

## WHAT CAN GERONTOLOGY ADD TO YOUR EXERCISE SCIENCE OR KINESIOLOGY DEGREE?

*UNC Charlotte offers an Undergraduate Minor, a Concentration in Gerontology with the Interdisciplinary BA, and Graduate Certificate in Gerontology (with an [Early Entry](#) option)*

### WHAT IS GERONTOLOGY?

Gerontology is the study of longevity. 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?

It would be beneficial to consider adding the Gerontology Minor to your BS in Exercise Science or Certificate in Gerontology to the MA in Kinesiology. For the BS in Exercise Science, you know the impact of regular exercise in early and middle adulthood certainly impacts one's health later in life. Gaining more insight into the common issues that involve older adults allows you to more effectively work to provide exercise instruction for this population. For MS in Kinesiology students, the development of late-life chronic diseases in common with aging, and many individuals can be aided with the incorporation of exercise programming. Gaining additional course content in Gerontology expands your area of knowledge and greatly improves your ability to work with the growing older adult population as they seek our your expertise.

**WHAT UNC CHARLOTTE FACULTY SPECIALIZE IN THIS AREA AND  
WHAT ARE THEIR RESEARCH INTERESTS?**

Dr. Michael Turner, Ph.D., [miturner@charlotte.edu](mailto:miturner@charlotte.edu).  
Research: Cardiac Apoptosis with exercise and aging.

Dean Catrine Tudor-Locke, Ph.D. Dean of the College of Health and Human Services. Research: Promoting walking throughout the lifespan, wearable technology to measure physical activity.

**WHAT ARE SOME CAREER RESOURCES BEYOND UNC Charlotte?**

American College of Sports Medicine

[acsm.org](http://acsm.org)

AARP

[www.aarp.org](http://www.aarp.org)

Academy for Gerontology in Higher Education Careers in Aging

<https://www.geron.org/academy-for-gerontology-in-higher-education-aghe>

Exploring Careers in Aging

<https://exploringcareersinaging.com/>

The Gerontological Society of America Careers in Gerontology

<https://agework.geron.org/>

Southern Gerontological Society

<https://southerngerontologicalsociety.org/>

UNC Institute on Aging

<https://www.med.unc.edu/aging/>

American Society on Aging

<https://www.asaging.org/>

LeadingAge

<https://leadingage.org/>

Scan the QR code to  
go to the UNC  
Charlotte  
Gerontology  
Linktree



**FOR MORE INFORMATION**

**about the UNC Charlotte Gerontology Program Contact:**

Dr. Cynthia Hancock, Director  
at [chancock@charlotte.edu](mailto:chancock@charlotte.edu)

**Or Visit the Gerontology Program website:**

[gerontology.charlotte.edu](http://gerontology.charlotte.edu)

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