Upon successful completion of the first semester of this course:

1. The student will be able to demonstrate the intermediate skills necessary to compete in intercollegiate track and field events.
2. The student will be able to demonstrate an intermediate level of physical conditioning for intercollegiate track and field.

Upon successful completion of the second semester of this course:

1. The student will be able to demonstrate the advanced skills necessary to compete in intercollegiate track and field events.
2. The student will be able to demonstrate an advanced level of physical conditioning for intercollegiate track and field.

Upon successful completion of the third semester of this course:

1. The student will be able to exhibit advanced levels of communication skills with teammates.
2. The student will be able to evaluate opponents and develop strategies for successful competition.