

# GERONTOLOGY, BACHELOR OF SCIENCE

## Requirements

Code	Title	Credits
<b>Gerontology Core <sup>1</sup></b>		
GERO 2000	INTRODUCTION TO GERONTOLOGY	3
GERO 3000	COMMUNITY RESOURCES FOR OLDER ADULTS	3
or GERO 4670	PROGRAMS AND SERVICES FOR OLDER ADULTS	
GERO 3070	DEATH AND DYING	3
GERO 3500	BIOLOGICAL PRINCIPLES OF AGING	3
GERO 4460	PSYCHOLOGY OF ADULT DEVELOPMENT AND AGING	3
GERO 4470	MENTAL HEALTH AND AGING	3
GERO 4550	HEALTH ASPECTS OF AGING	3
GERO 4690	AGING AND DIVERSITY	3
<b>Gerontology Electives <sup>1</sup></b>		
Select an additional 9 credit hours of gerontology coursework, based on interests and career objectives.		9
<b>Gerontology Practicum <sup>2</sup></b>		
GERO 4940	PRACTICUM <sup>3,4</sup>	3
<b>Statistics</b>		
Each student must complete three credit hour course in basic statistics. Acceptable courses include statistics courses include:		3
PA/CRCJ/SOWK 3000	APPLIED STATISTICS AND DATA PROCESSING IN PUBLIC SECTOR	
STAT 3000	STATISTICAL METHODS I	
SOC 2130	SOCIAL STATISTICS	
MATH 1530	INTRODUCTION TO APPLIED PROBABILITY AND STATISTICS	
PSYC 3130	STATISTICS FOR THE BEHAVIORAL SCIENCES	
Other statistics courses may be approved by academic advisors.		
<b>Research Methods</b>		
Each student must complete three credit hour course in basic research methods. Acceptable courses include:		3
GERO 3250	RESEARCH METHODS IN GERONTOLOGY	
CRCJ 2510	RESEARCH METHODS	
SOC 3510	RESEARCH METHODS	
Other research methods courses may be approved by academic advisors.		
<b>Area of Concentration or Minor</b>		
Select an "Area of Concentration or Minor"		18
<b>Total Credits</b>		<b>60</b>

<sup>1</sup> Each course must be completed with a "C-" or higher.

<sup>2</sup> Course must be completed with a "C-" or higher.

<sup>3</sup> Pre-requisite: 9 credit hours in gerontology, 2.50 GPA

<sup>4</sup> To facilitate important real-world experience before graduation, all students will complete 156 hours in a practicum site of their choice.

## Area of Concentration or Minor

Students choose a concentration or minor to complement their degree. Students may choose any approved UNO minor or from three Gerontology-

approved concentrations: Pre-Health Concentration, Long Term Care Administration Concentration, or Health Aging Concentration. Students may also complete a double degree or double major to fulfill this requirement.

If a minor is chosen, students must abide by specific UNO minor requirements. All courses for Gerontology-approved concentrations must be completed with a "C-" or higher and no CR/NC is accepted.

## Pre-Health Concentration

Code	Title	Credits
<b>Gerontology Care Requirements:</b>		
GERO 4560	NUTRITION AND AGING	3
GERO 4850	HOSPICE & OTHER SERVICES FOR THE DYING PATIENT/FAMILY	3
Select 12-14 credits from the following:		12-14
BIOL 1450	BIOLOGY I <sup>1</sup>	
BIOL 1750	BIOLOGY II	
BIOL 2140	GENETICS	
BIOL 2440	THE BIOLOGY OF MICROORGANISMS	
BIOL 2740	HUMAN ANATOMY AND PHYSIOLOGY I	
BIOL 2840	HUMAN ANATOMY AND PHYSIOLOGY II	
BIOL 3020	MOLECULAR BIOLOGY OF THE CELL	
BMCH 2400	HUMAN PHYSIOLOGY & ANATOMY I	
BMCH 2500	HUMAN PHYSIOLOGY AND ANATOMY II	
CHEM 1140 & CHEM 1144	FUNDAMENTALS OF COLLEGE CHEMISTRY and FUNDAMENTALS OF COLLEGE CHEMISTRY LABORATORY <sup>1</sup>	
CHEM 1180 & CHEM 1184	GENERAL CHEMISTRY I and GENERAL CHEMISTRY I LABORATORY <sup>1</sup>	
CHEM 1190 & CHEM 1194	GENERAL CHEMISTRY II and GENERAL CHEMISTRY II LABORATORY	
CHEM 2210 & CHEM 2214	FUNDAMENTALS OF ORGANIC CHEMISTRY and FUNDAMENTALS OF ORGANIC CHEMISTRY LABORATORY	
CHEM 2250	ORGANIC CHEMISTRY I	
CHEM 2260 & CHEM 2274	ORGANIC CHEMISTRY II and ORGANIC CHEMISTRY LABORATORY	
GERO 4050	ADVANCED BIOLOGY OF AGING	
GERO 4570	REHABILITATIVE DESIGN	
HEKI 3090	APPLIED NUTRITION	
PHYS 1050 & PHYS 1054	INTRODUCTION TO PHYSICS and INTRODUCTION TO PHYSICS LABORATORY <sup>1</sup>	
PHYS 1110 & PHYS 1154	GENERAL PHYSICS I and GENERAL PHYSICS LABORATORY I <sup>1</sup>	
PHYS 1120 & PHYS 1164	GENERAL PHYSICS II and GENERAL PHYSICS LABORATORY II	
PHYS 2110 & PHYS 1154	GENERAL PHYSICS I - CALCULUS LEVEL and GENERAL PHYSICS LABORATORY I	
PHYS 2120 & PHYS 1164	GENERAL PHYSICS-CALCULUS LEVEL and GENERAL PHYSICS LABORATORY II	
<b>Total Credits</b>		<b>18-20</b>

