

# KINA 221: Cross Country Team

This course is designed for the advanced distance runner to participate in higher athletic competition as a member of an intercollegiate athletic team. Advanced fundamentals and skills through practice, participation in intercollegiate contests, and peripheral activities that include community awareness and involvement which make up the components of this course. May be repeated for credit for a total of 4 credits. May be applied toward the general education KINA requirement. Course fee applies.

**Credits:** 1

**Program:** [Kinesiology](#)

**Semester Offered:** Fall