Honor and Professional Society in Gerontology. Students in the Gerontology Program are eligible for membership in Sigma Phi Omega.

The Center for Successful Aging is part of a complex of centers and organizations on the campus of California State University, Long Beach that are involved with aging-related issues. The Center is a transdisciplinary academic/community partnership to promote collaborative innovations in education, practice, policy development and research.

## Master of Science in Gerontology

Interested students should contact Dr. Barbara White at 562-985-1582 or barbara.white@csulb.edu

This program is designed to prepare students with a thorough background in existing theory and research in gerontology, advanced principles of program management,

and an enhancement to their baccalaureate preparation for their professional discipline.

## Admission Requirements

1. Complete the application form to be admitted to the university with graduate standing;
2. Send the following materials to the Gerontology Program, in addition to those sent to the Office of Enrollment Services:
  - Three letters of recommendation reflecting academic potential, personal qualifications, sensitivity, and evidence of ability and motivation to work with older adults and professionals in the field of aging,
  - A current resumé, including education, employment, and volunteer activities,
  - A personal statement of interest in aging and career goals in the field.

Admission to the program is contingent on approval by the Gerontology Program Director.

## Prerequisites

1. A bachelor's degree from an accredited institution.
2. Evidence of a 3.0 or better grade point average in all undergraduate work. Students with less than a 3.0 grade point average in the last 60 undergraduate semester or 90 quarter units attempted but with evidence of professional promise and experiential background may be admitted conditionally by action of the Program Director.
3. Successful completion of the following courses or their approved substitutes:  
Take the following courses:
  - GERN 400 Perspectives on Gerontology (3) may be taken upon program admission
  - an approved upper-division statistics course may be taken within the first year of the program.

## Retention

1. Maintain a 3.0 or better grade point average in all graduate work completed at CSULB and all approved graduate work transferred to meet graduate requirements.
2. Continuous satisfactory progress toward the degree objective.

## Advancement to Candidacy

1. Satisfy the general University requirements for advancement to candidacy.
2. Fulfill the Graduation Writing Assessment Requirement (GWAR) (to be taken during the first term).
3. Complete a minimum of six units of graduate level coursework in gerontology.
4. Be enrolled during the term in which advancement to candidacy takes place.
5. Obtain approval for one's individual program plan from the Gerontology Program Director and then from the Associate Dean of the College of Health and Human Services.

## Requirements

### *Thesis Option*

Completion of a minimum of 37 units, with at least 28 units of 500 and/or 600 series in Gerontology, including:

Take all of the following courses:

GERN 500 Introduction to the Professional Practice of Gerontology (3)

Prerequisites/Corequisites: GERN 400 or equivalent; graduate standing or consent of instructor.

GERN 563 Evaluation in Family and Consumer Sciences and Gerontology (3)

Prerequisites: Upper division or graduate course in statistics; GERN 696 (may be taken concurrently) or equivalent.

GERN 582 Health Assessment of the Aging Client (3)

Prerequisites: GERN 400 or equivalent and graduate standing or consent of instructor.

GERN 592 Internship in Family and Consumer Sciences/Gerontology (3)

Prerequisites: Graduate standing and consent of instructor.

GERN 600 Seminar in Administration of Family and Consumer Sciences/Gerontology Programs (3)

Prerequisites: Graduate standing.

GERN 696 Research Methods (3)

Prerequisites: Upper-division course in statistics.

GERN 697 Directed Research (3)

Prerequisites: Advancement to candidacy, GERN 500-level courses in area of study, and GERN 696.

GERN 698 Thesis (4)

Prerequisites: GERN 697, advancement to candidacy.

A maximum of nine units may be taken outside of the major.

### *Directed Project Option*

Completion of a minimum of 37 units with at least 28 units of 500 and/or 600 series in Gerontology, including:

GERN 500 Introduction to the Professional Practice of Gerontology (3)

Prerequisites/Corequisites: GERN 400 or equivalent; graduate standing or consent of instructor.

GERN 563 Evaluation in Family and Consumer Sciences and Gerontology (3)

Prerequisites: Upper division or graduate course in statistics; GERN 696 (may be taken concurrently) or equivalent.

GERN 582 Health Assessment of the Aging Client (3)

Prerequisites: GERN 400 or equivalent and graduate standing or consent of instructor.

GERN 592 Internship in Family and Consumer Sciences/Gerontology (3)

Prerequisites: Graduate standing and consent of instructor.

GERN 600 Seminar in Administration of Family and Consumer Sciences/Gerontology Programs (3)

Prerequisites: Graduate standing.

GERN 692 Gerontology Directed Project (4)

Prerequisites: GERN 697.

