

GEROKINESIOLOGY CERTIFICATE, UNDERGRADUATE

Population aging has been identified as one of the most significant social transformations of the twenty-first century. Since 2010, the proportion of the U.S. population aged >65 years has been growing faster than any other age group. As a result, the CDC's Healthy People 2020 initiative includes objectives to increase the proportion of the healthcare workforce with a geriatric certification.

Students who obtain the Gerokinesiology Certification complete a multidisciplinary curriculum across Aging Studies, Biology, Therapeutic Recreation, and Exercise Science to develop a comprehensive understanding of aging. Students learn how to design, administer, and manage exercise programs to address the specific needs of older persons among whom chronic disease and disability are prevalent.

Required Courses

AGST 310	MULTIDISCIPLINARY STUDIES IN AGING	4
BIOL 343	BIOLOGY OF AGING	3
EXSC 420	PRINCIPLES OF PROGRAM DESIGN FOR SPECIAL POPULATIONS	4
RCLS 345	THERAPEUTIC RECREATION FOR PEOPLE WITH DISABILITIES	4

Elective Courses—choose one 4-5

AGST 410	MINORITY PERSPECTIVES IN AGING	
PSYC 317	HEALTH PSYCHOLOGY	

Required Capstone

EXSC 490	SENIOR CAPSTONE IN EXERCISE SCIENCE	4
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Total Credits 23-24

Students who earn a Gerokinesiology Certificate from EWU should be able to:

- develop a multidisciplinary understanding of the elderly, the aging process, and societal views of aging;
- understand the direct and indirect effects of physical activity on quality of life in the elderly.
- design and administer appropriate physical activity and exercise interventions using sound principles of exercise prescription;
- demonstrate an ability to safely manage exercise for older persons with chronic disease(s) and/or physical disabilities;
- provide basic, relevant health education to participants as appropriate.