



Gerontology/Health Certificate of Achievement

The Gerontology/Health Certificate of Achievement is an interdisciplinary program designed to prepare students to pursue entry level employment servicing the aging population and provide the fundamentals needed to work in the healthcare industry. Professionals can be employed in a variety of settings, including private business, government, nonprofits, and healthcare settings. Gerontology topics include the processes of aging from conception to death, the challenges associated with an aging and aged society, including wellness and nutrition. Biological, sociological, and psychological aspects of aging are explored. Healthcare topics focus on competencies required of healthcare providers, such as HIPAA, Professionalism/ Ethics, Diversity/Cultural Awareness, Teamwork, Collaboration, and Conflict Resolution, Customer Service, Safe Practice/Infection Control, Medical Terminology, and First Aid Skill Set. The emphasis of this program is to provide quality care and safety to the older-adult and across the continuum of care from wellness to illness. This program is designed to prepare students for employment in the field of aging to support the needs, interests, abilities, and issues of the aging population in California.

FCS 6 Challenges of Aging (3 units CSU transferable)

An analysis of the developmental changes and specific needs of the older adult. Included is investigation of everyday situations with emphasis on consumerism, housing, health, nutrition, community resources and changing family roles.

FCS 21 Nutrition (3 units CSU transferable)

This course reviews scientific concepts of nutrition relating to the functioning of nutrients in the basic life processes. It includes an overview of digestion and metabolism of nutrients. Foods are discussed as a source of nutrients, and the evidence is reviewed as to the effects of nutrition on health. The emphasis of the course is on issues of current interest and on worldwide problems of food nutrition. Personal dietary assessment, synthesizing data from computerized dietary program and family tree, appraises nutritional disease risk factors. Students evaluate excesses and deficiencies and construct practices that establish and maintain a healthy lifestyle and result in a healthier mind, healthier nutritional eating practices, enhancing the spirit and nourishing the body.

FCS 91 Life Management (3 units CSU transferable)

This course provides individuals with skills for understanding and using internal and external resources to function effectively in the present and in future society. Students learn techniques for improving self-understanding and interpersonal relationships that reflect decision-making,

HLTHOCC 062: SKILL SET FOR THE HEALTH CARE PROFESSIONAL
(2 units)

This course is an introduction of the concepts and skills that serve as a foundation for the health care professions. Topics include hygiene and safety, infection control, basic client monitoring and basic first aid, therapeutic communication and basic health documentation.

HLTHOCC 063: BASIC MEDICAL TERMINOLOGY, PATHOPHYSIOLOGY AND PHARMACOLOGY FOR THE HEALTHCARE PROFESSIONAL
(2 units)

This basic medical language course will discuss common diseases and injuries and their pharmacological treatment using medical terminology in English and Spanish, when appropriate.

HLTHOCC 064: CULTURAL AND LEGAL TOPICS FOR HEALTH CARE PROFESSIONALS