

# GERONTOLOGY (GERO)

## Gerontology Graduate Courses

### **GERO 8020 INTRODUCTION TO RESEARCH METHODS (3 credits)**

An introduction to research methods and statistical procedures in the social and behavioral sciences.

### **GERO 8056 ADVANCED BIOLOGY OF AGING (3 credits)**

This course covers biological aging topics at an advanced level, and is designed for undergraduate and graduate students who have some prior knowledge about biology or aging. The course will be interdisciplinary in nature and focus on topics relevant to gerontology, biology, psychology, and exercise science. Students will learn how to think critically about primary research in the biology of aging. Furthermore, they will apply their knowledge of the biology of aging field by creating a handbook of healthy aging for older adults. (Cross-listed with GERO 4050, NEUR 4050).

**Prerequisite(s):** Junior or senior standing for undergraduate students or graduate level standing

### **GERO 8106 EDUCATIONAL GERONTOLOGY (3 credits)**

An introduction to the field of education for and about the aging. The institutions and processes of education will be analyzed to determine their relationships and value to persons who are now old and those who are aging. (Cross-listed with GERO 4100).

**Prerequisite(s):** Students must have a junior, senior or graduate student status.

### **GERO 8206 VOLUNTEER MANAGEMENT (3 credits)**

The purpose of this course is to equip managers of volunteers in aging services to develop, maintain, assess impact and evaluate a sustainable volunteer program that will provide reliable and necessary services to older adults and further to be embraced as a valuable asset by professionals working in the field of aging. (Cross-listed with GERO 4200).

**Prerequisite(s):** Graduate Student

### **GERO 8356 ISSUES IN AGING (3 credits)**

This course is intended for students in gerontology and in other fields who are interested in a humanistic approach to understanding significant issues which affect the lives of older people. (Cross-listed with GERO 4350).

### **GERO 8426 RECREATION FOR THE AGING (3 credits)**

Role of leisure services as related to understanding and working with elders. Emphasis on recreation programming as a mode of intervention. Analysis and study of the phases of aging, with reference to psychomotor, affective, and cognitive changes; introduction to the theories of aging and how they relate to the lifestyle of this population; recreational therapy intervention, activity adaptation and program design; leisure education and issues and trends. (Cross-listed with GERO 4420, RLS 4420, RLS 8426).

### **GERO 8446 SOCIOLOGY OF AGING (3 credits)**

This course will introduce students to important theories and concepts in the sociological study of aging and give deeper understanding of the experiences that people encounter as they grow older, including retirement, disease and disability, and long-term care. In addition to exploring the challenges faced by older adults, this course will focus on factors that contribute to successful aging. (Cross-listed with GERO 4440).

**Prerequisite(s):** Graduate Students

### **GERO 8466 PSYCHOLOGY OF ADULT DEVELOPMENT AND AGING (3 credits)**

The focus of this course is on the major social and psychological changes that occur as a function of aging. Both normal and abnormal patterns of developmental change are examined, along with their implications for behavior. (Cross-listed with GERO 4460, PSYC 4460)

**Prerequisite(s):** Junior or Senior.

### **GERO 8476 MENTAL HEALTH AND AGING (3 credits)**

The goal of this courses is to survey the mental health needs of older adults. Consideration is given to identifying both positive mental health and pathological conditions. Treatment interventions effective with older adults and their families are also discussed. (Cross-listed with GERO 4470, PSYC 4470, PSYC 8476).

**Prerequisite(s):** Junior or Senior

### **GERO 8486 GLOBAL AGEING (3 credits)**

The study of ageing around the world by a comparative method in a cross-cultural and cross-national framework. An explanation of some practical experiences and developments in Europe, Asia and Africa will be examined. (Cross-listed with GERO 4480).

### **GERO 8500 POLITICS AND AGING (3 credits)**

The purpose of this course is to provide an understanding of the role of the political process in the emergence of public policy towards older adults in the United States, particularly during the past century.

### **GERO 8506 LEGAL ASPECTS OF AGING (3 credits)**

This course centers on the legal concerns likely to arise as people age. We will discuss the American legal system with an emphasis on underlying legal concepts and issues of special importance to older persons. Some of the topics include guardianship, finances in retirement, abuse and neglect, Social Security, and Medicare and Medicaid. Consideration of the legal concerns which are likely to arise as people age. Includes introduction to American legal system, and emphasis on underlying legal concepts and issues of special importance to older persons. (Cross-listed with GERO 4500).

### **GERO 8516 LONG-TERM CARE ADMINISTRATION (3 credits)**

An investigation of the broad range of policy issues, theoretical concerns and practical management strategies influencing the design, organization and delivery of long-term care services. (Cross-listed with GERO 4510, PA 4510, PA 8516).

