**KINX 110Cx3**

Upon successful completion of the first semester of this course:

1. The student will be able to demonstrate a basic level of physical conditioning for intercollegiate cross-country competition.
2. The student will be able to demonstrate a basic level individual skill needed for intercollegiate cross-country competition.

Upon successful completion of the second semester of this course:

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

Upon successful completion of the third semester of this course:

1. The student will be able to demonstrate an advanced level of physical conditioning for intercollegiate cross-country competition.
2. The student will be able to demonstrate an advanced level of individual skill needed for intercollegiate cross-country competition.