**KINX 110Ax3**

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 cross-country.
2. The student will be able to demonstrate an intermediate level of physical conditioning for intercollegiate cross-country.

Upon successful completion of the second semester of this course:

1. The student will be able to demonstrate an advanced level of physical conditioning for intercollegiate cross-country.
2. The student will be able to demonstrate advanced level knowledge of race strategies for intercollegiate cross-country competition.

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 cross-country competition.