WHAT CAN GERONTOLOGY at UNCC ADD TO YOUR EXERCISE SCIENCE DEGREE?

UNC Charlotte offers an Undergraduate Minor, Graduate Certificate and Master’s Degree in Gerontology

WHAT IS GERONTOLOGY?

Gerontology is the study of aging and older adults. Students of gerontology study not only physiological changes that occur with aging, but also social roles, normative expectations, attitudes and beliefs, stereotypes, and policy, health and economic issues which define the aging experience.

HOW DOES GERONTOLOGY COMPLEMENT MY EXERCISE SCIENCE DEGREE?

The risk for chronic disease burden, functional limitations, and disability increases as the population ages. Regular physical activity is essential for disease prevention and reduction, improving function, and maintaining quality of life. There is a need for effective physical activity programs for older adults.
WHAT UNC CHARLOTTE FACULTY SPECIALIZE IN THIS AREA AND WHAT ARE THEIR RESEARCH INTERESTS?

Dr. Scott Gordon, Ph.D., scott.gordon@uncc.edu. Hormonal and Molecular mechanisms of skeletal muscle remodeling in response to aging, muscle disuse, and overloading/resistance exercise.

Dr. Trudy Moore-Harrison, Ph.D., tlmoore2@uncc.edu. Community-based exercise programs and physical function.

Dr. Michael Turner, Ph.D., miturner@uncc.edu. Cardiac Apoptosis with exercise and aging.

WHAT ARE SOME CAREER RESOURCES BEYOND UNCC?

AARP
www.aarp.org

American Sociological Association section on Aging & the Life Course
www.asanet.org

Association for Gerontology in Higher Education Careers in Aging
www.careersinaging.com/careersinaging/

The Gerontological Society of America Careers in Gerontology
www.geron.org/StudentOrg/careers.htm

Southern Gerontological Society
http://www.wfu.edu/gerontology/sgs/

UNC Institute on Aging
http://www.aging.unc.edu/

FOR MORE INFORMATION at UNCC ABOUT

The Gerontology Program:
Dr. Julian Montoro-Rodriguez, Program Director at jmontoro@uncc.edu or 704-687-6166.

The Gerontology Graduate Certificate or MA or Research:
Dr. Mike Turner, Research Coordinator at miturner@uncc.edu or 704-687-0867

The Undergraduate Gerontology minor:
Dr. Cynthia Hancock, Undergraduate & Service-Learning Coordinator at chancock@uncc.edu or 704-687-7807.

Visit the Gerontology Program website: www.gerontology.uncc.edu
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