

KINESIOLOGY

Students who wish to earn an A.A. or A.S. degree must successfully complete a minimum of one Health Education course and one Physical Education/Kinesiology course. See Oxnard College General Education (<http://catalog.vcccd.edu/oxnard/programs-courses/general-education-options/ocge/#requirementstext>) for courses meeting these graduation requirements.

Uniform Requirements: The appropriate athletic gear for the course is required of all students

See Health Education (<http://catalog.vcccd.edu/oxnard/programs-courses/health-education/>) for Health Education (HED) courses.

See Intercollegiate Athletics (<http://catalog.vcccd.edu/oxnard/programs-courses/intercollegiate-athletics/>) for ICA courses.

Credit Limitations

The California State University (CSU) system accepts all PE courses for comparable semester credit.

The University of California (UC) system has credit limitations on PE/Kinesiology and Health courses as follows:

The UC will only give credit for one course in each of the following areas:

- Health Education
- First Aid
- Life Saving

UC Credit for Physical Education/Kinesiology Theory courses is limited to a maximum of **8** semester (12 quarter) units for all of these courses combined.

UC Credit for Kinesiology activity courses is limited to **4** semester (6 quarter) units.

Please see ASSIST (<https://assist.org/>) or the Transfer Course Agreement (<http://catalog.vcccd.edu/oxnard/transfer-information/transfer-uc/#uctcatext>) (UC TCA) for information on specific courses.

Program Student Learning Outcomes

Students informed in Kinesiology will be able to:

- Articulate how to develop personal health and longevity through appropriate physical activity and theory courses.
- Demonstrate basic knowledge of functional human anatomy, physiology and biomechanics in relation to performing a variety of physical activity skills.
- Discover the role physical activity plays in achieving and maintaining quality of life.
- Demonstrate motivational techniques and applies them to create lifestyle changes in fitness and health.
- Apply fitness principles and biometric measures to design, develop, and implement an effective personalized fitness program.

KIN R100 Introduction to Kinesiology 3 Units

Formerly: HED R110

In-Class Hours: 52.5 lecture

C-ID: KIN 100

This is an introductory course that surveys various disciplines related to the study of human movement. Students will examine the areas of history, sociology, biomechanics, physiology, and psychology as they relate to the sport and exercise environment. In addition, students will explore career pathways involving the study of human movement, teaching, research, and professional practice.

Grade Modes: Letter Graded

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E1

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R120A Kickboxing for Fitness I 1 Unit

Formerly: PE R131A

In-Class Hours: 52.5 laboratory

This physical education course uses kickboxing and conditioning techniques for losing weight, toning muscles and developing cardiorespiratory fitness. Kicking shields and focus mitts are used for training.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Family: College faculty have identified courses in the following list as a family: KIN R120A, KIN R120B, KIN R121A, KIN R121B. A student may take a maximum of four (4) courses from this family.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R120B Kickboxing for Fitness II 1 Unit

In-Class Hours: 52.5 laboratory

Prerequisites: KIN R120A

Kickboxing offers students a workout that focuses on building cardiorespiratory endurance and fitness through its more advanced curriculum. Body conditioning and weight loss are emphasized. Training equipment including focus mitts and kicking shields are used in class.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Family: College faculty have identified courses in the following list as a family: KIN R120B, KIN R120A, KIN R121A, KIN R121B. A student may take a maximum of four (4) courses from this family.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R121A Boxing for Fitness I 1 Unit*Formerly:* PE R133A*In-Class Hours:* 52.5 laboratory

This course is designed to develop cardiorespiratory conditioning and fitness through the use of boxing techniques. The course also focuses on building muscle endurance, strength and weight management.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Family: College faculty have identified courses in the following list as a family: KIN R121A, KIN R120A, KIN R120B, KIN R121B. A student may take a maximum of four (4) courses from this family.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R121B Boxing for Fitness II 1 Unit*Formerly:* PE R133B*In-Class Hours:* 52.5 laboratory*Prerequisites:* KIN R121A

This course is designed to increase cardiorespiratory conditioning and fitness through the use of intermediate boxing techniques. Students will learn punching combinations along with defensive maneuvers such as bobbing and weaving, slipping and parrying punches. Students will be taught how to increase muscle strength, endurance and tone while also lowering and managing body weight. Proper use of training equipment will be demonstrated.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Family: College faculty have identified courses in the following list as a family: KIN R121B, KIN R120A, KIN R120B, KIN R121A. A student may take a maximum of four (4) courses from this family.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R122 Self-Defense 2 Units*Formerly:* PE R132; PE R132A*In-Class Hours:* 17.5 lecture, 52.5 laboratory

This activity course addresses issues of physical assault and self-defense. Students will learn basic self-defense skills that increase their chances of surviving an assault situation. The psychological and mental aspects of self-defense will also be explored.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R123A Escrima/Filipino Martial Arts I 1 Unit*Formerly:* KIN R123; PE R134A*In-Class Hours:* 52.5 laboratory

