

SPORTS, FITNESS, AND RECREATION MANAGEMENT, ASSOCIATE IN SCIENCE

The Associate in Science in Sports, Fitness, and Recreation Management prepares students for entry-level employment in sports organizations, fitness centers, community recreation programs, and related industries. Coursework emphasizes leadership, management, marketing, facility operations, and event coordination, integrating theory with applied skills. Students develop professional competencies to support programs and services across diverse sport, fitness, and recreation environments.

Course ID	Title	Units/ Hours
Required Core Courses (12 units)		
KIN R110	Introduction to Sports Management	3
KIN R100	Introduction to Kinesiology	3
BUS R120	Introduction to Business	3
BUS R121	Introduction to Management	3
List A: Complete Two Courses from the following (6-10 units):		
HED R104	Personal Health and Wellness	3
KIN R101	First Aid, CPR, and AED	3
BUS R135	Social Media Marketing	1.5
ANAT R101	General Human Anatomy	4
PHSO R101	Human Physiology	5
STAT C1000	Introduction to Statistics	4
or STAT C1000H	Introduction to Statistics - Honors	
or SOC R125	Statistics for the Behavioral and Social Sciences	
or PSY R103	Beginning Statistics for Behavioral Science	
BUS R140	Business Communications	3
BUS R111	Business Law	3
PSYC C1000	Introduction to Psychology	3
or PSYC C1000H	Introduction to Psychology - Honors	
SOCI C1000	Introduction to Sociology	3
or SOCI C1000H	Introduction to Sociology - Honors	
ACCT R101	Financial Accounting	4
or ACCT R101H	Honors: Financial Accounting	
ACCT R102	Managerial Accounting	4
CHEM R110	Elementary Chemistry	5
or CHEM R120	General Chemistry I	
PHYS R101 & R101L	College Physics 1 and College Physics 1 Laboratory	5
or PHYS R131	Physics for Scientists and Engineers 1	
ECON C2002	Principles of Macroeconomics	3
or ECON C2002H	Principles of Macroeconomics - Honors	
MATH R106	Business Calculus	4
or MATH C2210	Calculus I: Early Transcendentals	
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

BIOL R120 & R120L	Principles of Biology I and Principles of Biology I Lab: Intro to Cellular and Molecular Biology	4
or BIOL R122	Principles of Biology II	
PHYS R132	Physics for Scientists and Engineers 2	5
MATH R115	College Algebra	4
PHYS R121	Physics with Calculus 1	5
PHYS R122	Physics with Calculus 2	5
List B: Complete Two Courses from the following (2-6 units):		
KIN R201	Introduction to Exercise Physiology, Assessment, and Program Design	3
KIN R202	Introduction to Applied Kinesiology, Functional Anatomy, and Training Techniques	3
KIN R120A	Kickboxing for Fitness I	1
KIN R121A	Boxing for Fitness I	1
KIN R122	Self-Defense	2
KIN R123A	Escrima/Filipino Martial Arts I	1
KIN R124A	Jujitsu I	1
KIN R140	Walking for Fitness	1
KIN R141	Running for Fitness	1
KIN R142A	Yoga I	1
KIN R143	Pilates Mat	1
KIN R144	Core Stability and Stretch	1
KIN R199	Directed Studies in Kinesiology	1-3
KIN R145A	Body Conditioning Boot Camp I	1
KIN R146A	Weight Training and Conditioning I	1
KIN R147A	Women's Conditioning I	2
KIN R148	Power Lifting and Free Weights	1
KIN R149A	Cycling for Fitness I	1
KIN R162A	Soccer I	1
KIN R163A	Basketball I	1
KIN R164A	Baseball I	1
KIN R165A	Volleyball I	1
KIN R170A	Flag Football I	1
KIN R203	Psychology of Sport and Fitness	3
KIN R204	Theory of Coaching	3
KIN R207	Sport and Fitness in Society	3
HIST R124	Sports in American History	3
HED R102	Fitness/Nutrition/Mental Wellness	3
HED R115	Social Determinants of Health, Disparities and Equities	3
HED R114	Introduction to Nutrition Science	3
HED R113	Introduction to Public Health	3
HED R103	Women's Health	3
KIN R200	Intro to Rehabilitative Therapy Aide	2
KIN R205	Women in Sport and Fitness	3
KIN R206	Sports Officiating	3
HED R101	Health and Society	3
Total Required Major Units		20-28
Oxnard College General Education		24
Double-Counted Units		1-12
Free Electives Required		9-28

Total Units Required for AS Degree	60
OR	
Total Required Major Units	20-28
Cal-GETC	34
Double-Counted Units	0-12
Free Electives Required	6-18
Total Units Required for AS Degree	60

In order to earn an Associate in Science in Sports, Fitness, and Recreation Management, students are required to:

1. Complete Oxnard College's General Education requirements to include areas 1-7 or Cal-GETC.
2. Complete all required coursework for the Sports, Fitness, and Recreation Management major as listed in the Oxnard College catalog with a grade of "C" or better (or a "P") in each of the courses selected.
3. Complete a minimum of 60 degree-applicable units. Students planning to transfer should complete 60 CSU transferable or 60 UC transferable units, depending on their intended transfer destination.
4. Complete requirements in scholarship (2.0 minimum cumulative degree-applicable GPA).
5. Complete 12 units in residence within the Ventura County Community College District.

Year 1

Fall Semester		Units/Hours
KIN R110	Introduction to Sports Management	3
Select course from List A Degree-applicable course		3-5
Select course from List B Degree-applicable course		1-3
Units/Hours		7-11
Spring Semester		
KIN R100	Introduction to Kinesiology	3
BUS R120	Introduction to Business	3
Units/Hours		6

Year 2

Fall Semester		
BUS R121	Introduction to Management	3
Units/Hours		3
Spring Semester		
Select Course from List A....Degree-applicable course		3-5
Select course from List B Degree-applicable course		1-3
Units/Hours		4-8
Total Units/Hours		20-28

- Apply foundational concepts of sports, fitness, and recreation management to analyze organizational practices, program operations, and service delivery in diverse industry settings.
- Demonstrate effective management and leadership skills by applying principles of communication, organization, and supervision to sport, fitness, and recreation environments.
- Evaluate career pathways by identifying employment opportunities, industry expectations, and educational requirements within sports, fitness, and recreation management.