

In order to complete a Major in Gerontology, students must complete a minimum of 36 credit hours of gerontology courses. These include the following introductory requirements (6 credit hours):

GERO-1013. Introduction to Gerontology

GERO-1023. Aging in Canada

In addition, students must complete the following core courses (18 credit hours):

GERO/PSYC-2673. Adult Development and Aging

GERO-2113/SOCI 2523. Sociology of Aging

GERO-3023. Aging and Health

GERO-4013. Seminar in Gerontology

GERO-4023. Advanced Seminar in Gerontology

GERO-3053. Qualitative Research Methods in Gerontology

Finally, students are required to complete 12 credit hours of the following electives:

GERO-2273. Death and Dying in Later Life

GERO-3033. Aging and Spirituality

GERO-3043. Recreation, Leisure and Aging

GERO-3073. Narrative Gerontology

GERO-3083. Gender, Sexuality and Aging (WSGS)

GERO-3093. Images of Aging in Film

GERO-3263. Understanding Dementia

GERO-3103. Special Topics

GERO-3123. Counselling Older Adults

GERO-3133. The Portrayal of Alzheimer's Disease in Film

GERO-3213. Older Adults as Learners

GERO-3153. Health Promotion for an Aging Population

GERO-3223. Family Ties and Aging

GERO-3233. Aging and Eastern Contemplative Traditions: Theory, Research, and Practice

GERO-3673. Advanced Studies in Adult Development

GERO-3743. Critical Approaches to Long-Term Care

Subject to the approval of the Chair and the University registrar, students may be able to substitute other courses at St. Thomas University or the University of New Brunswick for the electives listed above.

Gerontology is a multidisciplinary field that studies the process of aging across the lifespan. Gerontologists draw on research from a variety of fields that include anthropology, economics, philosophy, physiology, psychology, and sociology, among others. The courses listed below are concerned with issues that concern older persons themselves and range from an examination of health-care needs to the understanding of wisdom. Some courses look at the impact of the way we choose to organize society and define aging socially and how individuals actually experience and understand their own later years. Gerontology uses a variety of theoretical perspectives that shed light on the social, psychological, emotional, and spiritual nature of being human as a background for the investigation of a wide variety of

### **GERO 3023. Aging and Health**

Various aspects of aging and health are addressed in this course. Topics considered include: theories of biological aging; normal vs. pathological physical changes that accompany the aging process; various chronic conditions that affect quality of life in later life; the implications of physical aging for medication use and nutritional status among older adults; and the impact of an aging population on the provision of acute care, long term care, and home care for older adults. Prerequisite: GERO 1013 and GERO 1023.

### **GERO-3033. Aging and Spirituality**

This lecture-seminar course examines spirituality and its relationship to the process of aging, specifically the meaning of spirituality, the relevance of spirituality in the lived experience of aging and, practical and ethical issues arising from an explicit acknowledgement of human spirituality in gerontological research and practice.

### **GERO-3043. Recreation, Leisure and Aging**

This lecture-seminar course explores the meaning of leisure and recreation and the role they play in the lives of older adults. It will familiarize students with the process of aging as related to leisure, recreation, and lifestyle. The theoretical aspects of aging and their implications for leisure will be the primary focus.

### **GERO-3053. Qualitative Research Methods in Gerontology**

This course will introduce students to qualitative research methods used in social science, with an emphasis on gerontology. It will address theoretical foundations of qualitative analysis, ethical considerations involving older adults, and provide hands-on experience in developing a research question, and collecting and analyzing data using basic qualitative techniques in gerontology. It will also prepare students in writing a qualitative research proposal. Prerequisite: GERO 1013 OR GERO 1023, OR permission from the instructor.

### **GERO-3073. Narrative Gerontology**

This seminar style course considers the theoretical and practical implications for gerontology of the metaphor of life as story. Against the background of the narrative turn across the human sciences and of specific practices in geriatric care like life review and reminiscence, the course explores the narrative complexity of autobiographical memory in particular and of identity development in general. Through readings, assignments, and classroom activities, students are encouraged to consider the narrative dynamics of their own identity development and to appreciate the complexity of the storytelling-story listening exchanges that are pivotal to providing narrative care with older adults. Limited enrolment.

### **GERO-3083. Gender, Sexuality and Aging (WSGS)**

This course explores how gender and sexuality affects the experience of aging. It looks at how gerontology has traditionally addressed gender and sexuality; how the social construction of femininity and masculinity affects how people experience aging; and the aging experiences of older LGBTQ2S+. Prerequisites: GERO 1013 OR GERO 1023 OR permission from instructor.

### **GERO-3093. Images of Aging in Film (WSGS)**

This course explores popular views of the elderly using motion pictures, specifically the impact of stereotypes on older people's expectations for later life. Students should be able to look at films more critically and identify images communicated through the media.

### **GERO-3103. Special Topics**

Topic chosen by the Visiting Chair. No Prerequisites.

### **GERO-3123. Counseling Older Adults**

This course examines evidence-based theoretical models and assessments used when counselling older adults. Emphasis is placed on the counselling techniques and interventions used to assist older adults in meeting unique challenges experienced in the later part of life. This course is relevant for those preparing for a career in social work or counselling. Prerequisites: GERO 1013 AND 1023 OR permission of the instructor. GERO 2673 recommended.

### **GERO-3133. The Portrayal of Alzheimer's Disease in Film**

The number of films that have featured Alzheimer's Disease (AD) as a central plot, has significantly increased drawing more public attention to those living with the disease. However, film is a powerful medium in forming and influencing societal perceptions and attitudes towards people living with AD. This seminar-lecture course explores the social construction of

**GERO-3263. Understanding Dementia**

As the proportion of older people increases, so will the prevalence of dementia-related neurocognitive disorders in this population. This course will examine the various types of Dementia, how they are assessed and the evidence based practices used to enhance the lives of individuals with this disorder.

**GERO-3673. Advanced Studies in Adult Development**

This course is an in-depth study of the markers and challenges that occur during middle to late adulthood. Topics of study include: menopause, retirement, relocation, loss of spouse,

**GERO-4033. Independent Study**

A course of independent study, under the supervision of a faculty member, which affords the student the opportunity to pursue an indepth study of an area of interest through special reading or research projects. Arrangements may be made by agreement with members of the Gerontology faculty, and approval of the Chair. Prerequisite: GERO 1013 AND GERO 1023.

**GERO-4036. Independent Study**

A course of independent study, under supervision of a faculty member, which affords the student the opportunity to pursue an indepth study of an area of interest through special reading or research projects. Arrangements may be made by agreement with members of the Gerontology faculty and approval of the Chair. Prerequisite: GERO 1013 AND GERO 1023.

*NOTE: Not all courses listed are offered each year. Please consult with the Department Chair for more information about current and planned course offerings.*