

AA-T in Kinesiology for Oxnard College 2023-2024

C-ID or required articulation	Required Core Courses (15 units)	VC Comparable Course	MC Comparable Course
KIN 100	KIN R100 Introduction to Kinesiology	KIN V81	KIN M01
BIOL 110B	ANAT R101 General Human Anatomy	ANAT V01	ANAT M01
BIOL 120B	PHSO R101 Human Physiology	PHSO V01	PHSO M01 OR PHSO M01H
	<b>Movement Based Courses: Select a maximum of one course from three of the following areas for a minimum of 3 units:</b>		
	<b>Combatives:</b>		
AAM	KIN R120A Kickboxing for Fitness I	KIN V16	KIN M43
AAM	KIN R120B Kickboxing for Fitness II	No comparable course	No comparable course
AAM	KIN R121A Boxing for Fitness I	No comparable course	No comparable course
AAM	KIN R121B Boxing for Fitness II	No comparable course	No comparable course
AAM	KIN R123 Escrima/Filipino Martial Arts	No comparable course	No comparable course
AAM	KIN R124 Jujitsu	No comparable course	No comparable course
	<b>Dance:</b>		
AAM	DANC R102A Modern Dance I	N/A requires articulation	DANC M12A
AAM	DANC R102B Modern Dance II	N/A requires articulation	DANC M12B
AAM	DANC R104A Modern Jazz I	N/A requires articulation	DANC M11A
AAM	DANC R104B Modern Jazz II	N/A, requires articulation	DANC M11B
AAM	DANC R110A Mexican Folklorico Dance I	No comparable course	No comparable course
AAM	DANC R110B Mexican Folklorico Dance II	No comparable course	No comparable course
AAM	DANC R112A Introduction to Hip-Hop Dance	N/A requires articulation	DANC M16A
AAM	DANC R112B Beginning Hip-Hop Dance	No comparable course	N/A requires articulation
	<b>Fitness:</b>		
AAM	KIN R140 Walking for Fitness	KIN V20	KIN M23
AAM	KIN R141 Running for Fitness	KIN V22	KIN M24
AAM	KIN R142A Yoga I	KIN V70A	N/A requires articulation
AAM	KIN R142B Yoga II	KIN V70B	No comparable course
AAM	KIN R143 Pilates Mat	KIN V74A	KIN M50
AAM	KIN R144 Core Stability and Stretch	No comparable course	KIN M51
AAM	KIN R145A Body Conditioning Boot Camp I	KIN V33	KIN M34
AAM	KIN R145B Body Conditioning Boot Camp II	No comparable course	No comparable course
AAM	KIN R146A Weight Training and Conditioning I	KIN V26	KIN M32
AAM	KIN R146B Weight Training and Conditioning II	No comparable course	No comparable course

AAM	KIN R147A Women's Conditioning I	N/A, articulation required	No comparable course
AAM	KIN R147B Women's Conditioning II	No comparable course	No comparable course
AAM	KIN R148 Power Lifting and Free Weights	No comparable course	KIN M33
	<b>Individual Sports:</b>		
AAM	KIN R123 Escrima/Filipino Martial Arts	No comparable course	No comparable course
AAM	KIN R124 Jujitsu	No comparable course	No comparable course
	<b>Team Sports:</b>		
AAM	KIN R162A Soccer I	KIN V48A	KIN M84
AAM	KIN R162B Soccer II	KIN V48B	No comparable course
AAM	KIN R163A Basketball I	KIN V40A	KIN M82
AAM	KIN R163B Basketball II	KIN V40B	No comparable course
AAM	KIN R164A Baseball I	No comparable course	No comparable course
AAM	KIN R164B Baseball II	No comparable course	No comparable course
AAM	KIN R165A Volleyball I	KIN V46A	KIN M87
AAM	KIN R165B Volleyball II	KIN V46B	No comparable course
	<b>List A – Select two courses (minimum of 6 units) from the following:</b>		
MATH 110 MATH 110 MATH 110 SOCI 125	MATH R105 Introductory Statistics OR MATH R105H Honors: Introductory Statistics OR PSY R103 Beginning Statistics for Behavioral Science OR SOC R125 Statistics for the Behavioral and Social Sciences	MATH V44 OR  PSY V04	MATH M15 OR MATH M15H  OR SOC M125 OR PSY M125
AAM	CHEM R110 Elementary Chemistry	CHEM V20 AND CHEM V20L	CHEM M12
CHEM 110	CHEM R120 General Chemistry I	CHEM V01A AND CHEM V01AL	CHEM M01A OR CHEM M01AH
PHYS 105 or PHYS 205	PHYS R101 College Physics 1 and PHYS R101L College Physics 1 Laboratory or PHYS R131 Physics for Scientists and Engineers	(PHYS V02A AND PHYS V02AL) OR (PHYS V03A AND PHYS V03AL) OR (PHYS V04 AND PHYS V04L)	PHYS M10A AND PHYS M10AL OR PHYS M20A AND PHYS M20AL
KIN 101	HED R105 CPR, AED, First Aid, and Personal Safety	KIN V80	HED M05
PSY 110 OR	PSY R101 General Psychology OR	PSY V01 OR	PSY M01 OR

SOC 110	PSY R101H Honors: General Psychology OR SOC R101 Introduction to Sociology OR SOC R101H Honors: Introduction to Sociology	SOC V01	PSY M01H OR SOC M110 OR SOC M110H
PHS 100	HED R104 Personal Health and Wellness	HED V01	No comparable course
	<b>TOTAL UNITS</b>	<b>21-27</b>	