### **GERO 8526 SENIOR HOUSING (3 credits)**

The senior housing course is designed to provide students with an in-depth understanding of the various housing options available to older adults including aging in place to hospice. At the end of the course students will have a working knowledge of the needs of older adults and how this is used in making decisions about housing. (Cross-listed with GERO 4520).

**Prerequisite(s):** Graduate student

### **GERO 8556 HEALTH ASPECTS OF AGING (3 credits)**

This course emphasizes health promotion for older adults. Special health needs of older Americans are compared and contrasted with health needs for other age groups. Prevention or delaying of chronic diseases and disorders are emphasized. (Cross-listed with GERO 4550, PHHB 4550, PHHB 8556, WGST 4550).

### **GERO 8566 NUTRITION AND AGING (3 credits)**

The goal of this course is to provide an understanding of the relationship between nutrition and successful or usual aging. This course will review the basics of good nutrition and relate them to the usual food intake of older adults. It will identify the impact of poor nutrition. This course will also look at the role nutrition plays in various disease processes that are associated with aging. It will provide information about support services that are available to assure good nutrition into old age for those living independently. (Cross-listed with GERO 4560).

### **GERO 8576 REHABILITATIVE DESIGN (3 credits)**

The purpose of this interdisciplinary course is to provide students with a greater appreciation and understanding of impairment as a platform for professional activities. This course will also provide an understanding of how Rehab Engineering, Universal and Inclusive Design and the implementation of Assistive Technology allow for greater levels of independence and quality of life for all members of our community, with an emphasis on the applications in the aging process. (Cross-listed with GERO 4570).

**GERO 8606 MANAGEMENT AND ADMINISTRATION OF AGING PROGRAMS (3 credits)**

This course is designed to give students a broad overview of theories, models, issues and approaches related to the administration of services and programs for older adults. (Cross-listed with GERO 4600).

**GERO 8676 PROGRAMS AND SERVICES FOR OLDER ADULTS (3 credits)**

This course is provided to give the student an historical overview of programs for older adults; examine the national policy process as it relates to the older American; and review the principles and practices relative to the existing national programs for the aged. (Cross-listed with GERO 4670, PA 8676).

**Prerequisite(s):** Not open to non-degree graduate students.

**GERO 8696 WORKING WITH MINORITY ELDERLY (3 credits)**

This course is designed to provide the student with knowledge of the differing status, attitudes, and experiences of older adults who identify as members of minority groups in the U.S. This course examines various social policies, service systems, and practice models in terms of their relevance and effectiveness in meeting the needs of an increasing and diverse aging population. (Cross-listed with GERO 4690, SOWK 4040, SOWK 8046).

**GERO 8726 BABY BOOMERS AND THE 21ST CENTURY (3 credits)**

Marketing decisions and strategies apply to all businesses and are influenced by the target market. The economic realities and the character of America will change due to shifting demographics of baby boomers. Businesses that understand the power of the baby boomers will succeed; failure to understand that power may lead to economic consequences. Students from many disciplines will benefit from this cross-referenced course blending the realities of gerontology with the predictions of baby boomer behavior and the resulting impact to all businesses. (Cross-listed with GERO 4720).

**Prerequisite(s):** Junior, Senior and Graduate Level Standing.

**GERO 8730 DYING, DEATH & GRIEVING (3 credits)**

An examination of theory and research relevant to interaction with the older, terminally ill person, focusing on communication with widows and other survivors as well as the dying patient. (Cross-listed with PHHB 8730).

**Prerequisite(s):** Graduate Students

**GERO 8756 MID-LIFE, CAREER CHANGE, PRERETIREMENT PLANNING (3 credits)**

This course is designed to involve candidates in the exploration of the developmental tasks of mid-life, myths and realities related to career change as well as the implication of preretirement planning. Factual information, as well as model examination and evaluation are presented to aid the candidate in becoming better equipped to understand some of the forces which affect the well-being of middle aged persons as they prepare for the later years. (Cross-listed with COUN 8756, GERO 4750).

**Prerequisite(s):** Not open to non-degree graduate students.

**GERO 8800 GRADUATE SEMINAR IN THE AGING BRAIN (3 credits)**

The Graduate Seminar in the Aging Brain is a graduate level gerontology course focused on understanding the changes to the brain due to normal aging and aging-related diseases. This is an elective course for the Gerontology graduate program at UNO. The content matter of this course also makes it a relevant fit for graduate students from disciplines such as biology, psychology, geriatric medicine, nursing, social work, and exercise science. By the end of the course, students should have a thorough understanding of the changes to the brain in healthy aging and aging-related disease that affect cognitive and emotional functioning. (Cross-listed with PSYC 8800).

