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.