

# 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/<br>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           |
| Units/Hours              |                                                                                  | 11          |
| Spring Semester          |                                                                                  |             |
| 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           |
| Units/Hours              |                                                                                  | 18          |

**Year 2**

| Fall Semester             |                                                       |     |
|---------------------------|-------------------------------------------------------|-----|
| ANAT R101                 | General Human Anatomy                                 | 4   |
| Fitness, Sport, or Dance  |                                                       | 1   |
| Elective from list        |                                                       | 2-3 |
| Units/Hours               |                                                       | 7-8 |
| Spring Semester           |                                                       |     |
| CHEM R120<br>or CHEM R110 | General Chemistry I<br>or Elementary Chemistry        | 5   |
| PHYS R101<br>& R101L      | College Physics 1<br>and College Physics 1 Laboratory | 5   |

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

- 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.