<sup>1</sup> Denotes a Natural Science general education course. To maximize credits, students may choose to use these courses toward their general education instead and take the more advanced courses for their Pre-

Health concentration. (These will **not** double count in both Natural Science **and** the concentration.)

### Administration Concentration

Students will be advised to take courses that will prepare them to meet the course requirements for nursing home administrators in Nebraska.

Code	Title	Credits
<b>Gerontology Course Requirements:</b>		
GERO 4520	SENIOR HOUSING	3
GERO 4600	MANAGEMENT AND ADMINISTRATION OF AGING PROGRAMS	3
GERO 4510	LONG-TERM CARE ADMINISTRATION	3
<b>Related Electives:</b>		
Select 9 credits from the following (students must meet all applicable pre-requisites):		9
ACCT 2000	ACCOUNTING BASICS FOR NON-BUSINESS MAJORS <sup>1</sup>	
ACCT 2010	PRINCIPLES OF ACCOUNTING I	
ACCT 2020	PRINCIPLES OF ACCOUNTING II	
ECON 2200	PRINCIPLES OF ECONOMICS (MICRO) <sup>1</sup>	
ECON 2220	PRINCIPLES OF ECONOMICS (MACRO) <sup>1</sup>	
GERO 4350	ISSUES IN AGING	
GERO 4200	VOLUNTEER MANAGEMENT	
GERO 4500	LEGAL ASPECTS OF AGING	
GERO 4720	BABY BOOMERS AND THE 21ST CENTURY	
MGMT 3490	MANAGING PEOPLE AND ORGANIZATIONS	
ENTR 3710	ENTREPRENEURIAL FOUNDATIONS	
MKT 3310	PRINCIPLES OF MARKETING	
PA 2000	LEADERSHIP & ADMINISTRATION	
PA 2170	INTRODUCTION TO PUBLIC ADMINISTRATION	
PA 3200	PROGRAM PLANNING AND EVALUATION	
PA 3500	NONPROFIT ORGANIZATIONS AND MANAGEMENT	
RELU 2410	REAL ESTATE PRINCIPLES AND PRACTICES	
CMST 3130	SPEECH COMMUNICATION IN BUSINESS AND THE PROFESSIONS	
<b>Total Credits</b>		<b>18</b>

<sup>1</sup> Denotes a Social Science course. Students may choose to use these courses within General Education **or** within their concentration. If using the courses in General Education, this allows more advanced coursework within their concentration area.

### Healthy Aging Concentration

Code	Title	Credits
<b>Gerontology Course Requirements:</b>		
GERO 4420	RECREATION FOR THE AGING	3
GERO 4560	NUTRITION AND AGING	3
GERO 4850	HOSPICE & OTHER SERVICES FOR THE DYING PATIENT/FAMILY	3
<b>Related Electives</b>		
Select 9 credits from the following:		9
GERO 4200	VOLUNTEER MANAGEMENT	

GERO 4570	REHABILITATIVE DESIGN	
PHHB 1500	FOUNDATIONS IN PUBLIC HEALTH	
PHHB 2070	SUBSTANCE ABUSE AND MISUSE PREVENTION AND MANAGEMENT	
PHHB 2850	STRESS MANAGEMENT	
PHHB 2310	HEALTHFUL LIVING	
PHHB 3080	HEALTH CONCEPTS OF SEXUAL DEVELOPMENT	
PHHB 3310	INJURY PREVENTION IN PUBLIC HEALTH	
PHHB 4050	INTRODUCTION TO RESEARCH IN PUBLIC HEALTH	
PHHB 4130	COMMUNITY HEALTH	
PHHB 4650	GLOBAL HEALTH	
KINS 1800	FITNESS FOR LIVING	
HEKI 3090	APPLIED NUTRITION	
KINS 4200	PLANNING WORKSITE WELLNESS PROGRAMS	
KINS 3900	MOTIVATION FOR PHYSICAL ACTIVITY	
May also choose up 3 courses from:		
PEA 111S	RELAXATION TECHNIQUES	
PEA 111T	YOGA I	
PEA 111U	YOGA II	
PEA 112D	PILATES MATWORK	
PEA 112I	T'AI CHI FOR MOVEMENT IMPROVEMENT	
PEA 112L	WALKING/JOGGING	
PEA 111V	BEGINNING/INTERMEDIATE SWIMMING	
PEA 112A	SWIM CONDITIONING	
PEA 112S	CROSS-TRAINING	
PEA 112V	MINDFULNESS MEDITATION	
PEA 112X	BARRE FITNESS	
PEA 112C	POWER YOGA	
PEA 111H	WEIGHT TRAINING/BODY CONDITIONING	

