**Kinesiology for Moorpark College 2025 - 2026**

| **C-ID (if applicable)** | **Moorpark College****Kinesiology (KIN) Course** | **Oxnard College Comparable Course** | **Ventura College Comparable Course** |
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| 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)ANDKIN M13L Prevention and Care of Athletic Injuries Lab (1 unit) | No comparable course | KIN V84 (3 units) |
|  | KIN M16 Personal Training Principles (3 units) | KIN R201 (3 units)  | No comparable course |
|  | KIN M17 Teaching Group Fitness (3 units) | No comparable course | No comparable course |
|  | KIN M18 Foundations of Fitness (3 units) | KIN R202 (3 units)  | 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 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) |
|  | 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 |