

**STATE UNIVERSITY OF NEW YORK  
COLLEGE OF TECHNOLOGY  
CANTON, NEW YORK**



**COURSE OUTLINE**

**HLTH 104 – Introduction to Gerontology**

**Prepared By: Timothy J. Farrell**

**SCHOOL OF  
SCIENCE, HEALTH, & CRIMINAL JUSTICE  
April 2015**

- A. **TITLE:** Introduction to Gerontology
- B. **COURSE NUMBER:** HLTH 104
- C. **CREDIT HOURS:** 3
- D. **WRITING INTENSIVE COURSE:** No
- E. **COURSE LENGTH:** (15 weeks)
- F. **SEMESTER(S) OFFERED:** Fall and Spring
- G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, and ACTIVITY:** 3 hours lecture per week
- H. **CATALOG DESCRIPTION:** This interdisciplinary course is designed to introduce the student to the field of gerontology (the study of aging). The aging person is viewed in a holistic manner. Topics to be included are demography of aging, social and economic characteristics of aging, biological, psychological and social theories of aging, biomedical aspects of aging and selected issues in health and aging.
- I. **PRE-REQUISITES/CO-REQUISITES:** None
- J. **GOALS (STUDENT LEARNING OUTCOMES):**  
By the end of this course, the student will be able to:

<i>Course Objective</i>	<i>Institutional SLO</i>
1. Identify the growth of social gerontology, physical aging, managing disease and well being.	2. Crit. Thinking 3. Prof. Competence
2. Identify and explain cognitive changes, personality, mental health, sexuality, social interaction and supports as related to the aging process.	2. Crit. Thinking 3. Prof. Competence
3. Describe productive activities and being alone as aging.	2. Crit. Thinking 3. Prof. Competence
4. Compare and contrast the resilience of elders of color, women and social problems.	2. Crit. Thinking 3. Prof. Competence

- K. **TEXTS:**
- Hooyman, N.R. & Kayak, H.A., Social Gerontology, A Multidisciplinary Perspective  
9<sup>th</sup> Edition. Pearson, 2011.
- L. **REFERENCES:** None

- M. EQUIPMENT:** Access to a working computer with Internet capability. Use of an operating system compatible with Angel such as current version of windows or Mac.
- N. GRADING METHOD:** A-F
- O. MEASUREMENT CRITERIA/METHODS**
- Quizzes
  - Discussion Board Postings
  - Final Exam
- P. DETAILED COURSE OUTLINE:**

**I. Part I The Field of Social Gerontology**

**1. Chapter 1 The Growth of Social Gerontology**

- A. The Field of Gerontology Social Gerontology What Is Aging? An Active
- B. Aging Framework A Person-Environment Perspective on Social
- C. Gerontology Organization of the Text Why Study Aging?
- D. Growth of the Older Population
- E. The Oldest-Old
- F. Support Ratios
- G. Population Trends
- H. Impact of Demographic Trends
- I. Longevity in Health or Disease?
- J. How Aging and Older Adults Are Studied
- K. Research Methods

**2. Chapter 2 Aging in Other Countries and across Cultures in the United States**

- A. Global Trends
- B. The Impact of Modernization on Older Adults' Roles in Traditional Societies
- C. A Cross-Cultural View of Elders' Roles in Contemporary Societies

**II. Part II The Biological and Physiological Context of Aging**

**3. Chapter 3 The Social Consequences of Physical Aging**

- A. Biological Theories of Aging
- B. Can Aging Be Reversed or Delayed?
- C. Research on Physiological Changes with Age
- D. Changes in Sensory Functions

**4. Chapter 4 Managing Chronic Diseases and Promoting Well-Being in Old Age**

- A. Defining Health
- B. Quality of Life in Health and Illness
- C. Chronic and Acute Diseases
- D. Common Chronic Conditions
- E. Falls and Their Prevention
- F. Use of Physician Services by Older People
- G. Health Promotion with Older People

**III. Part III The Psychological Context of Aging**

**5. Chapter 5 Cognitive Changes with Aging**

- A. Intelligence and Aging
- B. Factors That May Influence Intelligence in Adulthood
- C. The Process of Learning and Memory
- D. The Information Processing Model
- E. Factors That Affect Learning in Old Age
- F. Age-Related Changes in Memory
- G. Improving Cognitive Abilities in Old Age
- H. Wisdom and Creativity

**6. Chapter 6 Personality and Mental Health in Old Age**

- A. Defining Personality
- B. Stage Theories of Personality
- C. Trait Theories of Personality
- D. Self-Concept and Self-Esteem
- E. Successful Aging
- F. Mental Disorders among Older Persons
- G. Psychotherapy with Older Persons