**Prerequisite(s):** Graduate level standing

**GERO 8810 GRADUATE SEMINAR IN THE BIOLOGY OF AGING (3 credits)**

This course provides an in-depth investigation of key topics in the biology of aging for graduate students. The course will be interdisciplinary in nature and focus on topics relevant to gerontology, biology, psychology, neuroscience, and exercise science. Students will learn about theory, primary research, and hypotheses within the biology of aging field. Students will be asked to think critically and apply their knowledge through assignments and class discussions.

**Prerequisite(s):** graduate level standing

**GERO 8856 HOSPICE & OTHER SERVICES FOR THE DYING PATIENT/FAMILY (3 credits)**

This course examines the hospice concept and other related services available in the community. The student will learn that hospice is an alternative to the traditional medical model. (Cross-listed with GERO 4850, SOWK 4850, SOWK 8856).

**GERO 8920 SPECIAL STUDIES IN GERONTOLOGY (1-3 credits)**

Special studies designed around the interests and needs of the individual student in such areas as the psychology, sociology, economics, biology, or politics of aging, as well as operation of various service systems. This independent study may include a literature review or a field project in which experience is gained in the community, identifying and analyzing needs and services related to older people.

**Prerequisite(s):** Instructor permission

**GERO 8940 GRADUATE PRACTICUM (3 credits)**

This course provides the opportunity to students to share field experiences; to obtain guidance concerning various relationships with agency, staff and clients; and to develop a broadly based perspective of the field of aging.

**Prerequisite(s):** Nine hours in gerontology and permission. Students must be enrolled in the certificate or degree program (MA, PhD) as well as have a minimum GPA of 3.0. Not open to non-degree students.

**GERO 8956 PALLIATIVE CARE: MENTORING A HEALTHCARE APPROACH OF PATIENT-CENTERED CARE WITH FOCUS ON WELL-BEING (3 credits)**

This course provides a foundation for the recognition of the need to implement palliative medical care. Using current texts and literature, video and podcast lectures by colleagues, and review of cases and topics, a student will understand the definitions, purposes, and benefits of palliative medical care. The student will learn the avenues and ways to implement palliative care to provide care that promotes well-being. (Cross-listed with GERO 4950).

**GERO 8980 LITERATURE AND AGING (3 credits)**

In this course, we will examine the experience of aging and of being an older person through the world's great literature. We will study this universal experience by reading novels, short stories, poems, plays, and personal narratives from across different eras and cultures. In this way we hope to come to a better understanding of: 1) the older adults we serve as patients and clients; 2) our own aging process and those of our close family members and friends; 3) literary works and their relevance in our everyday lives.

**Prerequisite(s):** Graduate students only.

**GERO 8986 COUNSELING SKILLS IN GERONTOLOGY (3 credits)**

This course is intended to help develop basic counseling skills for application in gerontology. (Cross-listed with COUN 8986, GERO 4980).

**Prerequisite(s):** Not open to non-degree graduate students.

**GERO 8990 THESIS (1-6 credits)**

Independent research project required of all students working toward the Master of Arts degree. The thesis is written under the supervision of the thesis adviser and the thesis committee.

**Prerequisite(s):** Permission from adviser.

**GERO 9020 GRADUATE SEMINAR IN STATISTICAL APPLICATIONS (3 credits)**

Provides an introduction to statistical methods and data management used in the social, behavioral and health sciences.

**GERO 9110 THEORIES OF AGING (3 credits)**

An overview of social gerontology with an emphasis on the interplay between social, psychological and physical elements in later life. Restricted to graduate students only; required of gerontology students. (Cross-listed with SOC 9110).

**Prerequisite(s):** Graduate.

**GERO 9460 SEMINAR IN AGING AND HUMAN BEHAVIOR (3 credits)**

This course will examine in detail age-related changes in psychological processes and explore the implications of these changes for behavior. The course is intended primarily for graduate students in psychology and gerontology. (Cross-listed with PSYC 9460).

**Prerequisite(s):** Graduate standing in gerontology or psychology or permission of the instructor.

**GERO 9990 DISSERTATION (1-6 credits)**

This course provides doctoral students pursuing the PhD in Human Sciences with a specialization in gerontology to complete a dissertation research plan. The course learning activities will focus on the completion of an approved dissertation.

**Prerequisite(s):** Admittance to the PhD in Human Sciences with a specialization in gerontology. Not open to non-degree graduate students.