Escrima is an ancient martial art system which evolved in the Philippines around the 9th century during the T'ang dynasty. It was outlawed during the Spanish conquest in the 16th century, yet preserved by the Filipinos who hid the art in dance. Escrima employs empty-hand techniques as well as traditional weapons. The course will focus on the artistic aspect of the art as well as its application in contemporary self-defense situations.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN R123B Escrima/Filipino Martial Arts II 1 Unit*In-Class Hours:* 52.5 laboratory*Prerequisites:* KIN R123A

Escrima is an ancient martial art system which evolved in the Philippines around the 9th century during the T'ang dynasty. It was outlawed during the Spanish conquest in the 16th century, yet preserved by the Filipinos who hid the art in dance. Escrima employs empty-hand techniques as well as traditional weapons. The course will focus on the artistic aspect of the art as well as its intermediate application in contemporary self-defense situations.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN R124 Jujitsu 1 Unit*Formerly:* PE R130*In-Class Hours:* 52.5 laboratory

The art of jujitsu was historically used by the Samurai warrior class in Japan to defend themselves against the enemy. It continues to be practiced today and has gained great popularity due to mixed martial arts. Jujitsu is a well-rounded martial art that prepares students to respond to a physical assault. Students will learn how to break fall and roll, kick, punch, and defend themselves against an assailant. The application of joint locks, nerve manipulation, chokes, throws, and control tactics will also be taught. This course will also introduce students to basic grappling techniques.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R140 Walking for Fitness 1 Unit*Formerly: PE R146**In-Class Hours: 52.5 laboratory*

This course is designed to provide exercise and fitness training for the walking student population. Emphasis is on cardiovascular conditioning and muscle strength, and endurance related specifically to walking. It is designed for students to participate in and achieve a more strenuous physical activity program.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R141 Running for Fitness 1 Unit*Formerly: PE R143**In-Class Hours: 52.5 laboratory*

This course is designed to provide exercise and fitness training for the moderate to active jogging or running student population. Emphasis is on cardiovascular conditioning and muscle strength, and endurance related specifically to jogging and running. It is designed for students to participate in and achieve a more strenuous physical activity program.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R142A Yoga I 1 Unit*Formerly: PE R103A**In-Class Hours: 52.5 laboratory*

This course introduces yoga techniques for beginners. Students will learn basic yoga positions and exercises, breath control, relaxation techniques, and stretching postures.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R142B Yoga II 1 Unit*Formerly: PE R103B**In-Class Hours: 52.5 laboratory**Prerequisites: KIN R142A*

Students will build on their knowledge and skills learned in Yoga I. Level II poses, asanas, flow combinations will be performed. Physiological and psychological benefits of Yoga will be discussed as well as integrating mind, body and spirit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R143 Pilates Mat 1 Unit*Formerly: PE R108**In-Class Hours: 52.5 laboratory*

This course introduces the study and practice of Pilates, a conditioning program based on the teachings of Joseph H. Pilates. It emphasizes activities designed to reduce muscular imbalances and improve body alignment by incorporating strength, flexibility, and relaxation techniques. The focus of this course is on postural symmetry, breath control, abdominal and core strength, and joint mobility and stabilization.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R144 Core Stability and Stretch 1 Unit*Formerly: PE R106**In-Class Hours: 52.5 laboratory*

This course introduces a wide variety of concepts and physical conditioning techniques focusing on core musculature, balance, coordination, and flexibility. It includes movement skills using stability balls, functional integrated resistance exercises, basic yoga, Pilates, and other movement forms that elicit intrinsic and extrinsic core muscle conditioning, improved balance, and flexibility. Benefits of this course include enhanced posture, back comfort, body awareness, and muscular condition. Activities in this course are adapted to varied levels of ability and fitness.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R145A Body Conditioning Boot Camp I 1 Unit*Formerly:* PE R104A*In-Class Hours:* 52.5 laboratory

This course introduces boot camp-style methods for total body conditioning designed to improve cardiovascular and muscle endurance, muscular strength, agility, and flexibility. It provides a wide-range of fitness activities with interval training. It also includes both indoor and outdoor fast-paced activities over a variety of terrain, and emphasizes functionality that can enhance performance in everyday activities or sports which allows activities to be adapted to varied levels of ability and fitness.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R145B Body Conditioning Boot Camp II 1 Unit*Formerly:* PE R104B*In-Class Hours:* 52.5 laboratory*Prerequisites:* KIN R145A

This course is a total body conditioning group workout designed to improve cardiovascular fitness, muscle strength and muscular endurance. The class incorporates the use of a variety of resistance training systems and equipment to enhance agility, flexibility, balance training and body composition management. It may include both indoor and outdoor terrain and emphasizes functionality that can enhance performance in everyday activities and sports while encouraging lifelong physical fitness.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R146A Weight Training and Conditioning I 1 Unit*Formerly:* PE R150A*In-Class Hours:* 52.5 laboratory

