

## **KIN-V12 — CROSS COUNTRY, VARSITY, WOMEN**

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### **About This Course**

**Transfer:** UC, CSU

3.00 units

Prerequisite: None

Limitation on enrollment: Retention based on successful tryout

Description: This course is designed to serve as an opportunity for cross country runners to improve skills, knowledge and strategy of the sport of cross country. The program will consist of a highly organized program of lecture, and individual and group practice sessions to prepare students for intercollegiate competition in cross country. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)