**KINX 111Bx3**

Upon successful completion of the first semester of this course:

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

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 an advanced level of skill and technique required for intercollegiate cross-country competition.

Upon successful completion of the third semester of this course:

1. The student will be able to develop and individualized cross-country specific conditioning plan to implement the upcoming season.
2. The student will be able to demonstrate advanced knowledge of race strategies within the sport of cross-country.