

CERTIFICATE IN HEALTHY AGING

The undergraduate Certificate in Healthy Aging is for individuals interested in working with adults and older adults as it pertains to health and wellness in adulthood. Students will explore theoretical and research-based information related to healthy aging practices and are introduced to prevention and intervention approaches to the physical, mental, and social health of adults and older adults. Students completing the Certificate in Healthy Aging will have a strong foundation in contextual, cultural, and systemic factors impacting individuals' experiences across the adult years, including social determinants of health.

Learning Objectives

Upon successful completion of this certificate, students will be able to:

1. Demonstrate knowledge of theories, research, and practice related to healthy aging including physical, mental, and social health and wellness.
2. Acquire content knowledge related to social determinants of health impacting adults, including individual, family, and community factors related to healthy aging.
3. Apply knowledge of healthy aging to observations in applied settings.
4. Evaluate prevention and intervention evidence-based programming for adults and older adults as it relates to diverse contexts.