GERN 696 Research Methods (3)

Prerequisites: Upper-division course in statistics.

GERN 697 Directed Research (3)

Prerequisites: Advancement to candidacy, GERN 500-level courses in area of study, and GERN 696.

A maximum of nine units may be taken outside the major.

## Certificate in Gerontology

Interested students should contact Dr. Maria Claver at 562-985-4495 or [mclaver@csulb.edu](mailto:mclaver@csulb.edu)

This program is designed to educate individuals as gerontology specialists within a major area of study. Graduates work in community programs, health services organizations, government agencies, and the private sector.

The Certificate in Gerontology may be earned in conjunction with a baccalaureate degree or awarded subsequent to earning a bachelor's degree. Be aware that this program is not eligible for Financial Aid unless pursued concurrently with a CSULB degree program. Up to six units of courses taken in the student's major department may be approved to satisfy certificate requirements as may general education and elective courses also used to complete the bachelor's degree if they contain appropriate gerontology content.

Please be aware that this program is not eligible for Financial Aid unless pursued concurrently with a degree program.

### Requirements

1. Consult with the Gerontology Certificate Coordinator to add the Certificate in Gerontology to the major program of study.
2. A bachelor's degree in any major (may be taken concurrently)
3. A minimum GPA of 2.5
4. 24 units distributed as follows

#### A. Take 15 required units including the following:

GERN 400 Perspectives on Gerontology (3) (meets GE Capstone requirement)

Prerequisites: GE Foundation, one or more Exploration courses, and upper-division standing.

ANTH 454 Culture and Aging (3)

Prerequisites: None.

GERN 492G Internship in Gerontology (3)

Prerequisites: Senior standing; have a 2.5 GPA overall or a 3.0 major GPA; approval of the Gerontology Certificate Coordinator; and GERN 400, ANTH 454, PSY 365 or HDEV 357. Each prerequisite course must be completed with a grade of "C" or better.

#### Take one of the following:

BIOL 301 Biology of Human Aging (3)

Prerequisites: BIOL 200 or 205 or 207 all with a grade of "C" or better.

GERN 482/582 Health Assessment of the Aging Client (3)

Prerequisites: GERN 400 or equivalent and upper division standing or consent of instructor.

#### Take one of the following:

PSY 365 Psychology of Adult Development and Aging (3)

Prerequisites: PSY 100, GE Foundation requirement and upper division standing.

HDEV 357 Approaches to Adulthood Through Aging (3) (meets GE Capstone requirement)

Prerequisites: GE Foundation requirements, upper-division standing, ANTH 120 or HDEV 180 or PSY 100 or SOC 100.

#### B. Take a minimum of nine units chosen in consultation

with the Gerontology Certificate Coordinator from a list of approved elective courses (three to six units of appropriate coursework in the major field may partially fulfill this requirement). Three units may be fulfilled by taking GERN 497 or an approved substitute.

5. Application for the Certificate in Gerontology through completion of the appropriate Program Planner in consultation with the Gerontology Certificate Coordinator. This must be done in the semester prior to the completion of the certificate to assure timely issuance.

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## Courses (GERN)

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### UPPER DIVISION

#### 400. Perspectives on Gerontology (3)

Prerequisites: GE Foundation, one or more Exploration courses, and upper-division standing.

Multidisciplinary study of middle age and aging. Includes physiological, psychological, political, economic and sociological aspects. Effects of culture and environment on aging; history and demographics; health issues.

(Lecturer-discussion, 3 hours.)

#### 420./520. Personal Finance for the Aging (3)

Prerequisites: 400-level course in Consumer Affairs or consent of instructor.

Personal finance as applied to the aging population.

Same course as CAFF 420. Not open for credit to students with credit in CAFF 420. (Lecture-discussion 3 hrs)

#### 430./530. Aging and Dementia (3)

Prerequisites: GERN 400, HDEV 357 or PSY 365, or graduate standing, or consent of instructor.

An examination of physiological, psychological, social and economic aspects of dementia and its impact on the individual, the family and society. Community resources, current research and policy issues are included, with a particular emphasis on Alzheimer's disease.

#### 439./539. Nutrition and Aging (3)

Prerequisites: NUTR 132 or BIOL 207 or 301 or GERN 400 or consent of instructor.

Nutritional needs as related to physiological changes that occur during aging. Factors that influence food intake and nutritional status of the elderly. Diet adaptation for chronic diseases commonly found in older adults.

Letter grade only (A-F). Same course as NUTR 439. Not open for credit to students with credit in NUTR 439.

#### 440. End of Life Issues for Older Adults and Their Families (3)

Prerequisite: Upper division standing.

