The AA Degree and Skills Competency Award will provide education and hands-on experiences in the areas of health promotion, nursing, health maintenance, accident and fall prevention, social conditions, accessibility to medical care and/or social services that can lead to both healthy and non-healthy aging among older adults.

The program is based on teaching Evidence-Based Healthy Promotion (EBHP) among older adults. The program provides practical and effective techniques for everyday good health and preventing diseases.

Did You Know?
• By 2017, half the world’s population will be over 50 years old.
• Falls are a leading cause of injury and loss of independence in older adults.
• There is a progressive decline in muscle mass and strength associated with aging.
• Depression is the most frequent mood disturbance in the older adults.
• Alzheimer’s disease is the most prevalent of the primary neurodegenerative disorders.
• The cost of hospitalization for a hip fracture is far more than fall prevention and exercise.

Contact Kathy O’Connor
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Skills Competency Award
4 Courses Needed
HE 201: Introduction to Healthy Aging
HE 202: Health Promotion: Behavior Change Theories and Practice
HE 203: Health Promotion: Lifestyle Modifications and Preventative Health Care Strategies
HE 290: Work Experience in Healthy Aging

AA Degree Courses
4 Skills Competency Award Courses (above) plus
CNA 105: Memory Care
CNA 106: Compassionate Care
PSY 100: General Psychology
PSY 145: Human Development

Choose 2 Electives:
ADC 124: Chemical Dependency and the Family
BMS 128: Human Nutrition
PSY 175: Social Psychology: Psychology Perspective
SOC 104: Social Psychology
PSY 115: Psychology of Health and Effective Behavior

Skills Competency Award Course Descriptions

HE 201: Introduction to Healthy Aging
Designed to identify and examine the biological, psychological, and social issues associated with the aging process, and reviews aspects of healthy aging among adults.

HE 202: Healthy Promotion: Behavior Change and Practice
Examines learning theories, behavior change, processes and motivation theories, as well as interview techniques, group dynamics, and communication skills among older adults.

HE 203: Health Promotion: Lifestyle Modifications and Preventative Care Strategies
Introduces concepts and skills required to meet NCCAP certification standards for becoming an Activities Professional. Prepares individuals for basic functions and duties of an activities professional including designing, evaluating, and delivering activity services for older adults.

HE 290: Work Experience in Healthy Aging
Provides students opportunities to work in evidence-based health promotion programs and programs specifically for health promotion for older adults.

Designed for individuals
• Looking for a new career path.
• Transferring to a 4-year college/university and majoring in Healthy Aging and Kinesiology, Psychology, Social Work or Sociology fields.
• Pursuing training in health-related fields like Nursing, Mental Health Care, Health Education and Psychology.
• Working in the area of aging services and seeking additional knowledge.
• Caring for aging friends or relatives.

Career Paths
• Activities Director, Senior Care Facility
• Corrective Specialist
• Director, Senior Care Facility
• Geriatric Counselor
• Occupational Therapist
• Preventative Therapist
• Residential Care Manager

For a full description of all classes
www.sbcc.edu/catalog