

**Kinesiology for Moorpark College 2020-2021**

<b>C-ID (if applicable)</b>	<b>Kinesiology (KIN)</b>	<b>VC Comparable Course</b>	<b>OC Comparable Course</b>
KIN 100	KIN M01 Introduction to Kinesiology (3 units)	KIN V81 (3 units)	HED R110 (3 units)
	KIN M13 Prevention and Care of Athletic Injuries(3 units)	KIN V84 (3 units)	HED R106A (3 units) OR HED R106B (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)	KIN V84 (3 units)	HED R106A (3 units) OR HED R106B (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)	KIN V85 (3 units)	no comparable course
	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 M23 Walking for Fitness (1 unit)	KIN V20 (1 unit)	PE R146 (1 unit)
	KIN M24 Running for Fitness and Conditioning (1 unit)	KIN V22 (1 unit)	PE R143 (1 unit)
	KIN M31 Body Conditioning/Fitness (1 unit)	KIN V10 (1 unit)	no comparable course
	KIN M32 Body Conditioning/Free Weights (1 unit)	KIN V26 (1 unit)	PE R150A (1 unit)
	KIN M33 Power Lifting/Free Weights (1 unit)	no comparable course	PE R107 (1 unit)
	KIN M34 Body Conditioning Boot Camp (1 unit)	no comparable course	PE R104A (1 unit)
	KIN M40 Cardio Step and SCULPT (1 unit)	KIN V18 (1 unit)	no comparable course
	KIN M42 Aerobic Dance Fitness (1 unit)	no comparable course	no comparable course
	KIN M43 Cardio Kickboxing (1 unit)	KIN V16 (1 unit)	PE R131A (1 unit)
	KIN M50 Pilates Mat (1 unit)	KIN V74A (1 unit)	PE R108 (1 unit)
	KIN M51 Core Stability and Stretch (1 unit)	<del>no comparable course</del> KIN V74A (1 unit)	PE R106 (1 unit)
	KIN M52 Core Fitness with Cardio (1 unit)	no comparable course	no comparable course
	KIN M53 T'ai Chi (1 unit)	KIN V76A (1 unit)	no comparable course
	KIN M54 Yoga (1 unit) – eff F2021	KIN V70A (1 unit)	KIN R142A (1 unit)
	KIN M71 Golf (1 unit)	no comparable course	no comparable course
	KIN M72 Tennis (1 unit)	KIN V44A (1 unit)	no comparable course
	KIN M80 Internship in Kinesiology (1 to 4 units)	no comparable course	no comparable course
	KIN M82 Basketball (1 unit)	KIN V40A (1 unit)	PE R155 (1 unit)
	KIN M84 Soccer (1 unit)	KIN V48A (1 unit)	PE R159A (1 unit)
	KIN M85 Softball (1 unit)	no comparable course	PE R160 (1 unit)

	KIN M87 Volleyball (1 unit)	KIN V46A (1 unit)	PE R161 (1 unit)
	KIN M122 Independent Study - Kinesiology (0.5 to 3 units)	no comparable course	no comparable course

\*Courses are comparable to the C-ID approved course but are not yet C-ID approved themselves. May be used as comparable for the purposes of local degrees as indicated.