This course focuses on the development of basic skills, coordination, muscular tone, and strength through the use of weight machines and free weights. Cardiovascular conditioning and nutrition are also emphasized.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R146B Weight Training and Conditioning II 1 Unit*Formerly:* PE R150B*In-Class Hours:* 52.5 laboratory*Prerequisites:* KIN R146A

This course builds upon goals established in Weight Training and Conditioning I to progress performance in cardiovascular conditioning, power lifting, weight loss, and endurance building. The course will incorporate the use of bodyweight exercises, kettlebells, medicine balls, and resistance bands as students learn to plan and execute a cardio-strength training program. Students will also learn to apply the principle of progressive overload to design and adapt a cardiovascular endurance training program and how to design a well-rounded muscular strength training program. The application of concepts of nutrition to meal planning for pre-workout, post-workout, and performance enhancement will also be covered in this course.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R147A Women's Conditioning I 2 Units*Formerly:* PE R148A*In-Class Hours:* 17.5 lecture, 52.5 laboratory

This course is designed to improve women's general physical condition in relation to cardiovascular endurance, flexibility, strength and general body toning. The course will include analysis of proper nutrition, weight control, stress reduction and cardiovascular efficiency. In learning how to establish a personal fitness program, students will examine a variety of exercise techniques and their effects on the body. Fitness assessments, nutritional guidelines and accurate heart rate monitoring will be essential to this course.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R147B Women's Conditioning II 2 Units*Formerly:* PE R148B*In-Class Hours:* 17.5 lecture, 52.5 laboratory*Prerequisites:* KIN R147A

This course is an advanced exploration of body conditioning to improve women's cardiovascular endurance, flexibility, strength and muscular endurance.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R148 Power Lifting and Free Weights 1 Unit*Formerly:* PE R107*In-Class Hours:* 52.5 laboratory

This course builds strength, power and bulk using exercises which center on the development of core strength and multi-joint power lifts. Through the implementation of competitive drills and routines, the development of agility, quickness, coordination, balance and speed in the conditioning phase are emphasized.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R162A Soccer I 1 Unit*In-Class Hours:* 52.5 laboratory

This is a course in beginning soccer with emphasis on cardiovascular conditioning, techniques, rules and strategies of the team game. It is designed for students to increase their knowledge, skills, and techniques of the sport of soccer.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R162B Soccer II 1 Unit*Formerly:* PE R159B*In-Class Hours:* 52.5 laboratory*Prerequisites:* KIN R162A

This is a course in advanced soccer with emphasis on cardiovascular conditioning, techniques, rules and strategies of the team game. It is designed for students to increase their knowledge, skills, and techniques of the sport of soccer.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R163A Basketball I 1 Unit*In-Class Hours:* 52.5 laboratory

This is a course in beginning basketball with emphasis on cardiovascular conditioning, techniques, rules and strategies of full court game. It is an activity course designed for students to increase their knowledge, skills, and techniques of the sport of basketball.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R163B Basketball II 1 Unit*Formerly:* PE R155B*In-Class Hours:* 52.5 laboratory*Prerequisites:* KIN R163A

This is a course for intermediate or advanced basketball players with emphasis on cardiovascular conditioning, techniques, rules and advanced strategies of the full court game. It is an activity course designed for students to increase their knowledge, skills, and techniques of the sport of basketball.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN R164A Baseball I 1 Unit*Formerly:* PE R156A*In-Class Hours:* 52.5 laboratory

This is a course in beginning baseball with emphasis on cardiovascular conditioning, techniques, rules and strategies of the team game. It is an activity course designed for students to increase their knowledge, skills, and techniques of the sport of baseball.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R164B Baseball II 1 Unit*Formerly:* PE R156B*In-Class Hours:* 52.5 laboratory*Prerequisites:* KIN R164A

This is a course in advanced baseball with emphasis on specific baseball conditioning, intricate baseball skills, rules and strategies of the team game. It is an activity course designed for students to increase their knowledge, skills, and techniques of the sport of baseball.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R165A Volleyball I 1 Unit

Formerly: PE R161A

In-Class Hours: 52.5 laboratory

This course teaches the basic skills of playing volleyball. Techniques, strategy and rules of the game are covered. Conditioning and fitness development are also emphasized, as well as nutrition guidelines for volleyball participants.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass
Grading

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

KIN R165B Volleyball II 1 Unit

In-Class Hours: 52.5 laboratory

Prerequisites: KIN R165A

This course teaches advanced skills for playing volleyball. Techniques, strategy and rules of the game are covered. Conditioning and fitness development are also emphasized, as well as nutrition guidelines for volleyball participants.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass
Grading

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN R199 Directed Studies in Kinesiology 1-3 Units

In-Class Hours: 52.5-157.5 laboratory

This course is designed for selected students interested in furthering their knowledge of kinesiology on an independent study basis; assigned problems will involve library, lab, and field work.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass
Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

- Kinesiology, Associate in Arts for Transfer (<http://catalog.vcccd.edu/oxnard/programs-courses/kinesiology/kinesiology-aat/>)

For more information, contact:

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