**Total Credits** **18**

#### Freshman

Fall		Credits
GERO 2000	INTRODUCTION TO GERONTOLOGY	3
GERO 3000	COMMUNITY RESOURCES FOR OLDER ADULTS	3
Humanities and Fine Arts		3
English and Writing		3
Quantitative Literacy Course		3
<b>Credits</b>		<b>15</b>

#### Spring

GERO 3070	DEATH AND DYING	3
GERO 3500	BIOLOGICAL PRINCIPLES OF AGING	3
English and Writing		3
Social Sciences		3
Natural/Physical Science		3
<b>Credits</b>		<b>15</b>

#### Sophomore

Fall		Credits
GERO 4460	PSYCHOLOGY OF ADULT DEVELOPMENT AND AGING	3
GERO 4550	HEALTH ASPECTS OF AGING	3
Humanities and Fine Arts		3

Social Sciences	3
Natural/Physical Sciences with Laboratory	4
<b>Credits</b>	<b>16</b>
<b>Spring</b>	
GERO 4470 MENTAL HEALTH AND AGING	3
GERO 4690 AGING AND DIVERSITY	3
Humanities and Fine Arts	3
Gerontology Concentration or Minor Course <sup>1</sup>	3
Elective Course	3
<b>Credits</b>	<b>15</b>
<b>Junior</b>	
<b>Fall</b>	
Gerontology Elective Course <sup>2</sup>	3
Research Methods Course (GERO 3250 is recommended)	3
Gerontology Concentration or Minor Course	3
Gerontology Concentration or Minor Course	3
Elective Course	3
<b>Credits</b>	<b>15</b>
<b>Spring</b>	
Gerontology Elective Course <sup>2</sup>	3
Gerontology Concentration or Minor Course <sup>1</sup>	3
Statistics Course (CRCJ 3000 is recommended)	3
Writing in the Discipline (ENGL 3050 is recommended) <sup>3</sup>	3
Elective Course	3
<b>Credits</b>	<b>15</b>
<b>Senior</b>	
<b>Fall</b>	
Gerontology Concentration or Minor Course <sup>1</sup>	3
Gerontology Concentration or Minor Course <sup>1</sup>	3
Gerontology Elective Course <sup>2</sup>	3
Elective Course	3
Elective Course	3
<b>Credits</b>	<b>15</b>
<b>Spring</b>	
GERO 4940 PRACTICUM <sup>4</sup>	3
Gerontology Concentration or Minor Course <sup>1</sup>	3
Public Speaking	3
Elective Course	3
Elective Course	3
<b>Credits</b>	<b>15</b>
<b>Total Credits</b>	<b>121</b>

**Additional Information About this Plan:****University Degree Requirements:**

The minimum number of hours for a UNO undergraduate degree is 120 credit hours. Please review the requirements for your specific program to determine all requirements for the program. In order to graduate on-time (four years for an undergraduate degree), you need to take 30 hours each year.

**Placement Exams:**

For Math, English, Foreign Language, a placement exam may be required. More information on these exams can be found at <https://www.unomaha.edu/enrollment-management/testing-center/placement-exams/information.php>

\*\*Transfer credit or placement exam scores may change suggested plan of study

**GPA Requirements:**

GERO courses must be a C- or higher

General Education must be a C- or higher

Gerontology Concentration courses must be C- or higher.

**Graduation Requirements:**

120 Credits and a 2.0 GPA is required to graduate from UNO.

<sup>1</sup> Gerontology students must choose an 18 credit concentration in Healthy Aging, Administration, Pre-Health OR any university minor.

<sup>2</sup> Gerontology students must take a total of 9 credits of elective courses from within the Gerontology department.

<sup>3</sup> Approved Writing in the Discipline courses are MKT 3200, ENGL 2400, ENGL 3980 and ENGL 3050

<sup>4</sup> To complete the practicum a student must have a 2.5 GPA.

This roadmap is a suggested plan of study and does not replace meeting with an advisor. Please note that students may need to adjust the actual sequence of courses based on course availability. Please consult an advisor in your major program for further guidance.

This plan is not a contract and curriculum is subject to change