

# EXERCISE SCIENCE, ASSOCIATE IN SCIENCE

The Associate in Science in Exercise Science helps students prepare for transfer to CSU campuses where the AA-T in Kinesiology is not deemed "similar" to the major or to specific concentrations/options/emphases within the kinesiology major. The program also provides foundational preparation for careers in fitness, wellness, and health-related fields, as well as transfer to four-year programs in kinesiology or exercise science. The major emphasizes kinesiology, functional anatomy, exercise physiology, fitness assessment, and program design, along with essential safety training in First Aid, CPR, and AED. Students complete core coursework and electives in kinesiology, health, and science to develop applied skills for working with diverse populations while building academic preparation for employment, industry certifications, and continued education.

Course ID	Title	Units/ Hours
<b>Required Major Core Courses</b>		
KIN R201	Introduction to Exercise Physiology, Assessment, and Program Design	3
KIN R202	Introduction to Applied Kinesiology, Functional Anatomy, and Training Techniques	3
KIN R100	Introduction to Kinesiology	3
<b>Complete one of the following Fitness courses:</b>		
KIN R120A	Kickboxing for Fitness I	1
KIN R120B	Kickboxing for Fitness II	1
KIN R121A	Boxing for Fitness I	1
KIN R121B	Boxing for Fitness II	1
KIN R140	Walking for Fitness	1
KIN R141	Running for Fitness	1
KIN R142A	Yoga I	1
KIN R142B	Yoga II	1
KIN R143	Pilates Mat	1
KIN R144	Core Stability and Stretch	1
KIN R145A	Body Conditioning Boot Camp I	1
KIN R145B	Body Conditioning Boot Camp II	1
KIN R146A	Weight Training and Conditioning I	1
KIN R146B	Weight Training and Conditioning II	1
KIN R147A	Women's Conditioning I	2
KIN R147B	Women's Conditioning II	2
KIN R148	Power Lifting and Free Weights	1
KIN R149A	Cycling for Fitness I	1
<b>Complete one of the following Sport courses:</b>		
KIN R162A	Soccer I	1
KIN R162B	Soccer II	1
KIN R163A	Basketball I	1
KIN R163B	Basketball II	1
KIN R164A	Baseball I	1
KIN R164B	Baseball II	1
KIN R165A	Volleyball I	1
KIN R165B	Volleyball II	1
KIN R170A	Flag Football I	1
KIN R170B	Flag Football II	1
<b>Complete one of the following Dance courses:</b>		
DANC R102A	Modern Dance I	2
DANC R102B	Modern Dance II	2
DANC R104A	Modern Jazz I	2
DANC R104B	Modern Jazz II	2
DANC R110A	Mexican Folklorico Dance I	2
DANC R110B	Mexican Folklorico Dance II	2
DANC R112A	Introduction to Hip-Hop Dance	1
DANC R112B	Beginning Hip-Hop Dance	1
<b>Complete the following courses in Biology, Anatomy, and Physiology:</b>		
BIOL C1001 & C1001L	Introduction to Biology and Introduction to Biology Lab	4
OR		
BIOL C1001H & BIOL C1001L	Introduction to Biology - Honors and Introduction to Biology Lab	4
PHSO R101	Human Physiology	5
ANAT R101	General Human Anatomy	4
<b>Complete one of the following Statistics courses:</b>		
STAT C1000	Introduction to Statistics	4
or STAT C1000H	Introduction to Statistics - Honors	
OR		
SOC R125	Statistics for the Behavioral and Social Sciences	3
or PSY R103	Beginning Statistics for Behavioral Science	
<b>Complete one of the following Chemistry courses:</b>		
CHEM R120	General Chemistry I	5
or CHEM R110	Elementary Chemistry	
<b>Complete one of the following Physics courses:</b>		
PHYS R101 & R101L	College Physics 1 and College Physics 1 Laboratory	5
OR		
PHYS R121	Physics with Calculus 1	5
<b>Complete one of the following restricted electives in Kinesiology or Health Education:</b>		
KIN R205	Women in Sport and Fitness	3
KIN R204	Theory of Coaching	3
KIN R206	Sports Officiating	3
KIN R203	Psychology of Sport and Fitness	3
KIN R207	Sport and Fitness in Society	3
KIN R200	Intro to Rehabilitative Therapy Aide	2
HED R102	Fitness/Nutrition/Mental Wellness	3
HED R103	Women's Health	3
HED R104	Personal Health and Wellness	3
HED R114	Introduction to Nutrition Science	3
HED R116	Stress Management and Health	3
HED R117	Health Careers Exploration	3
HED R120	Medical Terminology	3
KIN R199	Directed Studies in Kinesiology	1-3
Total Required Major Units		39-44
Oxnard College General Education		24
Double-Counted Units		9-12

