**KINX 133Bx3**

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 track and field.
2. The student will be able to demonstrate an intermediate level of skill and technique required for intercollegiate track and field 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 track and field.
2. The student will be able to demonstrate an advanced level of skill and technique required for intercollegiate track and field competition.

Upon successful completion of the third semester of this course:

1. The student will be able to develop and individualized track and field specific conditioning plan to implement the upcoming season.
2. The student will be able to demonstrate advanced knowledge of all events within the sport of track and field.