

Kinesiology for Moorpark College 2024 - 2025

C-ID (if applicable)	Moorpark College Kinesiology Courses	Oxnard College Comparable Course	Ventura College Comparable Course
KIN 100	KIN M01 Introduction to Kinesiology (3 units)	KIN R100 (3 units)	KIN V81 (3 units)
	KIN M13 Prevention and Care of Athletic Injuries (3 units)	No comparable course	KIN V84 (3 units)
	KIN M13L Prevention and Care of Athletic Injuries Lab (1 unit)	No comparable course	No comparable course
	KIN M13 Prevention and Care of Athletic Injuries (3 units) AND KIN M13L Prevention and Care of Athletic Injuries Lab (1 unit)	No comparable course	KIN V84 (3 units)
	KIN M16 Personal Training Principles (3 units)	No comparable course	No comparable course
	KIN M17 Teaching Group Fitness (3 units)	No comparable course	No comparable course
	KIN M18 Foundations of Fitness (3 units)	No comparable course	KIN V85 (3 units)
	KIN M20 Movement Analysis and Corrective Exercise (3 units)	No comparable course	No comparable course
	KIN M21 Strength and Conditioning for Performance (3 units)	No comparable course	No comparable course
	KIN M22 Youth, Women, and Seniors for Fitness Professionals (1 unit)	No comparable course	No comparable course
	KIN M23 Walking for Fitness (1 unit)	KIN R140 (1 unit)	KIN V20 (1 unit)
	KIN M24 Running for Fitness and Conditioning (1 unit)	KIN R141 (1 unit)	KIN V22 (1 unit)
	KIN M25 Fitness Management (3 units)	No comparable course	No comparable course
	KIN M26 Fitness Coaching and Behavior Modification (1 unit)	No comparable course	No comparable course
	KIN M31 Body Conditioning/Fitness (1 unit)	No comparable course	KIN V10 (1 unit)
	KIN M32 Body Conditioning/Free Weights (1 unit)	KIN R146A (1 unit)	KIN V26 (1 unit)
	KIN M33 Power Lifting/Free Weights (1 unit)	KIN R148 (1 unit)	No comparable course
	KIN M34 Body Conditioning Boot Camp (1 unit)	KIN R145A (1 unit)	KIN V33 (1 unit)
	KIN M40 Cardio Step and Sculpt (1 unit)	No comparable course	KIN V18 (1 unit)
	KIN M42 Aerobic Dance Fitness (1 unit)	No comparable course	No comparable course
	KIN M43 Cardio Kickboxing (1 unit)	KIN R120A (1 unit)	KIN V16 (1 unit)

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	KIN M50 Pilates Mat (1 unit)	KIN R143 (1 unit)	KIN V74A (1 unit)
	KIN M51 Core Stability and Stretch (1 unit)	KIN R144 (1 unit)	No comparable course
	KIN M52 Core Fitness with Cardio (1 unit)	No comparable course	No comparable course
	KIN M53 T'ai Chi (1 unit)	No comparable course	KIN V76A (1 unit)
	KIN M54 Yoga (1 unit)	KIN R142A (1 unit)	KIN V70A (1 unit)
	KIN M55 Mind Body Fitness (1 unit)	No comparable course	No comparable course
	KIN M71 Golf (1 unit)	No comparable course	No comparable course
	KIN M72 Tennis (1 unit)	No comparable course	KIN V44A (1 unit)
	KIN M80 Internship in Kinesiology (1 to 4 units)	No comparable course	No comparable course
	KIN M82 Basketball (1 unit)	KIN R163A (1 unit)	KIN V40A (1 unit)
	KIN M84 Soccer (1 unit)	KIN R162A (1 unit)	KIN V48A (1 unit)
	KIN M85 Softball (1 unit)	No comparable course	No comparable course
	KIN M87 Volleyball (1 unit)	KIN R165A (1 unit)	KIN V46A (1 unit)
	KIN M92 Hiking and Backpacking (1 unit)	No comparable course	No comparable course
	KIN M122 Independent Study - Kinesiology (0.5 to 3 units)	No comparable course	No comparable course