



Aging and Health Minor

Program Description

The Aging and Health Minor is designed for degree candidates from any college in the university who want to specialize in the gerontological aspects of their discipline or to understand the aging process more fully. It is a great addition for majors from nursing, biology, sociology, medical laboratory science, and psychology. The minor offers courses in:

- health promotion in adulthood
- maintenance of cognitive health
- management of chronic health and disability
- aging in our society
- aging throughout the lifespan

We also provide in depth coverage of certain conditions, including autistic spectrum disorders, cerebral palsy, Down's Syndrome that are typically associated with childhood and early development, in addition to other conditions, such as multiple sclerosis, spinal cord injury, and traumatic brain injury..

Requirements

Students will take a total of 18 credits; composed of 6 courses at 3 credits each. 9 of the 18 credits must be at the 300-400-level and be minor-specific. Further, those 9 cannot be counted twice. If you're a psychology major, then three of the courses (9 credits) must come from non-psychology courses. We recommend AGH302 for all, as well as PSY410 for psychology majors or AGH410 for non-majors.

Opportunities

As an aging and health minor, you can work with the Ora M. DeJesus Gerontology Center, which is dedicated to promoting healthy aging through multi-disciplinary research and outreach. The Center's research and programs enhance current knowledge of the aging process and promote healthy, active living. The Center builds bridges between the university and community through research, education, outreach, and partnerships.

Aging in the 21st Century

Healthy aging is a triumph of science. People are living longer due to advances in health, science and technology. As a result, the population is aging all over the world and in our own communities. Consider these numbers: 11% of the world's population is over 60. In the U.S., 13% of the population is over 65. In Massachusetts, 14% of the population is over 65. In nearby Barnstable County the number of adults 65+ is a dramatic 25%. The numbers are only going to increase:

- In the U.S. by 2030, the number of adults 65 and older (20 million) will be nearly the same as the number under 18 years of age (21 million).
- In the U.S., in less than 20 years the number of adults over 65 is expected to increase to 20% of the population. In 2030 the so called "Baby Boomers" (those born between 1946 and 1964) will begin turning 85. Currently, people over 85 are the fastest growing age cohort in the U.S.
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The growing aging population will have a widespread impact and bring unprecedented change health care, medicine, work, lifestyle (family, housing, transportation, travel, and recreation), business (consumer needs, marketing, customer service, service delivery) and public policy. By having a comprehensive understanding of Aging and Health, students will be better prepared to meet the challenges and opportunities the "Age Wave" brings.