Multidisciplinary approaches to death/dying in the context of the biopsychosocial model. Explores cross-cultural perspectives, the funeral industry, advanced planning, ethics, hospice, suicide, euthanasia, and grief.

Letter grade only (A-F). (Lecture-discussion 3 hours)

#### 469./569. Disability, Culture and Society: Issues and Intervention (3)

Prerequisites: Senior or graduate standing.

Disability as a social construct. Examines policies and practices to understand the experience of disability. Includes historical and contemporary perspectives as well as future issues. Emphasis on social and clinical intervention methods as well as programs and resources.

Letter grade only (A-F). Same course as REC 469. Not open for credit to students with credit in REC 469 or SW 469.

#### 474. Global Aging (3)

Prerequisite: GERN 400.

Course Description: Examines aspects of individual and societal aging around the world, including demography of aging, cultural

perspectives, work and retirement, social welfare, health care, morbidity and mortality, long term care, caregiving, and death and dying.

Not open for credit to students with credit in GERN 574. (Lecture-activity 3 units)

#### 482. Health Assessment of the Aging Client (3)

Prerequisites: GERN 400 or equivalent and upper division standing or consent of instructor.

Assessment of the physical, psychological and social status of the aging client as they affect health and well-being. Focuses on working with aging clients in a variety of settings to identify actual or potential health-related problems using various techniques.

Same course as NRSRG 482. Not open for credit to students with credit in NRSRG 482. (Lecture-discussion, 3 hours) Course fee may be required.

#### 492G. Internship in Gerontology (3)

Prerequisites: Student must be a Gerontology Certificate candidate; have senior standing; have a 2.5 overall GPA or a 3.0 major GPA; approval of the Gerontology Certificate Coordinator; and GERN 400, ANTH 454, PSY 365 or HDEV 357. Each prerequisite course must be completed with a grade of "C" or better. A course in which a grade lower than "C" is received must be retaken and successfully completed prior to enrolling in any course for which it is a prerequisite. A student receiving a grade lower than a "C" may proceed with other courses with approval of the Area Coordinator.

Field experience in which student assumes a preprofessional role in a professional setting. Objectives developed by student with supervisor must be approved by major advisor and form the basis for evaluation.

May be repeated for 6 units maximum. Same course as FCS 492G. Not open for credit to students with credit in FCS 492G (Seminar 3 hours)

#### 497. Directed Studies (1-3)

Prerequisites: GERN 400, ANTH 454, PSY 365, or HDEV 357, upper-division standing and consent of program director.

Independent study under the supervision of a faculty member. Exploration and experience supplementing and/or complementing regular courses.

May be repeated to a maximum of 6 units.

#### 499. Selected Topics in Gerontology (1-3)

Group investigation of topics of current interest in gerontology.

May be repeated to a maximum of 6 units with different topics. Topics announced in the *Schedule of Classes*.

## GRADUATE LEVEL

#### 500. Introduction to the Professional Practice of Gerontology (3)

Prerequisite/Corequisite: GERN 400 or equivalent; graduate standing or consent of instructor.

Graduate level introduction to the professional practice of Gerontology. Emphasis is on application of theoretical concepts, research in practice, ethics, career path exploration, and development of leadership career related skills and resources.

Letter grade only (A-F).

#### 520./420. Personal Finance for the Aging (3)

Prerequisites: 400-level course in Consumer Affairs or consent of instructor.

Personal finance as applied to the aging population.

Same course as FCS 520. Not open for credit to students with credit in FCS 520. Letter grade only (A-F). (Lecture-discussion 3 hours)

#### 530./430. Aging and Dementia (3)

Prerequisites: GERN 400, HDEV 357 or PSY 365, or graduate standing, or consent of instructor.

An examination of physiological, psychological, social and economic

aspects of dementia and its impact on the individual, the family and society. Community resources, current research and policy issues are included, with a particular emphasis on Alzheimer's disease.

### **539./439. Nutrition and Aging (3)**

Prerequisites: NUTR 132 or BIOL 207 or 301 or GERN 400 or consent of instructor.

Nutritional needs as related to physiological changes that occur during aging. Factors that influence food intake and nutritional status of the elderly. Diet adaptation for chronic diseases commonly found in older adults.

Letter grade only (A-F). Same course as FCS 539. Not open for credit for students with credit in NUTR 439, FCS 539, or GERN 439.

### **540. End of Life Issues for Older Adults and Their Families (3)**

Prerequisite: Graduate standing.

Multidisciplinary approaches to death/dying in the context of the biopsychosocial model. Explores cross-cultural perspectives, the funeral industry, advanced planning, ethics, hospice, suicide, euthanasia, and grief.

