

Oxnard College Kinesiology 2023-2024

C-ID (if applicable)	Oxnard College Kinesiology Courses	VC Comparable Course	MC Comparable Course
	KIN R100 Introduction to Kinesiology (3 units)	KIN V81 (3 units)	KIN M01 (3 units)
	KIN R120A Kickboxing for Fitness I (1 unit)	KIN V16 (1 unit)	KIN M43 (1 unit)
	KIN R120B Kickboxing for Fitness II (1 unit)	No comparable course	No comparable course
	KIN R121A Boxing for Fitness I (1)	No comparable course	No comparable course
	KIN R121B Boxing for Fitness II (1)	No comparable course	No comparable course
	KIN R122 Self-Defense (2 units)	No comparable course	No comparable course
	KIN R123 Escrima/Filipino Martial Arts (1)	No comparable course	No comparable course
	KIN R124 Jujitsu (1 unit)	No comparable course	No comparable course
	KIN R140 Walking for Fitness (1 unit)	KIN V20 (1 unit)	KIN M23 (1 unit)
	KIN R141 Running for Fitness (1 unit)	KIN V22 (1 unit)	KIN M24 (1 unit)
	KIN R142A Yoga I (1 unit)	KIN V70A (1 unit)	KIN M54 (1 unit)
	KIN R142B Yoga II (1 unit)	KIN V70B (1 unit)	No comparable course
	KIN R143 Pilates Mat (1 unit)	KIN V74A (1 unit)	KIN M50 (1 unit)
	KIN R144 Core Stability and Stretch (1 unit)	No comparable course	KIN M51 (1 unit)
	KIN R145A Body Conditioning Bootcamp I (1 unit)	KIN V33 (1 unit)	KIN M34 (1 unit)
	KIN R145B Body Conditioning Bootcamp II (1 unit)	No comparable course	No comparable course
	KIN R146A Weight Training and Conditioning I (1 unit)	KIN V26 (1 unit)	KIN M32 (1 unit)
	KIN R146B Weight Training and Conditioning II (1 unit)	No comparable course	No comparable course
	KIN R147A Women's Conditioning I (2 units)	KIN V28 (1 unit)	No comparable course
	KIN R147B Women's Conditioning II (2 units)	No comparable course	No comparable course
	KIN R148 Power Lifting/Free Weights (1 unit)	No comparable course	KIN M33 (1 unit)
	KIN R162A Soccer I (1 unit)	KIN V48A (1 unit)	KIN M84 (1 unit)
	KIN R162B Soccer II (1 unit)	KIN V48B (1 unit)	No comparable course
	KIN R163A Basketball I (1 unit)	KIN V40A (1 unit)	KIN M82 (1 unit)
	KIN R163B Basketball II (1 unit)	KIN V40B (1 unit)	No comparable course
	KIN R164A Baseball I (1 unit)	No comparable course	No comparable course
	KIN R164B Baseball II (1 unit)	No comparable course	No comparable course
	KIN R165A Volleyball (1 unit)	KIN V46A (1 unit)	KIN M87 (1 unit)
	KIN R165B Volleyball II (1 unit)	KIN V46B (1 unit)	No comparable course
	KIN R199 Directed Studies in Kinesiology	No comparable course	No comparable course