**WHAT IS SHARP?**

Skills for Healthy Aging Resources and Programs (SHARP) is a newly designed certificate program in Evidence Based Health Promotion (EBHP) for older adults that will be offered at both College of the Canyons and Santa Barbara City College. Starting Fall 2011 at College of the Canyons, this 4-course, 12-unit certificate will be offered in one semester. The courses will provide students with foundational knowledge and skills in healthy aging, behavior change theories and practices, and EBHP program implementation. The certificate culminates with a fieldwork practicum, so students can apply their skills in a community-based program setting. In order to obtain the certificate, students must complete in good standing all four courses in sequence.

**THE SHARP GOAL**

The SHARP certificate orients students toward careers in aging and/or supplements other health professions majors. Potential employment pathways into the field of healthy aging may include – but are not limited to – planning, administering and evaluating programs, and teaching or facilitating programs. Students will use their fieldwork practicum to collaborate with community partners and gain strong practical experiences supporting, conducting and teaching EBHP community-based programs.

**SHARP PARTNERS**

With funding from the U.S. Department of Education, Fund for the Improvement of Postsecondary Education (FIPSE) program, the SHARP program is administratively managed by the University of California, Los Angeles, Multicampus Program in Geriatric Medicine and Gerontology (MPGMG). This three-year collaborative grant partners with:

- College of the Canyons*
- Santa Barbara City College*
- National Council on Aging
- Partners in Care Foundation
- California Geriatric Education Center
- California Council on Gerontology & Geriatrics

* Pilot sites for SHARP

**CONTACT US**

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**THE IDEAL CANDIDATE**

- Students seeking job skills preparation for a career in aging, or supplemental skills while waiting to pursue an advanced degree for a career in the health professions or related fields.
- Unemployed and self-employed people seeking skill building for job acquisition.
- People who work with older adults.
- Current aging network service providers seeking staff development opportunity for employees.
What is Evidence Based Health Promotion (EBHP)?

According to the National Council on Aging, EBHP is "a process of planning, implementing, and evaluating programs adapted from tested models or interventions in order to address health issues" in individual and community settings. It focuses on populations – like older adults – emphasizing both prevention and treatment. The U.S. Administration on Aging has sponsored EBHP and disease prevention programs within the areas of chronic disease self-care, physical activity, fall prevention, nutrition, depression and/or substance abuse since 2003. These programs are currently being offered to older adults by our community service providers in settings such as senior centers, hospitals, health clinics, and senior housing.


Student Benefits

- Completion of four (4) courses in the time it would normally take to complete two (2);
- Attainment of specific knowledge and skills to meet the increasing demand for professionals in the field of aging and health promotion;
- Exposure to various employment pathways in the health professions;
- On-the-job experience to apply knowledge and skills obtained in the classroom;
- Linkages to community resources and programs; and
- The opportunity for FREE training to become a Certified Chronic Disease Self-Management Program (CDSMP) Leader

Curriculum Semester Timeline

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Duration</th>
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<tbody>
<tr>
<td>GER 101</td>
<td>16 weeks</td>
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<tr>
<td>GER 102</td>
<td>8 weeks</td>
</tr>
<tr>
<td>GER 103</td>
<td>11 weeks</td>
</tr>
<tr>
<td>GER 104</td>
<td>16 weeks</td>
</tr>
</tbody>
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The Sharp Certificate Curriculum

GERO 101 — Introduction to Healthy Aging (3 units)
This course examines the physical, psychological, and social issues associated with the aging process and reviews aspects of healthy aging among older adults. Sample topics include a comprehensive overview of the older adult demographic, daily living/functioning, biopsychosocial perspectives, aging of the human body, mental health and illness, acute and chronic diseases, healthy aging, social support and engagement, and the economics of healthy aging.

GERO 102 — Health Promotion: Behavior Change Theories and Practices (3 units)
This course examines behavior change, processes, and motivational theories, as well as negotiation and motivational interview techniques, group dynamics, and communication skills among older adults. Planning, recordkeeping and session logistics are also introduced.

GERO 103 — Health Promotion: Program Implementation (3 units)
This course introduces specific EBHP programs for older adults that address issues of chronic disease self-management, physical activity, falls prevention, depression care management, and medication management while discussing program instruction and administration.

GERO 104 — Health Promotion: Fieldwork Practicum (2 units)
This course will serve as the capstone class to the SHARP Certificate by employing fieldwork methodology and program skills in an EBHP setting working with older adults. Students must also enroll in 1 unit of Cooperative Work Experience Education (CWEE) in addition to enrolling in this course.