**KINX 133Cx3**

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 track and field competition.
2. The student will be able to demonstrate a basic level individual skill needed 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 intermediate level of physical conditioning for intercollegiate track and field competition.
2. The student will be able to demonstrate an intermediate level of individual skill needed for intercollegiate track and field 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 track and field competition.
2. The student will be able to demonstrate an advanced level of individual skill needed for intercollegiate track and field competition.