Letter grade only (A-F).

### **550. Social Policy and Aging (3)**

Prerequisite: GERN 400, HDEV 357 or PSY 365, and ANTH 454 or consent of instructor.

Major legislation and policies affecting older Americans. Analyses of policy information and change, kinds of data, and social forces that affect development and implementation of aging-related policies and legislation.

### **563. Evaluation in Family and Consumer Sciences and Gerontology (3)**

Prerequisites: Upper division or graduate course in statistics; GERN 696 (may be taken concurrently) or equivalent.

Principles, design, and methods of program evaluation for use by Family and Consumer Sciences and Gerontology professionals. Selection and development of instrumentation for data collection and interpretation and methods of reporting.

Letter grade only (A-F). Same course as FCS 563. Not open for credit to students with credit in FCS 563. (Seminar 3 hours)

### **569./469. Disability, Culture and Society: Issues and Social Intervention (3)**

Prerequisites: Senior or graduate standing.

Disability as a social construct. Examines policies and practices to understand the experience of disability. Includes historical and contemporary perspectives as well as future issues. Emphasis on social and clinical intervention methods as well as programs and resources.

Letter grade only (A-F). Same course as REC 569. Not open for credit to students with credit in REC 569.

### **574. Global Aging (3)**

Prerequisite: Graduate standing

Examines aspects of individual and societal aging around the world, including demography of aging, cultural perspectives, work and retirement, social welfare, health care, morbidity and mortality, long term care, caregiving, and death and dying.

Letter grade only (A-F). Not open for credit to students with credit in GERN 474.

### **582. Health Assessment of the Aging Client (3)**

Prerequisites: GERN 400 or equivalent and graduate standing or consent of instructor.

Assessment of the physical, psychological and social status of the aging client as they affect health and well-being. Focuses on working with aging clients in a variety of settings to identify actual or potential health-related problems using various techniques.

Letter grade only (A-F). Not open for credit to students with credit in GERN 482 or NRS 482.

### **592. Internship in Family and Consumer Sciences/ Gerontology (3)**

Prerequisite: Graduate standing and consent of instructor.

Field experience in which student assumes a self directed responsible role in an agency, business or other community setting.

May be repeated to a maximum of 6 units. (Seminar 3 hours) Letter grade only (A-F).

### **597. Independent Study (1-3)**

Prerequisites: Graduate standing and consent of instructor.

Independent study under the supervision of a faculty member. Exploration or experience supplementing and/or complementing regular courses to meet student learning goals.

May be repeated for a maximum of six units in different semesters. Letter grade only (A-F).

### **599. Selected Topics in Gerontology (1-3)**

Prerequisites: Graduate standing

Group investigation of topics of current interest in gerontology.

May be repeated to a maximum of 6 units with different topics in different semesters. Topics announced in the *Schedule of Classes*.

### **600. Seminar in Administration of Family and Consumer Sciences/Gerontology Programs (3)**

Prerequisite: Graduate standing

Application of administration, management and leadership theories to family and consumer sciences/gerontology programs. Decision-making, organizational structures and evaluation concepts included.

Letter grade only (A-F). Same course as FCS 600. Not open for credit to student with credit in FCS 600.

### **610. Seminar in Current Issues, Trends and Research in Gerontology (3)**

Prerequisite: Completion of all core courses except GERN 696, 697 or 698 any of which may be taken concurrently.

Students will undertake literature reviews and/or research to explore emerging issues, trends and research in the field of aging studies and/or update their information on the most current gerontological topics.

(Seminar 3 hours)

### **692. Gerontology Directed Project (4)**

Prerequisite: GERN 697.

Students will acquire experiential skills under the guidance of a faculty advisor and supervisor/preceptor at an approved project site. Student will identify problems, design and assess a project or conduct research. Results will be presented in a thesis-style report.

Letter grade only (A-F).

### **696. Research Methods (3)**

Prerequisite: Upper-division course in statistics.

Methodological approaches to contemporary research issues in Family and Consumer Sciences. Course focuses on the design, development, and implementation of a formal research-designed project.

Letter grade only (A-F). (Seminar 3 hours) Same course as FCS 696. Not open for credit to students with credit in FCS 696.

### **697. Directed Research (3)**

Prerequisite: Advancement to candidacy, GERN 500-level courses in area of study, and GERN 696.

Independent investigation of research problems under the direction of a faculty member.

Letter grade only (A-F).

### **698. Thesis (4)**

Prerequisite: GERN 697, advancement to candidacy.

Planning, preparation and completion of a thesis under supervision of a faculty member. Approval of thesis committee.

Letter grade only (A-F).