

Gerontology (GERO)

GERO 100 - *Introduction to Gerontology*

Introduction to the interdisciplinary study of aging emphasizing biological, psychological, cultural, economic, and social processes. The course also explores gerontology as a career.

Credit Hours: 3.

GERO 200 - *Fundamentals of Movement Science*

This course presents an overview to the science of human movement through a multidisciplinary approach that includes mechanical, psychological, physiological, anatomical, environmental, and sociological conceptions. Throughout the course the effects of aging on human movement are integrated.

Credit Hours: 3.

GERO 300 - *Health Promotion and Aging*

Principles of health promotion surveying physiological, psychological and social health problems, and the changing health of adults during the middle and later years. This course focuses on the challenges facing older adults and on strategies to promote successful aging.

Credit Hours: 3.

GERO 310 - *Exercise in Health and Disease*

The course examines the role of exercise in health and disease, including acute and chronic effects of exercise for individuals with chronic diseases. In addition, this course explores exercise prescriptions, training guidelines, and therapeutic benefits of exercise intervention and rehabilitation.

Credit Hours: 4. Prerequisites: Junior standing; BIOL 210/212; GERO 200.

GERO 350 - *The Physiology of Aging*

Lecture and discussion of the effects of normative aging processes on homeostatic mechanisms and how these changes relate to development of disorders and diseases in later life.

Credit Hours: 3. Prerequisites: Junior standing; GERO 310.

GERO 380 - *Aging and Disabilities*

An examination of the disablement process, chronic disease, and aging. Issues and implications of disablement are discussed.

Credit Hours: 3. Prerequisites: Junior standing; GERO 350.

GERO 480 - *Gerontology Practicum*

Supervised experience in one or more community agencies that serve older adults.

Credit Hours: 3. Prerequisites: Senior standing.

GERO 490 - *Directed Research in Aging*

Individual readings and research leading to the preparation of a senior paper.

Credit Hours: 4. Prerequisites: Senior standing.