

# GEROKINESIOLOGY MINOR

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 Minor 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 Minor 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.