Free Electives Required	1-9
Total Units Required for A.S. Degree	60
OR	
Total Required Major Units	39-44
Cal-GETC	34
Double-Counted Units	10-13
Free Electives Required	0
Total Units Required for A.S. Degree	60-68

**To earn an Associate in Science Degree in Exercise Science, students must:**

1. Complete a minimum of 60 degree applicable semester units. Students planning to transfer should complete 60 CSU transferable or 60 UC transferable units, depending on their intended transfer destination.
2. Complete the Oxnard College's General Education requirements to include Areas 1-7 or the Cal-GETC Pattern. Transfer students should plan to complete the Cal-GETC. All courses for the Cal-GETC must be completed with a grade of "C" or better.
3. Complete the required coursework for the major as listed in the Oxnard College catalog with a grade of "C" or better (or a "P") in each of the courses selected.
4. Achieve a cumulative grade point average (GPA) of 2.0 or better in courses used to satisfy the degree requirements.
5. Complete a minimum of 12 semester units within the Ventura County Community College District.

**Year 1**

Fall Semester		Units/Hours
KIN R201	Introduction to Exercise Physiology, Assessment, and Program Design	3
Fitness, Sport, or Dance		1
BIOL C1001	Introduction to Biology	3
OR		
BIOL C1001H	Introduction to Biology - Honors	3
AND		
BIOL C1001L	Introduction to Biology Lab	1
<b>Units/Hours</b>		<b>11</b>

Spring Semester		Units/Hours
KIN R202	Introduction to Applied Kinesiology, Functional Anatomy, and Training Techniques	3
KIN R100	Introduction to Kinesiology	3
STAT C1000	Introduction to Statistics	4
OR		
STAT C1000H	Introduction to Statistics - Honors	4
OR		
SOC R125	Statistics for the Behavioral and Social Sciences	3
Fitness, Sport, or Dance		1
<b>Units/Hours</b>		<b>18</b>

**Year 2**

Fall Semester		Units/Hours
ANAT R101	General Human Anatomy	4
Fitness, Sport, or Dance		1
Elective from list		2-3
<b>Units/Hours</b>		<b>7-8</b>

Spring Semester		Units/Hours
CHEM R120 or CHEM R110	General Chemistry I or Elementary Chemistry	5
PHYS R101 & R101L	College Physics 1 and College Physics 1 Laboratory	5

OR		Units/Hours
PHYS R121	Physics with Calculus 1	5
PHSO R101	Human Physiology	5
<b>Units/Hours</b>		<b>20</b>
<b>Total Units/Hours</b>		<b>56-57</b>

- apply foundational concepts from kinesiology, functional anatomy, and exercise physiology to analyze human movement and design safe, effective exercise programs.
- perform entry-level fitness assessments and develop evidence-based physical activity programs using appropriate training techniques and professional standards.
- build a strong foundation in biological and physical sciences, kinesiology, and exercise physiology to support continued academic study, scientific inquiry, and transfer into bachelor's programs in exercise science, kinesiology, or related fields.