



THE ERICKSON SCHOOL  
OF AGING STUDIES

## Health, Wellness, and Aging Undergraduate Minor Concentration

18 Credit

### Required Courses (12 credits):

<b>AGNG 200:</b> Aging, People, Policy, and Management	SS GEP, Writing Intensive (WI)
<b>AGNG 315:</b> Health and the Aging Process	SCI Lecture GEP
<b>AGNG 320:</b> Strengths Based Approach to Promoting Health & Wellness in Aging Services	
<b>AGNG 389:</b> Integrative Approaches to Promoting Wellness in Aging	

### Elective Courses (6 credits) selected from the following:

<b>AGNG 355:</b> The Experience of Dementia	SS GEP
<b>AGNG 321:</b> Strengths Based Approach to Achieving Mental Wellness in Older Adults	
<b>AFST 390:</b> American Health Care System and the Black Community	
<b>AFST 394:</b> Race, Social Inequality, and Institutional Structure	
<b>BIOL 251:</b> Human Anatomy and Physiology	
<b>BIOL 307:</b> Human Physiology	
<b>ECON 467:</b> Health Economics	
<b>PBHL 100:</b> Survey of the US Health Care System	
<b>PBHL 200:</b> Human Development Implications for Health and Disease	
<b>POLI 452:</b> Politics of Health	
<b>PSYCH 306:</b> Lifespan Human Development	
<b>PSYCH 385:</b> Health Psychology	
<b>PSYCH 441:</b> Social/Health Psychology	
<b>SOCY 351:</b> Sociology of Health, Illness, and Medicine	

## Why add a Minor Concentration in Health, Wellness, and Aging?

- As our population ages, employment in healthcare occupations is predicted to grow at a faster rate than all other occupational categories
  - A predicted increase of increase by 14% in the decade 2018 – 2028  
U.S. Bureau of Labor Statistics, 2020
- Career paths for those interested in health and aging are expanding and include both direct and indirect work with older adults such as:
  - Health care fields, health promotion and education, advocacy, research, non-profit and voluntary organizations, policy
- This Minor provides:
  - an overview of health and aging that will compliment and supplement the academic knowledge gained in many UMBC Major programs
  - an interdisciplinary and multidisciplinary perspective on healthy aging throughout the lifespan
  - an understanding of the relationship between health and aging and the factors that impact changing health and wellness status over the life course
  - an overview of the common diseases of later life and their impact on physical, mental, cognitive, functional, and psychosocial health
  - an emphasis on optimal aging and resilience and adaptation in later life.

### For More Information Contact:

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