# Gerontology Interdisciplinary Minor

## What is the Gerontology Interdisciplinary Minor?

The Gerontology Minor provides students with the opportunity to earn an undergraduate or post-baccalaureate minor in gerontology. The Gerontology Minor will also help students develop an understanding of the aging process including the biological, psychological and social aspects of adult development and aging.

## Why should I earn a minor in gerontology?

The United States Administration on Aging reports that by 2030 one in five individuals will be age 65 years and older. Furthermore, it has been estimated that there will be 70 million older persons, more than twice the number in 1999. Because of the “Graying” of America, qualified and well trained professionals will be greatly needed to support successful aging and older adults.

## What career choices do students enrolled in the minor pursue?

Students who earn the Gerontology Interdisciplinary Minor in addition to their bachelor’s degree may pursue employment opportunities such as: Adult Educator focusing on continuing education and career development, Dietitian for older adults, Elder Law Advocate, Exercise Physiologist, Geriatric Care Manager, Housing Specialist focusing on the needs of older adults, Long-Term Care Administrator, Occupational, Physical, or Speech Therapist focusing on the needs of older adults, Physician’s Assistant, Geriatric Clinician, Public Relations Specialist, Recreation Therapist/Activities Director in a long-term care facility, and Retirement Counselor. Please note this is not an exhausted list of opportunities. Other career choices may be pursued.

## What do gerontology students and alumni say about the program?

Enrolled students and alumni find that the program gives graduates many learning and career opportunities. One student stated that she is “able to interact with individuals that have experienced the things [she has] only read about in text books.” Another student, who was hired full-time in a gerontology related position before graduation, states that “the [Gerontology Minor] gave [her] a better understanding of older adults on many different levels. Now that [she has] a job working in long-term care, [she] can see how nutrition, exercise, physical limitations and other factors work together to impact individuals.”

## What scholarships are available for gerontology students?

Every year the College of Health and Human Sciences awards scholarships to students enrolled in the Gerontology Minor. This opportunity is funded by Columbine Health Systems and is only awarded to students enrolled in the minor and who have taken or are enrolled in AHS 201: Perspectives in Gerontology.

## How can students learn more about the Gerontology Interdisciplinary Minor?

**Website:** [http://www.hdfs.chhs.colostate.edu/students/undergraduate/gerontology.aspx](http://www.hdfs.chhs.colostate.edu/students/undergraduate/gerontology.aspx)

**Students in the HDFS major:** schedule an appointment with their HDFS Advisor

**Students not in the HDFS major:** schedule and appointment to meet with Anne Van Arsdall at anne.van_arisdall@colostate.edu.

**Appointment Scheduling can be done online:**

[http://www.hdfs.chhs.colostate.edu/students/undergraduate/advising.aspx](http://www.hdfs.chhs.colostate.edu/students/undergraduate/advising.aspx)

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Gerontology Interdisciplinary Minor Program Requirements

Students pursuing an undergraduate Gerontology Interdisciplinary Minor are required to take all of the required courses listed below and 6 to 8 elective credits. All courses require a grade of C or better as of fall 2015.

Required Courses (15 credits):
- HDFS 201 Perspectives in Gerontology (3 cr.) (typically offered fall only on campus and summer only online through CSU Online)
- HDFS 312 Adult Development: Middle Age and Aging (3 cr.) (typically offered every term on campus and online through CSU Online)
- HES 444 Successful Aging: Role of Physical Activity (2 cr.) (Canvas delivery; typically offered fall and summer through RAMweb registration) OR HES 434 Physical Activity throughout the Lifespan (3 cr.)
- FSHN 444 Nutrition and Aging (1 cr.) (Canvas delivery; typically offered fall and spring through RAMweb registration) OR FSHN 459 Nutrition and the Life Cycle (3 cr.)
- SOWK 371E Social Gerontology (3 cr.) (typically offered spring only on campus and summer only online through CSU Online; this course requires HDFS 101 as a prerequisite)
- Practicum or internship (3 cr.)* (AHS 487 is typically offered every semester on campus and online through CSU Online). HDFS students may take HDFS 488; SOWK students may take SOWK 488D; other students may substitute an internship required for their major as long as it meets criteria below.

*The practicum or internship placement must directly relate to the field of adulthood and aging. Students are required to complete 144 contact hours over the course of the semester. Please see major advisor for more details, placement advising, and course prefix and number.

Elective Course Options (6 to 8 credits):
- BMS 300 Principles of Human Physiology (4 cr.) (typically offered very term on campus and online through CSU Online)
- BZ 433 Behavioral Genetics (3 cr.) (typically offered fall only on campus)
- FSHN 450 Medical Nutrition Therapy (5 cr.) (typically offered fall only on campus)
- FSHN 451 Community Nutrition (3 cr.) (typically offered fall only on campus)
- HDFS 332 Death, Dying and Grief (3 cr.) (typically offered fall and summer on campus and every term online through CSU Online)
- HDFS 402 Families and Couple Studies (3 cr.) (typically offered every term on campus and online through CSU Online)
- HDFS 403 Families in the Legal Environment (3 cr.) (typically offered fall and summer on campus and spring and summer online through CSU Online)
- HDFS 412 Mental and Physical Health in Adulthood (3 cr.) (new FA 16: typically offered every term on campus and online through CSU Online)
- HES 345 Population Health and Disease Prevention (3 cr.) (typically offered every term on campus)
- LIFE 201 Introductory Genetics (3 cr.) (typically offered fall and spring on campus)
- LIFE 210 Intro to Eukaryotic Cell Biology (3 cr.) (typically offered fall and spring on campus)
- MU 241 Introduction to Music Therapy (3 cr.) (typically offered fall only on campus)
- OT 355 The Disability Experience in Society (2 cr.) (typically offered fall and spring on campus)
- PHIL 305C Philosophical Issues: Caring Professions (3 cr.) (typically offered spring only on campus)
- PHIL 366 Philosophy of Aging (3 cr.) (typically offered spring only on campus)
- PSY 296 Group Study – Psychology of Aging (3 cr.) (typically offered every term on campus only)
- PSY 320 Abnormal Psychology (3 cr.) (typically offered every term on campus and online)
- PSY 452 Cognitive Psychology (3 cr.) (typically offered every term on campus and fall and spring online through CSU Online)
- PSY 496 Group Study - Psychology of Aging (3 cr.) (typically offered every term on campus only)
- SOC 330 Social Stratification (3 cr.) (typically offered fall only on campus and spring and fall online)
- SOWK 371C Adult Offender (3 cr.) (typically offered spring only on campus)
- SOWK 371D Substance Abusers (3 cr.) (typically offered spring only on campus)
- SOWK 410 Social Welfare Policy (3 cr.) (offered fall only on campus)

Note: Some courses may have prerequisites or need written consent of instructor.