**7. Chapter 7 Love, Intimacy, and Sexuality in Old Age**

- A. Attitudes and Beliefs about Sexuality in Later Life
- B. Myths and Reality about Physiological Changes and Frequency of Sexual Activity
- C. Lesbian, Gay, Bisexual, and Transgender Partners in Old Age
- D. Women and Age-Related Physiological Changes
- E. Men and Age-Related Physiological Changes
- F. Chronic Diseases and Sexuality
- G. Psychosocial Factors and Late-Life Affection, Love, and Intimacy
- H. Facilitating Older Adults' Intimacy and Sexuality

**IV. Part IV The Social Context of Aging**

**8. Chapter 8 Social Theories of Aging**

- A. The Importance of Social Theories of Aging
- B. Social Gerontological Theory before 1961: Role and Activity
- C. The First Transformation of Theory
- D. Alternative Theoretical Perspectives
- E. Recent Developments in Social Gerontological Theory: The Second Transformation

**9. Chapter 9 The Importance of Social Supports: Family, Friends, Neighbors, and Communities**

- A. The Nature and Function of Informal Supports
- B. The Impact of Informal Networks and Social Supports on Well-Being
- C. Growth of the Multigenerational Family
- D. Older Partners
- E. Childless Older Adults
- F. Sibling Relationships
- G. Other Kin
- H. Intergenerational Relationships: Adult Children
- I. Grandparenthood and Great-Grandparenthood
- J. Friends and Neighbors as Social Supports

- K. Interventions to Strengthen or Build Social Supports
- L. Relationships with Pets

**10. Chapter 10 Opportunities and Challenges of Informal Caregiving**

- A. Who Are Informal Caregivers?
- B. Costs and Benefits of Informal Care
- C. Caregiver Gains
- D. The Gendered Nature of Family Care
- E. Spouses/Partners as Caregivers
- F. Adult Children/Grandchildren as Caregivers
- G. Family Caregivers of Color
- H. Caregiving for Persons with Dementia
- I. Legislation to Support Family Caregivers
- J. Supportive Services for Family Caregivers
- K. Elder Mistreatment
- L. Placement in Long-Term Care Facilities
- M. Underpaid Caregivers: Direct Care Workers

**11. Chapter 11 Living Arrangements and Social Interactions**

- A. Person-Environment Theories of Aging
- B. Geographic Distribution of the Older Population
- C. Elder-Friendly/Livable Communities
- D. Relocation
- E. The Impact of the Neighborhood
- F. Victimization and Fear of Crime
- G. Housing Patterns of Older People
- H. Long Term Care
- I. Services to Assist Aging in Place
- J. Technology to Help Aging in Place
- K. Housing Policy and Government Programs
- L. Homelessness
- M. Aging in Place among Older Prisoners

**12. Chapter 12 Productive Aging: Paid and Nonpaid Roles and Activities**

- A. What Do We Mean by Productive Aging? Definitions and Critique
- B. Retirement
- C. Employment Status
- D. Economic Status: Sources of Income in Retirement
- E. Patterns and Functions of Nonpaid Roles and Activities

**13. Chapter 13 Death, Dying, Bereavement, and Widowhood**

- A. The Changing Context of Dying
- B. The Dying Process
- C. End-of-Life Care
- D. The Right to Die or Hastened Death
- E. Legal Options Regarding End-of-Life Care
- F. Bereavement, Grief, and Mourning Rituals
- G. Widowhood

**14. Chapter 14 The Resilience of Elders of Color**

- A. Defining Ethnicity and Culture
- B. Research History
- C. Older African Americans
- D. Older Latinos
- E. Older American Indians
- F. Older Asian/Pacific Islanders
- G. Implications for Services

**15. Chapter 15 The Resilience of Older Women**

- A. Rationale for a Focus on Older Women's Needs
- B. Older Women's Economic Status
- C. Older Women's Health Status
- D. Older Women's Social Status

**V. Part V The Societal Context of Aging**

**16. Chapter 16 Social Policies to Address Social Problems**

- A. Variations among Policies and Programs
- B. Factors Affecting the Development of Policies
- C. The Development of Policies for Older People
- D. Income Security Programs: Social Security and Supplemental Security Income
- E. Private Pensions and Income Tax Provisions
- F. Policy Dilemmas

**17. Chapter 17 Health and Long-Term Care Policy and Programs**

- A. Health Care Expenditures for Older Adults
- B. Medicare
- C. Medicaid
- D. Private Supplemental and Long-Term Care Insurance
- E. Innovative Programs

**Q. LABORATORY OUTLINE: N/A**