Kinesiology for Ventura College 2026-2027

C-ID (if applicable)	Ventura College Kinesiology Courses	OC Comparable Course	MC Comparable Course
	KIN V02 Swimming I (1 unit)	No comparable course	No comparable course
	KIN V03 Swimming II (1 unit)	No comparable course	No comparable course
	KIN V04 Swimming III (1 unit)	No comparable course	No comparable course
	KIN V06 Swimming IV (1 unit)	No comparable course	No comparable course
	KIN V10 Aerobic and Strength Training (1 unit)	No comparable course	KIN M31 (1 unit)
	KIN V12 Bicycle Conditioning: Spinning (1 unit)	No comparable course	No comparable course
	KIN V13 Advanced Spinning/Interval Training (1 unit)	No comparable course	No comparable course
	KIN V14 Step Aerobics (1 unit)	No comparable course	No comparable course
	KIN V16 Aerobic Kickboxing (1 unit)	KIN R120A (1 unit)	KIN M43 (1 unit)
	KIN V18 Cardiovascular Fitness: Machine Training (1 unit)	No comparable course	KIN M40 (1 unit)
	KIN V19 Indoor Cross Fitness Training (1 unit)	No comparable course	No comparable course
	KIN V20 Walking to Restore Fitness (1 unit)	KIN R140 (1 unit)	KIN M23 (1 unit)
	KIN V21 Fitness Walking/Jogging (1 unit)	No comparable course	No comparable course
	KIN V22 Running for Fitness (1 unit)	KIN R141 (1 unit)	KIN M24 (1 unit)
	KIN V23 Advanced Running/Interval Training (1 unit)	No comparable course	No comparable course
	KIN V24 Life Fitness (1 unit)	KIN R119A (1 unit)	No comparable course
	KIN V26 Weight Training and Conditioning: Free Weights (1 unit)	KIN R146A (1 unit)	KIN M32 (1 unit)
	KIN V28 Conditioning: Designed for Women (1 unit)	KIN R147A (1 unit)	No comparable course
	KIN V33 Body Conditioning Bootcamp I (1 unit)	KIN R145A (1 unit)	KIN M34 (1 unit)
	KIN V40A Basketball I (1 unit)	KIN R163A (1 unit)	KIN M82 (1 unit)
	KIN V40B Basketball II (1 unit)	KIN R163B (1 unit)	No comparable course
	KIN V44A Tennis I (1 unit)	No comparable course	KIN M72 (1 unit)
	KIN V44B Tennis II (1 unit)	No comparable course	No comparable course
	KIN V46A Volleyball (1 unit)	KIN R165A (1 unit)	KIN M87 (1 unit)
	KIN V46B Volleyball II (1 unit)	KIN R165B (1 unit)	No comparable course
	KIN V48A Soccer I (1 unit)	KIN R162A (1 unit)	KIN M84 (1 unit)

Updated: 9/30/2026

C-ID (if applicable)	Ventura College Kinesiology Courses	OC Comparable Course	MC Comparable Course
	KIN V48B Soccer II (1 unit)	KIN R162B (1 unit)	No comparable course
	KIN V50A Aikido I (1 unit)	No comparable course	No comparable course
	KIN V50B Aikido II (1 unit)	No comparable course	No comparable course
	KIN V52 Self-Defense and Assault Prevention (1 unit)	KIN R122 (1 unit)	No comparable course
	KIN V70A Yoga I (1 unit)	KIN R142A (1 unit)	KIN M54 (1 unit)
	KIN V70B Yoga II (1 unit)	KIN R142B (1 unit)	No comparable course
	KIN V72 Stress Reduction Activities (1 unit)	No comparable course	No comparable course
	KIN V74A Core Balance and Fitness (1 unit)	KIN R143 (1 unit)	KIN M51 (1 unit)
	KIN V74B Advanced Core Balance and Fitness (1 unit)	No comparable course	No comparable course
	KIN V76A Tai Chi I (1 unit)	No comparable course	KIN M53 (1 unit)
	KIN V76B Tai Chi II (1 unit)	No comparable course	No comparable course
KIN 101	KIN V80 First Aid, Safety, AED, and CPR for the Professional (3 units)	HED R105 (3 units)	HED M05 (3 units)
KIN 100	KIN V81 Fundamentals of Kinesiology (3 units)	KIN R100 (3 units)	KIN M01 (3 units)
	KIN V82 Psychology of Fitness and Sport Performance (3 units)	KIN R203 (2 units)	No comparable course
	KIN V83 Theory of Coaching (3 units)	KIN R204 (3 units)	No comparable course
	KIN V84 Introduction to Athletic Training (3 units)	No comparable course	KIN M13 AND KIN M13L (3 units)
	KIN V85 Personal Fitness Training for Certification: NASM CPT Preparation (3 units)	No comparable course	KIN M18 (3 units)
	KIN V87 Sport in Society (3 units)	KIN R207 (3 units)	No comparable course
	KIN V88 Introduction to Sports Management (3 units)	No comparable course	No comparable course
	KIN V89 Women in Sport (3 units)	KIN R205 (3 units)	No comparable course
	KIN V90 Directed Studies in Kinesiology (1–6 units)	No comparable course	No comparable course
	KIN V91 Human Functional Anatomy (4 units)	No comparable course	No comparable course
	KIN V96 Work Experience Education in Kinesiology (1-14 units)	No comparable course	No comparable course

Updated: 9/30/2026